

## 2016 TERM FOUR – “GET OUT, GIVE IT A GO, BE POSITIVE”

Welcome to Term 4, 2016.

Our theme for this term is Get out, give it a go, be positive

This term programme is designed to give scouts, especially the new scouts, the skills and experiences needed to get the most out of jamboree. It concentrates on the Award Scheme requirements and general skills that will help the most.

Keep looking at the jamboree website [jamboree.org.nz](http://jamboree.org.nz) as it is updated continually to ensure you are up to date with what is happening.

The Jamboree team have suggested two things that will help make the jamboree a more enjoyable event.

Firstly, having experience **camping in Patrols** is highly recommended. The more nights you have camping in a Patrol environment the better (especially for the younger scouts and PL's).

Secondly, being **as fit as possible** will also make the jamboree more enjoyable.



So, when planning this term, ensure there is time allocated for organising and running at least one Patrol camp, and time and activities for getting fitter (such as 10 min each night for exercise)

### Patrol Camp

**There is no set time for the Patrol camp(s), so just slot it into your programme on a weekend that suits your troop**

## TERM 4 2016 Overview

**“GET OUT, GIVE IT A GO, BE POSITIVE”**

Week	Date	Activity	Elements	Special Requirements
1	Oct 10th	Term Plan review, Patrol Team Building and JOTA/JOTI	<ul style="list-style-type: none"> <li>Personal Development</li> <li>New Experiences</li> </ul>	
2	Oct 17th	Camp craft	<ul style="list-style-type: none"> <li>Personal Development</li> </ul>	
3	Oct 24th	Sun smart	<ul style="list-style-type: none"> <li>New Experiences</li> </ul>	
4	Oct 31st	Give it a go	<ul style="list-style-type: none"> <li>Community</li> <li>Personal Development</li> </ul>	
5	Nov 7th	Cooking with gas	<ul style="list-style-type: none"> <li>Personal Development</li> <li>Outdoors</li> </ul>	
6	Nov 14th	Patrol Camp	<ul style="list-style-type: none"> <li>Outdoors</li> </ul>	
7	Nov 21st	Get Out	<ul style="list-style-type: none"> <li>All Elements</li> </ul>	
8	Nov 28th	Water Safety	<ul style="list-style-type: none"> <li>Community</li> <li>New Experiences</li> </ul>	
9	Dec 5th	Hike	<ul style="list-style-type: none"> <li>Outdoors</li> <li>Community</li> </ul>	
10	Dec 12th	Final Night, Be Positive	<ul style="list-style-type: none"> <li>All Elements</li> </ul>	

### Weekend Activities

JOTA/JOTI  
 Patrol Camps  
 Jamboree Activities

Term Theme: <b>"Get out, Give it a Go, Be Positive"</b>			
Overview : <ul style="list-style-type: none"> <li>• Review term plan</li> <li>• Team building activities/games</li> <li>• Phonetic Alphabet</li> </ul>			
Week: 1	Session theme:	Resources	Timing:
	<b>"Term Plan and Patrol Organising"</b>		
<b>Coming in activity</b>	Duty Patrol to select quick, fast, energy release game. Game ideas can be found on our website		
<b>Opening</b>	Opening Ceremony Welcome back to Term 4 Opening Prayer/Reflection Flag Break Outline of Session/Evening		10 min
<b>Game</b>	Duty Patrol to select a team building game. There is one listed below, or choose one from previous National Programmes.		20 min
<b>Activity – Review Term Programme</b>	Review the term programme and discuss with your patrol any changes/improvements needed to best suit your Patrol and/or Troop. Use the Region/Zone/Group calendars to see what other activities are coming up over the term.	Pens, paper	20 mins
<b>Activity</b>	Phonetic alphabet game	See instructions	20 mins
<b>Patrol Corners</b>	Patrol Corners – Award scheme		20 min
<b>Game</b>	Duty Patrol to choose fast paced physical game		20 min
<b>Closing</b>	<b>Closing Ceremony</b> <ul style="list-style-type: none"> <li>• Prayer / reflection / thanks / flag down</li> <li>• Discuss JOTA/JOTI activities</li> </ul>		10 mins
<b>Duty Patrol Clean up</b>			
Resources			
Notes	JOTA/JOTI this weekend		

## Team Building Game

### The Perfect Square

Time: 15 – 30 minutes

Number of Participants: In Patrols or as a Troop

Tools Needed: Long piece of rope tied together and a blindfold for each person

Rules: Have your Patrol or Troop stand in a circle holding a piece of the rope. Then instruct everyone to put on their blindfold and set the rope on the floor. Have everyone walk a short distance away from the circle. Next, ask everyone to come back and try to form a square with the rope without removing their blindfolds. Set a time limit to make it more competitive. To make it even more difficult, instruct some team members to stay silent.

Objective: Focuses on strong communication and leadership skills. By instructing some to be silent, this game also requires an element of trust across the team, allowing team members to guide each other in the right direction.

### Phonetic Alphabet Game

Patrols to make a simple phrase using the phonetic alphabet from an element of our scout law.

- One Patrol will be at the end of the hall and yell out the phrase using the phonetic alphabet.
- Other Patrols decipher the coded message from the other end of the hall
- When Patrol finished, change Patrols.

NOTE: To make it harder, change the phrase slightly to eliminate guessing. For example, instead of saying "Be a friend to all", change it to "Be a friend to everyone"

Use the phonetic alphabet list from last term to help.

## Activity – Patrol Corners – Award Scheme

In Patrols or Award groups, continue working on the Award Scheme.

**Look at our updated scout website ([members.scouts.org.nz](http://members.scouts.org.nz)) to find resources to help with the requirements of the award scheme. The resources are under the login section so you will need to get a login name and password (this is done on the website)**

**JOTA/JOTI – Jamboree on the Air/Jamboree on the internet****14th, 15th & 16th October 2016**

JOTA-JOTI is the largest Scouting event in the world with over 1 million Scouts participating across 150+ countries.

Visit the official world scouting website for JOTA/JOTI [www.jotajoti.info](http://www.jotajoti.info) to get all the information you need.

Also, check with your leaders or Zone team to see what activities and events are happening in your area.



## Patrol Camp Master List

In this terms programme there are ideas and resources to help organise a Patrol camp, but due to the different skill levels of Patrols and troops around the country, it is impossible to compile a definitive programme for organising a Patrol camp. It is up to each Patrol/Troop to organise their own.

Those who do need help organising a patrol camp, contact your Zone Scout Leader or you Zone Jamboree Troop Leaders for guidance

There is time allocated most nights this term for preparing your Patrol for the Patrol camp.

Here is a check list that can be used as a guide to make sure all the main actions have been addressed.

1	Parent Consent	
2	Scout notices	
3	Transport	
4	Menu	
5	RAMS and AI	
6	Gear List – Personal and Patrol	
7	Programme	
8	Budget	

Term Theme: <b>"Get out, Give it a Go, Be Positive"</b>			
Overview : <ul style="list-style-type: none"> <li>• Being safe – RAMS</li> <li>• Choosing a campsite</li> </ul>			
Week: 2	Session theme: <b>"Being Safe – Camp Hazards"</b>	Resources	Timing:
<b>Coming in activity</b>	Duty Patrol to select quick, fast, energy release game. Game ideas can be found on our website.		
<b>Opening</b>	Opening Ceremony Opening Prayer/Reflection Flag Break Outline of Session/Evening		10 mins
<b>Game/Physical</b>	Duty Patrol to select a game. As a challenge, pick a new game each week.		20 mins
<b>Activity</b>	Know what to put on a RAMS Refer to notes on following pages	Pens, paper	40 mins
<b>Game</b>	Duty Patrol to select a game, OR Jamboree exercise		10 mins
<b>Activity</b>	Choosing a campsite		30 mins
<b>Closing</b>	<b>Closing Ceremony</b> <ul style="list-style-type: none"> <li>• Prayer / reflection / thanks / flag down</li> <li>• Thank you to the people that came along to help sew</li> </ul>		10 mins
<b>Duty Patrol Clean up</b>			
Resources	Pens, paper		
Notes			

## Know what to write on a RAMS

This activity will teach the scouts (and leaders) what information is needed when filling out a RAMS.

There are some basic examples noted, but you will need to come up with a lot more.

1. Copy onto large sheets of paper the headings from the sample page below (one sheet per Patrol).
2. As a Troop, choose the activity (such as the Patrol camp) that you will be needing a RAMS form for.
3. In Patrols, list **"What can go wrong"** on the first column of the sheet. List as many things as you can that covers the whole time you are at camp, that is, from the time you leave until the time you get back home. (examples: **getting lost on the way to camp, being flooded in and not able to get home on time, getting sick**)
4. When completed (say 5 mins) pass the sheet onto another Patrol to complete **"What could cause it to go wrong"** (examples: getting lost on the way to camp – **incorrect or bad directions**, being flooded in – **too much rain**, getting sick – **food not prepared well/not washing hands/not enough sleep**)
5. When complete (say 5 mins) pass the sheet onto another Patrol to complete **"How can we stop it going wrong"** (examples: getting lost – incorrect or bad directions – **make sure and check drivers know where to go**, being flooded – too much rain – **check forecast and see if there is alternative access to the camping area**, getting sick, food not prepared well/not washing hands/not enough sleep – **ensure Patrol is trained in best food preparation techniques/enforce regular hand washing and ensure hand washing facilities are available/make sure everyone gets to sleep on time**)
6. When complete (say 5 mins) pass around again and fill out **"It has gone wrong, what are we going to do about it"** (examples: Getting lost – **if not arrived after designated time, and unable to contact on phone, retrace drive back to start**, flooded in – **have extra supplies**, getting sick – **send home**)
7. When complete (say 10 min) discuss as a Troop what has been written.

This information can now be transferred onto a RAMS form.



Draw up a big page (A3 or bigger) with three columns and headings like this one below.

What could go wrong	What could CAUSE it to go wrong	How can we STOP it from going wrong
It has gone wrong – what are we going to do about it – Emergency Plan		

## Choosing a campsite

The three main areas to look at when choosing a campsite are:

1. Safety
2. Environment
3. Comfort

As a troop or in Patrols, discuss what to look for, or look out for, using the three headings above.

This can be a discussion, or you could write them down, or even make posters to show what the perfect campsite looks like.

Information for this can be found on our SCOUT NZ website <http://members.scouts.org.nz/Resources> and use the search function, from previous National Programmes or OSM.

Term Theme: <b>"Get out, Give it a Go, Be Positive"</b>			
Overview :			
<ul style="list-style-type: none"> <li>Slip,Slop,Slap,Wrap</li> </ul>			
Week: 3	Session theme:	Resources	Timing:
	<b>"Sun Smart"</b>		
<b>Coming in activity</b>	Duty Patrol to select quick, fast, energy release game. Game ideas can be found on our website		
<b>Opening</b>	Opening Ceremony Opening Prayer/Reflection Flag Break Outline of Session/Evening		10 min
<b>Game</b>	Duty Patrol to select a game.		20 min
<b>Activity – Being Sun Smart</b>	Learn about being sun smart		15 mins
<b>Activity</b>	Sun smart activity See ideas on next page	See instructions	20 mins
<b>Patrol Corners</b>	Patrol Camp. Time is allocated over the next 4 weeks for organising your Patrol camp.		20 min
<b>Game</b>	Duty Patrol to choose fast paced physical game		20 min
<b>Closing</b>	<b>Closing Ceremony</b> <ul style="list-style-type: none"> <li>Prayer / reflection / thanks / flag down</li> </ul>		10 mins
<b>Duty Patrol Clean up</b>			
Resources			
Notes			

## Activity – Slip, Slop, Slap, Wrap



Being Sun Smart is about protecting skin and eyes from damaging UV radiation.

From September to April when outdoors:

**Slip** into a long-sleeved shirt and into the shade. Generally, fabrics with a tighter weave and darker colours will give you greater protection from the sun. Some clothing is sold with a UV radiation Protection Factor (UPF) rating. Clothing with a UPF of 50+ offers superior protection and could be an ideal choice for outdoor workers.

**Slop** on plenty of broad-spectrum (filters both UVA and UVB rays) sunscreen with a Sun Protection Factor (SPF) of at least 30. Apply sunscreen at least 20 minutes before going outdoors and reapply every two hours. Reapply more frequently if sweating or swimming.

**Slap** on a hat with a wide-brim or a cap with flaps. This will help reduce the risk of sunburn to your face, ears and neck. These are the most common places where we get sunburnt.

**Wrap** on a pair of close-fitting sunglasses. When buying sunglasses, look for the words 'good UV protection' on the label or swing tag.

Remember to always protect skin and eyes when you're in the mountains, or around reflective surfaces like snow and water, when UV levels are damaging.

## Activity – Sun Smart

Listed below are some ideas that you could use to reinforce the Sun smart message to your scouts.

- In Patrols, make a poster about Slip, Slop, Slap and Wrap
- Look at the Jamboree Patrol clip on what hats to wear at Jamboree – YouTube link on the jamboree website (**while you are on YouTube, check out all the other information clips made by the Jamboree Patrol**)
- Learn about the symptoms, effects and 1<sup>st</sup> aid actions if someone is suffering from too much sun.
- Look at the Sun smart activities and resources on our Scout website <http://members.scouts.org.nz/Resources> and search for “sun”. This will get you to the cub and keas resources (sorry, at time of writing this there are no scout resources), and pick out resources and activities that would suit your Patrol.

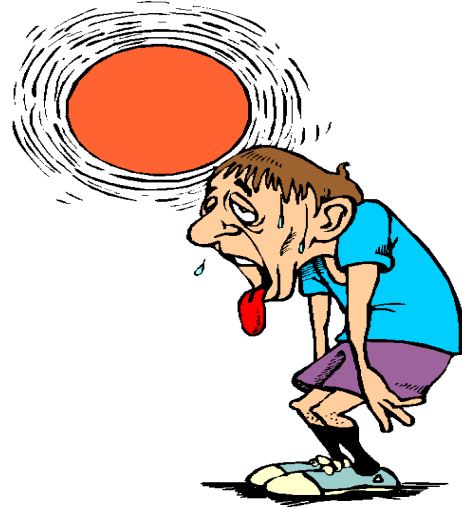
## Activity – Patrol Corners – Patrol Camp

In Patrols continue working on the Patrol camp.

## HEAT EXHAUSTION

Signs and symptoms of heat exhaustion often begin suddenly, sometimes after excessive exercise, heavy perspiration, and inadequate fluid or salt intake. Signs and symptoms resemble those of shock and may include:

- Feeling faint or dizzy
- Nausea
- Heavy sweating
- Rapid, weak heartbeat
- Low blood pressure
- Cool, moist, pale skin
- Low-grade fever
- Heat cramps
- Headache
- Fatigue
- Dark-coloured urine



### If you suspect heat exhaustion:

- Get the person out of the sun and into a shady or air-conditioned location.
- Lay the person down and elevate the legs and feet slightly.
- Loosen or remove the person's clothing.
- Have the person drink cool water or other non-alcoholic beverage without caffeine.
- Cool the person by spraying or sponging him or her with cool water and fanning.
- Monitor the person carefully. Heat exhaustion can quickly become heatstroke.

If fever greater than 38.9 C, fainting, confusion or seizures occur, call 111 or emergency medical help.

**Help to prevent heat exhaustion at Jamboree by ensuring everyone in your Patrol is wearing a brimmed hat – not a cap, which will not protect them.**

# SCOUTS NATIONAL PROGRAMMES

Term Theme: <b>"Get out, Give it a Go, Be Positive"</b>			
Overview : • Giving it a go			
Week: 4	Session theme: <b>"Give it a go"</b>	Resources	Timing:
Resources			
Notes			



## Activity – Giving it a go

Tonight is a night of fun and excitement

Utilising our theme "Give it a go", give something completely new a go.

Some ideas are:

- BBQ and games
- Beach Party
- Dance Party
- Car Rally
- Public Transport Rally
- Photo Challenge
- Night Drop
- Penny Hike (Penny Hike is a game where you FLIP A PENNY/COIN. Heads you go right. Tails you go left. Flip at every crossroads/corner, the rest is left to CHANCE!
- OR whatever you want.

For more ideas, talk to your Zone Scout Leader or search the web.





Term Theme: "Get out, Give it a Go, Be Positive"			
Overview :			
<ul style="list-style-type: none"> <li>• Cooking</li> <li>• Gas Safety</li> </ul>			
Week: 5	Session theme:	Resources	Timing:
	<b>"Cooking with Gas"</b>		
<b>Coming in activity</b>	Duty Patrol to select quick, fast, energy release game. Game ideas can be found on our website		
<b>Opening</b>	Opening Ceremony Opening Prayer/Reflection Flag Break Outline of Session/Evening		10 min
Game	Duty Patrol to select a game.		20 min
<b>Activity – Gas equipment safety and usage</b>	Use all the gas equipment the troop has and demonstrate the correct safety and operation of the equipment. Then make a hot drink using the equipment	Troops gas cooking equipment	50 min
Game	Duty Patrol to select a game.		10 min
<b>Patrol Corners - Camp Menu</b>	Planning the menu for the Patrol camp. See ideas below		20 min
<b>Closing</b>	<b>Closing Ceremony</b> <ul style="list-style-type: none"> <li>• Prayer / reflection / thanks / flag down</li> </ul>		10 min
Resources	Troops gas cooking equipment		
Notes			

## Activity – Gas Safety and Cooking

Tonight is an opportunity to learn about all the gas cooking equipment you have so you know how to use it and make sure it is safe to use.

In patrols or as bases, setup the gas equipment you have (even if it is old and no longer used).

Using the information from our web site (Detailed information on gas equipment can be found for this activity on our website ([members.scouts.org.nz](http://members.scouts.org.nz) and search for "Gas Stoves and Lanterns")) ensure everyone knows the following:

- **Know how to check the equipment to ensure it is safe to use.**
- **Know how to replace gas bottles**
- **Know the safety rules around cooking with gas**
- **Know how to check how much gas is left in a bottle**

Once all **safety checks have been completed** and everyone knows how to use the gas equipment, boil some water to make a hot drink.



## Activity – Patrol Corners

Patrol Camp - Camp Menu

In Patrols, make the menu for the Patrol Camp.

For a change, challenge the patrols to make a menu with a theme, such as:

- Food from another country
- Food you will be getting at Jamboree
- Only have food that starts with a certain letter of the alphabet
- Vegetarian meals
- Gluten free meals
- All meals made from raw ingredients (that is no processed foods)

### **Note:**

**Ensure menu caters for people with any dietary requirements**

Term Theme: <b>"Get out, Give it a Go, Be Positive"</b>			
Overview :			
<ul style="list-style-type: none"> <li>• Training</li> <li>• Getting ready for Jamboree</li> </ul>			
Week: 6	Session theme:	Resources	Timing:
	<b>"Personal and Patrol Gear"</b>		
<b>Coming in activity</b>	Duty Patrol to select quick, fast, energy release game. Game ideas can be found on our website		
<b>Opening</b>	Opening Ceremony Opening Prayer/Reflection Flag Break Outline of Session/Evening		10 min
Game	Duty Patrol to select a game.		20 min
<b>Activity – Personal Gear</b>	PL's to bring packed personal gear to demonstrate to Patrol what to take on camp		30 min
<b>Game</b>	Duty Patrol to select a game.		15 min
<b>Activity – Patrol Gear</b>	In Patrols, plan and organise the gear needed for the Patrol		35 min
<b>Closing</b>	<b>Closing Ceremony</b> <ul style="list-style-type: none"> <li>• Prayer / reflection / thanks / flag down</li> </ul>		10 min
Resources			
Notes			

## Activity – Personal Gear

In Patrols, PL's to discuss the appropriate gear needed for a Patrol camp.

As a Patrol, discuss the gear:

- Is it suitable
- What has been forgotten
- What extra is needed?

Due to the different skill levels of Patrols and troops around the country, it is impossible to compile a programme for organising a Patrol camp. It is up to each Patrol/Troop to organise their own.

Those who do need help organising a patrol camp, contact your Zone Scout Leader or you Zone Jamboree Troop Leaders for guidance.

## Activity – Patrol Gear

In Patrols, using a large sheet of paper, brainstorm what gear you think you will need for the patrol camp.

After your brainstorm, list what camping gear you are needing to take on your camp.

The below checklist and some suggestions offers a useful guide to help brainstorm the equipment needed:

- **Health and Safety** – 1<sup>st</sup> Aid, sun screen, hand sanitiser
- **Shelter** – tents, dining shelter
- **Bedding** – ground sheets
- **Kitchen** – food storage, food preparation, food cooking
- **Lighting**
- **Fun Stuff** – games, balls
- **Learning Stuff** – map and compass
- **Furniture** – sets, tables

Note:

If you review the gear list after the camp, and make any changes necessary, it could be kept as a master copy for the next camp.

# SCOUTS NATIONAL PROGRAMMES

Term Theme: **"Get out, Give it a Go, Be Positive"**

Overview :

- Zone/Jamboree Training

Week: 7	Session theme: <b>"Zone Training/Patrol fun night"</b>	Resources	Timing:
	Zone Scout Leaders or Zone Jamboree Troop Leaders to organise this night. OR Patrols to have a Patrol night		
Resources			
Notes			

## Skill Instruction Session - Skills Training



This is an opportunity to organise and run a training night for the PL's and Leaders.

At Zone level, this night could be used to:

- Upskilling PL's.
- Add activities to balance skill levels based on upcoming events.
- Run a first aid course.
- Opportunity for Jamboree patrols to get together (where possible)

At Troop level, this night could be used to:

- Run a troop night organised by the PL's
- Patrol night – Patrol to organise their own night (work on personal challenge badges or award scheme, social time e.g. movie, community service, visit another troop).

Term Theme: <b>"Get out, Give it a Go, Be Positive"</b>			
Overview :			
Week: 8	Session theme: <b>"Water Safety"</b>	Resources	Timing:
<b>Coming in activity</b>	.		
<b>Opening</b>			
<b>Game</b>			
<b>Conservation week Project</b>			
<b>Closing</b>			
<b>Duty Patrol clean-up</b>			
Resources	As needed		
Notes			



## Water Safety

The aim of tonight's programme is to learn about water safety to give us the skills and knowledge that will ensure we all know how to be safe around the water.

Quote from Water Safety New Zealand:

"As New Zealanders, we love the water - whether playing or surfing in it, boating or sailing on it, or simply enjoying our stunning coastline, beaches, lakes and rivers.

Sadly, every year, a large number of Kiwis lose their lives to drowning.

At Water Safety New Zealand, we believe we can achieve the goal of zero drowning - but to do so, we need your help.

Make water safety a priority for you and your family - learn to swim, wear and use the right safety equipment, learn survival skills and most importantly keep your loved ones, especially young children, close.

Let's enjoy this amazing country and its waterways together, safely."

It would be a good idea to go an area - river, lake, sea, pool - that you would benefit most in learning about and that best suit the needs and experience of your troop.

It is also a good idea to get an expert to show you what is the safest practice in the particular environment you choose (e.g. go and ask the local Life Saving Club to see if they could offer lifesavers to help)

Also, check out the Water Safety website for more ideas and information that could be useful in helping plan this night

[www.watersafety.org.nz](http://www.watersafety.org.nz)



Term Theme: "Get out, Give it a Go, Be Positive"			
Overview : Evening Hike/walk/bike			
Week: 9	Session theme: <b>"Get out – Hike/walk/bike"</b>	Resources	Timing:
<b>Coming in activity</b>	Duty Patrol to select quick, fast, energy release game.		
<b>Opening</b>	<b>Opening ceremony</b> <ul style="list-style-type: none"> <li>Flag and Prayer book</li> </ul>		10 mins
Activity – Evening Hike	<b>Organised hike/walk/ bike to start and finish at the scout hall.</b>		100 min
<b>Closing</b>	<b>Closing Ceremony</b> <ul style="list-style-type: none"> <li>Prayer / reflection / thanks / flag down</li> </ul>		10 min
Resources			
Notes	Invite patents and family for final night next week		

## Activity – Evening Hike/walk/bike

### Local Environment Hike

Tonight is an opportunity to explore places around your hall that you may not have visited for a while.

Some ideas for this could be:

- Contact a local historian and explore local historical points
- Heritage trails
- Mountain bike tracks



Term Theme: <b>"Get out, Give it a Go, Be Positive"</b>			
Overview : Final Night – FUN Night			
Week: 10	Session theme: <b>"Final Fun Night"</b>	Resources	Timing:
<b>Coming in activity</b>	Duty Patrol to select quick, fast, energy release game.		
<b>Opening</b>	<b>Opening ceremony</b> <ul style="list-style-type: none"> <li>• Flag and Prayer book</li> </ul>		10 mins
Game	<b>PL's to pick game</b>		20 mins
<b>Patrol Council</b>	In Patrols, discuss what you have achieved this term. You will present what you have done to the rest of the Troop and parents later on in the evening		10 mins
<b>Game</b>	PL's to choose game		20 mins
<b>Supper</b>			30 mins
<b>Troop Council</b>	<b>Review of the term.</b> In Patrols, present to the troop and parents what your patrol achieved over this term. What badges you earned, what you did for your where your Patrol camp was and what you enjoyed.		20 mins
<b>Closing</b>	<b>Closing Ceremony</b> <ul style="list-style-type: none"> <li>• Prayer / reflection / thanks / flag down</li> </ul>		10 mins
Resources			
Notes	SEE YOU AT JAMBOREE		