

# SCOUT MEETING SCHEDULE: WEEK 1

Theme: Pioneering "A"

Time	Activity	Program Details

15 mins.	Gathering Activity	Bowling for Bottles (See detail planning sheet)	
10 mins.	Opening Ceremony	Details can be found in the Scout Leader's Handbook	
20 mins.	Game	Gladiator's Game (See detail planning sheet)	
40 mins.	Skills	Teach Reef-Knot, Clove-Hitch, Round-Turn and 2- Half-Hitches, and Sheet -Bend Knots. (See detail planning sheet)	
20 mins.	Game/Challenge	Rope Rescue game (See detail planning sheet)	
20 mins.	Patrol/Troop Meeting	Pharaoh's Chariot Game. (See detail planning sheet)	
10 mins.	Closing	See Scout Leader's Handbook	
15 mins.	Leader Discussion Time	Review meeting and discuss next week's plans	
Badge Links:			
Meeting Notes:			

Leader Responsible



#### STEAL THE APPLE

#### **PURPOSE**

• This game is fun and hones accuracy skills.

### **EQUIPMENT**

• You will need footballs and empty plastic bottles of various sizes.

#### How to Play

- Draw lines across the hall 2.5 metres from each end to form patrol base areas. Just over 1 metre in front of each base line, draw another line and place five to eight bottles equally spread over the width of the hall. The base areas may be half a metre shorter if you lack space.
- A patrol enters each base area and is given about five footballs. The object of the game is to throw or bowl the balls to knock down the bottles of the opposing patrol. The first patrol to knock down all the bottles at the other end, wins. Self-knocked down bottles don't count.
- Accuracy of bowling is clearly a big factor in success, however, don't forget the defence aspect. This can be important, especially in the latter stages when a patrol has only one or two bottles left. No one may go over the base line, but if a ball is going to hit a bottle then it is entirely acceptable to throw a ball to hit the approaching ball. This will prevent the ball from knocking down the bottle. A well-organised defence like this can be quite effective; it may be necessary to arrange the simultaneous throwing of up to three balls against one bottle.
- Directing the patrol between attack and defence can call for a high level of leadership and is one of the most interesting and intriguing features of the game.
- Each patrol should have an umpire. Part of the umpire's job should entail passing to their patrol (as quickly as possible) any balls which come to rest outside the base line and in their half of the room.

#### **GLADIATORS**

#### **Purpose**

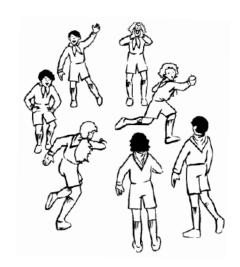
• This game will test the strength and agility of Scouts.

#### EQUIPMENT

• You'll need a double blanket and 5 metres of very soft, thick, braided rope. Try to find a place to play this game with fairly soft ground. Set up boundaries.

#### How to Play

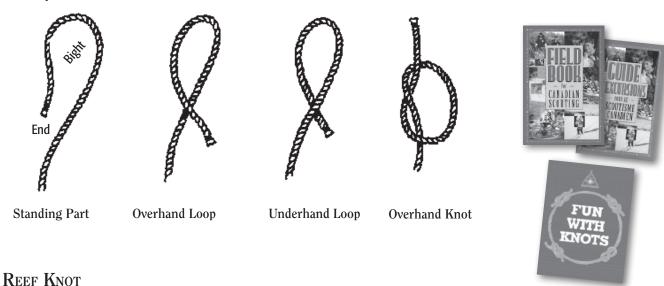
• Form your Scouts into pairs. Give one player the blanket, the other gets the rope. On a signal, players try to immobilize each other so that the other player cannot wave an arm. Make sure that no-one covers the other's head.



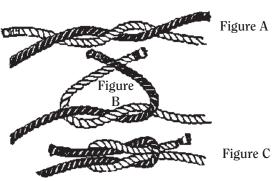


# **Knot Skill Session**

- Distribute instructions for the Reef Knot, Round Turn and Two Half Hitches, Clove Hitch and Sheet Bend Knots. Provide enough soft, flexible rope (not polypropylene) to allow youth to practice their own knots. "Fun With Knots", and the "Fieldbook for Canadian Scouting" are both useful resource books sold in Scout Shops.
- Before starting, review the terminology used when tying knots. A straight piece of rope does not have definite parts such as a head, body or tail. In order to understand and describe knot tying, think of the rope as having two ends and a middle (or standing part). Knots are made with a combination of three basic turns: bight, loop or overhand.



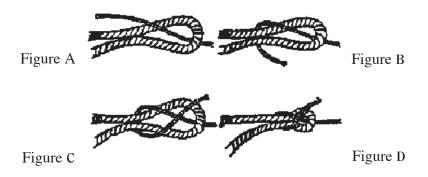
- The Reef Knot is used in all first aid work, and for joining two pieces of string or cord of equal thickness. It is not recommended for joining rope.
- Begin with an over and under crossing *Figure A*, then bring the ends back above in a second similar crossing Figure B. The completed knot Figure C is snugged up by pulling on the ends. Note that it makes no difference whether the first crossing is tied left over right or right over left, as long as the second crossing corresponds to it correctly. You can loosen a Reef Knot easily by taking an end and a standing part of one rope in each hand and pushing the bights apart.





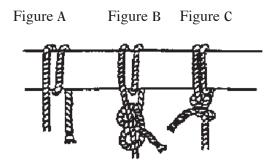
#### SHEET BEND

- The Sheet Bend is the most important knot for joining two rope ends. It's especially useful when the ropes are of unequal size. A permanent loop can be substituted for the right hand portion of the knot.
- A bight is first formed with the thicker rope. The thinner rope is then threaded through this loop *Figure A*, passed right around the end and standing part of the thicker rope *Figure B*, tucked under itself *Figure C*, and tightened by pulling on the standing part of the thin rope *Figure D*.
- You can see how the thin rope jams against the loop of the thick rope to prevent it from slipping.



#### ROUND TURN AND TWO HALF HITCHES

- This knot is a simple method for fastening a rope to a spar, ring or another rope. It's particularly useful for towing purposes.
- Make two turns around the spar to create the round turn *Figure A*. You can see in *Figure B* that the second half, the two half hitches, is like making a clove hitch on the standing part of the rope with the free end. Pull tight at this stage and the knot will look something like *Figures B* and *C*.
- An important point to remember: The pull or tension on the rope in these hitches must be as shown in the sketch (i.e. at right angles to the spar). If you fail to do this, the rope may slip along the spar.



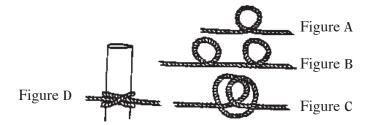
#### **CLOVE HITCH**

The Clove Hitch is a most useful knot and is the start and finish of some lashings. It's widely used in boat
work, gadget making, rope ladders and pioneering. Passing around an object in one continuous direction, it
puts almost no strain on the fibres.



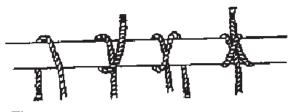
#### CLOVE HITCH No. 1

• Make two similar loops side by side in the rope, *Figures A* and *B*, and slide them together *Figure C*. Slip over the end of the pole and pull tight Figure D.



## CLOVE HITCH No. 2

• Use this method to form a Clove Hitch around a spar which is closed at both ends, or around a pole too high to toss over. Make a simple turn around the spar *Figure A*, across the rope and around the spar *Figure B*. Tuck it in *Figure C*. The completed knot is shown in *Figure D*.



# **Games**

# Figure A Figure B Figure C Figure D

#### ROPE RESCUE

#### **Purpose**

This game makes knot tying fun.

#### **EQUIPMENT**

• You'll need a series of short ropes and one large cardboard box per team.

- Teams go into relay formation at one end of the hall. One player from each team sits in a box a rope's length from the team.
- On a signal, players tie the short ropes together, using as many different knots as possible. The first player in each team coils the rope and throws it to the Scout in the box. All team members then pull the Scout to safety across the starting line.
- The player who threw the rope now takes the box back and sits in it while the Scout who was in the box joins the back of the line. Continue until all players are in their original position. The first team to do so and untie their ropes, wins.
- If you want to assign points, give one for each different correct knot used in joining the ropes.



#### PHARAOH'S CHARIOT

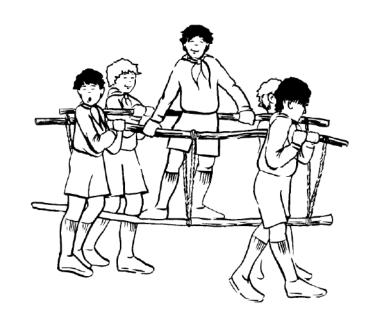
#### PURPOSE

• This game will reinforce the learning of knots.

#### **EQUIPMENT**

• You'll need three Scout staves of equal length and three full length (at least 2.5 metres) lashing ropes per patrol.

- This is a simple task requiring only the ability to tie two knots the *Round Turn* and *Two Half Hitches*; and the *Clove Hitch*.
- Lie the three staves parallel on the floor about 1 metre apart.
- Tie a rope to the end of an outer stave with a *Round Turn* and *Two Half Hitches*, then to the end of the centre stave with a *Clove Hitch*.
- Finally, tie the rope to the end of the other outer stave with a *Round Turn* and *Two Half Hitches*.
- Attach another rope similarly to the other ends of the three staves, and the third rope in the same way across the centre of the staves.



- The chariot is then lifted by the two outer staves and the clove hitches adjusted as may be necessary to ensure that in each case the side ropes are of equal length.
- A Scout (as Pharaoh) stands on the centre stave. Four or more Scouts then lift an end of each of the outer staves onto their shoulders and proceed forward.
- The outer staves become side rails which the Pharaoh can grasp.
- Each Scout is to be carried to the far end of the hall and back with second carries of individuals, if necessary, to make up numbers.



# SCOUT MEETING SCHEDULE: WEEK 2 Theme: Pioneering "A"

D - L	
Date:	
Patt.	

Time	Activity	Program Details	Leader Responsible
15 mins.	Gathering Activity	Poison Circle (See detail planning sheet)	
10 mins.	Opening Ceremony	Details can be found in the Scout Leader's Handbook	
20 mins.	Game	Clove Hitch in Circle (See detail planning sheet)	
40 mins.	Skills	Bowline, Sheer Lashing, Sheepshank, Square Lashing Knots. (See detail planning sheet)	
20 mins.	Game/Challenge	Knot Run Game (See detail planning sheet)	
20 mins.	Patrol/Troop Meeting	Candle Lighting Game. (See detail planning sheet)	
10 mins.	Closing	See Scout Leader's Handbook	
15 mins.	Leader Discussion Time	Review meeting and discuss next week's plans	
Badge Links:			
Meeting Notes:			



#### POISON CIRCLE

#### **P**URPOSE

• This game is meant for fun.

#### **EQUIPMENT**

• You'll need one long rope and space for a circle.

#### How to Play

- Tie the ends of a long rope together to make a large ring. Players should space themselves out around the rope. Draw a circle on the floor or on the ground about half the size of the rope ring.
- Players must hold the rope ring with both hands. On a signal, players must pull at the ring trying to force other players to step into the "poison circle." Any player who does so is out.
- The last player remaining, wins.

#### CLOVE HITCH IN CIRCLE

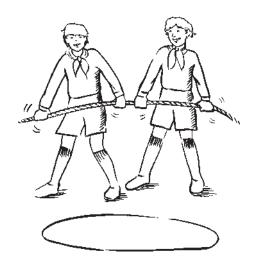
#### **P**URPOSE

- The purpose of this game is to get patrols to tie a Clove Hitch as quickly as possible round a stave held vertically in the centre of a large circle by a Scout who lies on the floor.
- No member of the patrol may enter the circle except for the single Scout holding the stave.

#### **EQUIPMENT**

• You'll need a Scout stave and long rope for each patrol. The size of the circles will depend on the space available, but they should be at least five metres in diameter; the length of rope required is roughly three times the diameter of the circle.

- Explain the objective to the Scouts and show them the knot by going into a circle and tying it on the stave.
- Patrols then have a period of about five minutes to try to devise a method of tying the Clove Hitch in the middle of their circle.
- The following directions tell you how to accomplish this challenge.
- During the game, Scout A stands just outside the circle holding the coil of rope in their hand.
- Scout B goes to the centre of the circle and lies flat on their back holding the stave vertical.
- Scout C takes the free end of the coil and runs clockwise round the circle to a point opposite Scout A and stands just over 1 metre out from the circumference.





- Scout A then runs anti-clockwise around the circle carrying the coil of rope and tensioning the rope against the stave.
- As Scout A approaches Scout C, Scout C raises the end of the rope they are holding, allowing Scout A to pass under.
- Scout A continues around to their original position where Scout D grasps the rope and stands upon it just over 1 metre out from the circumference. This forms a tight diameter.
- Scout D then shifts their grip 1 metre along the rope and stands up producing a 1 metre vertical length of rope from foot to hand.
- Meantime, Scout A continues anti-clockwise round the circle letting out more rope. This time as Scout A approaches, Scout C kneels down allowing Scout A to pass over the rope being held by Scout C.
- Scout A continues; when reaching Scout D, Scout A passes through the loop which Scout D is holding between their foot and hand.
- As soon as Scout A has passed through the loop, Scout D releases the rope completely and the part being held by Scout A is rapidly pulled taut to form the Clove Hitch.
- Although this sounds complicated, a patrol can learn it quickly.

# **Knot Skill Session**

- Distribute instructions for the Bowline Knot, Sheepshank Knot, Sheer Lashing, and Square Lashing.
- Provide spars and enough soft, flexible rope (not polypropylene) to allow youth to practice on their own.

#### BOWLINE

- A very important knot, the Bowline forms a loop that will not slip or jam no matter how great the strain.
- It is useful in first aid and life saving. A thorough understanding of the several variations of this knot will be of great value to every Scout, whether ashore or afloat.
- Start by forming an overhand loop and a standing part, spaced so the resulting loop is large enough for its purpose.
- The free end is taken up through the loop, around the standing part and back down through the centre of the loop.





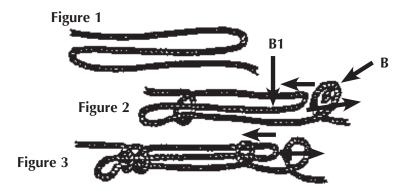
#### SHEER LASHING

- This knot is used for lashing together parallel spars and for forming "sheer legs" which support bridges and other structures. When told to "frap" the lashing, wrap the rope very tightly over and under the previously made rope turns.
- Begin with a Clove Hitch around one of the spars. Take seven or eight turns about both spars. These turns need not be too tight, however the frapping turns taken around them should be very snug.
- Finish with a Clove Hitch on the spar opposite where the first Clove Hitch was made.

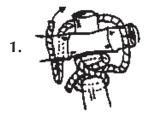


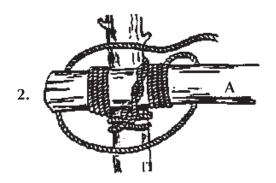
#### SHEEPSHANK

- This knot is used for shortening a long rope which is fastened on both ends (for example, a tent guy line or blanket line).
- After taking up the slack (Figure 1), form an underhand loop (Figure 2), slide it over the bight B1, and pull it taut.
- Do the same on the other end to complete the knot.
- To lock the Sheepshank, to keep the loops from sliding off, add a second half hitch (Figure 3) at each end.
- To render the Sheepshank more secure, secure the bights to the standing part.









#### **SQUARE LASHING**

- This lashing is used whenever spars cross at an angle, touching each other where they cross.
- The lashing starts with a Clove Hitch around the upright spar immediately below the horizontal spar. The lashing is then taken in front of, and up over, the horizontal spar. It passes behind the upright spar, down in front of the horizontal spar and finally around behind the upright spar, just above the original Clove Hitch.
- Repeat the process four times keeping outside the previous turn on the horizontal, and inside on the upright. Then take three or four frapping turns. Finish the lashing by making a Clove Hitch on the horizontal spar. This Clove Hitch must be snugged and slid near the lashing.

# **Games**

#### KNOT RUN

#### **Purpose**

• This game will help Scouts remember their knots.

#### **EQUIPMENT**

• All you need is one piece of rope.

- Form your troop into a large circle.
- Scouts stand facing inward, with hands behind backs.
- The person chosen to lead the first game "IT walks around outside the circle carrying a piece of rope.
- Suddenly the person who is "IT" puts the rope into a Scout's hands, calls the name of a knot, and runs around the circle.
- The Scout who was given the rope must tie the knot correctly before IT gets back to their place. Failure means the Scout becomes the new "IT". If successful, the person who is presently, "IT", must try again.



# **Patrol Challenge**

#### CANDLE LIGHTING





#### **P**URPOSE

• This is a good test of quick and effective sheer lashing knot tying.

#### **EQUIPMENT**

- Give each patrol two candles, matches, three Scout staves and four ropes for lashing.
- Using no more than these materials, and not touching the floor between the lines with any part of their body, the Scouts must light the candle on the far line.

- Draw two lines down the length of the room leaving a space in the middle about four metres wide. Set one candle up opposite each patrol on the far line.
- On the order "Go!" patrols must lash the staves length-to-length and secure the second candle to one end.
- Next, they must light the candle on the staves. The winning patrol is the one which first reaches across to light the candle on the other side of the space.
- It's important to relate the width of the space to the length and number of Scout staves being given for use.
- For a more challenging game, increase the distance so the Scouts have to lash four staves together to light candles over a greater width.
- The candles on the far side must all have easily lit wicks and must be firmly held upright.



# SCOUT MEETING SCHEDULE: WEEK 3 Theme: Pioneering "A"

Date:	
Date.	

Time	Activity	Program Details	Leader Responsible
15 mins.	Gathering Activity	Chain Gang (See detail planning sheet)	
10 mins.	Opening Ceremony	Details can be found in the Scout Leader's Handbook	
20 mins.	Game	Knot Trail Game (See detail planning sheet)	
40 mins.	Skills	Timber Hitch and, Fisherman Bend Knots; Tripod and Diagonal lashing. Review previous knots. (See detail planning sheet)	
20 mins.	Game/Challenge	Wigan Flagstaff (See detail planning sheet)	-
20 mins.	Patrol/Troop Meeting	Roman Chariot Race. (See detail planning sheet)	
10 mins.	Closing	See Scout Leader's Handbook	
15 mins.	Leader Discussion Time	Review meeting and discuss next week's plans	
Badge Links:			
Meeting Notes:			



## CHAIN GANG

#### **PURPOSE**

• This game will strengthen knot-tying skills.

#### EQUIPMENT

• For each team you will need one rope at least 5 metres long.

#### How to Play

- Form teams into relay formation. On a signal, the first player ties a Bowline knot around her left ankle. Each of the other players in turn (except the last) ties a Clove Hitch knot around their own left ankles. The last player ties a Round Turn and Two Half Hitches around her left ankle.
- When all knots are tied, the team races to the other end of the hall, or around a marker.
- The first team back with the correct knots, wins.
- Make the race more "challenging", by tying the knots on alternate sides (left, right, left, etc.).

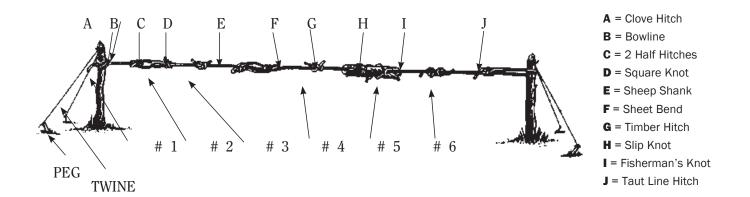
# KNOT TRAIL (KNOT KIM'S GAME)

#### **PURPOSE**

• This game will increase your Scouts' ability to recognize knots.

#### EQUIPMENT

• Play this game outside in an area with trees. If you're unable to go outside, tie the ropes to chairs across the meeting room. It will require various lengths and thicknesses of rope.





#### How to Play

- Tie several pieces of rope of varying thicknesses together using several different knots (i.e., Reef, Sheetbend, Bowline, Clove Hitch, Square knot). Tie one end of the rope to a tree with a Clove Hitch, the other end to another tree with a Round Turn and Two Half Hitches. Leaders may do the knot-tying before the meeting or ask each patrol to create a knot line.
- Each patrol must walk beside the rope from tree to tree and back again, silently observing and remembering the knots. (Take about two minutes.) The patrol then should go into a huddle to make up a list of knots they saw (including those around trees). The list must be in the right order.
- Here's a trick question for extra points. How many ropes were used?
- You might want to do this game blindfolded letting the Scouts feel the knots, then again looking at the knots. How many did they get correct?

# **Knot Skill Session**

Distribute instructions for tying the Timber Hitch, and Fisherman Bend knots, as well as for tripod lashing and diagonal lashing. Provide spars and lengths of rope for them to use. Challenge the Scouts to do the previous weeks knots blindfolded, behind their back, under the table or another inventive method.

#### TIMBER HITCH

- This important hitch will hold firmly and can be tied and untied quickly. It's used to draw two spars together when starting a diagonal lashing. It's also a quick and easy method for fastening a rope to a spar for a short time, if you're hauling it.
- It will hold only if a steady tension is maintained on the rope; if the spar is to be hauled pointing in one direction, it's better to put a half hitch on the spar in the direction you want it to point. (Figure B illustrates this method.)
- To tie the knot, take a turn around the spar ending with the rope back around itself and twisting the end two or three times. Pull on the standing part to tighten. (Figure A)

#### FISHERMAN'S BEND

- This is an excellent knot for attaching a rope to a light anchor, a ring or a rectangular piece of stone. Use it too for making a swing.
- Take two turns through the ring or around the stone; bring the end over the standing part and through the loops. (See illustration). Finish with two half hitches and pull taut.

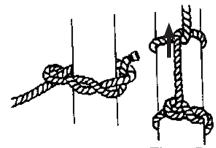
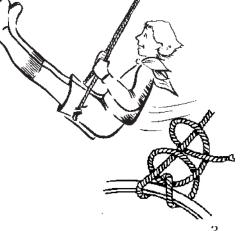
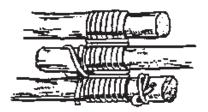


Figure B Figure A



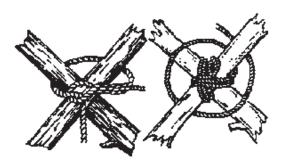






#### TRIPOD LASHING

- Use this lashing to make a tripod.
- Large tripods can be used over fires or as a gateway Small ones can hold basins for hand washing.
- To lash three spars together to form a tripod, lay the spars on the ground pointing in alternate directions.
- Begin with a Clove Hitch or Timber Hitch knot on one of the end spars.
- Take seven or eight loose lashing turns around all three spars, and loose frapping turns in the spaces between.
- Finish with a Clove Hitch knot on the centre spar. Now, hoist the tripod.



#### DIAGONAL LASHING

- This lashing is used to "spring" two spars together that cross at right angles (or close to it).
- Start the lashing with a Timber Hitch knot around both spars.
- Tighten the knot, drawing the two spars together.
- Make three or four turns around one fork, and three or four turns around the other fork.
- Take two frapping turns around the lashing at the point where the spars cross.
- Finish off the lashing with a Clove Hitch around the most convenient spar.



#### WIGAN FLAGSTAFF

#### PURPOSE

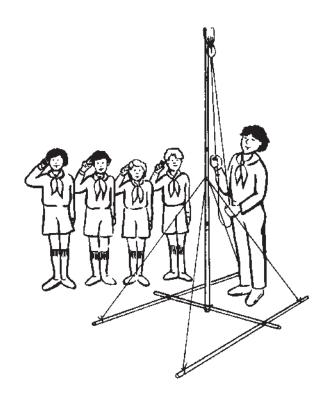
 The game will make a self-standing flagstaff intended for a place like a troop room where holes cannot be made in the ground or pegs pounded into the soil.

#### **EQUIPMENT**

- Each patrol will need six Scout staves, seven lashing ropes, 16 metres of twine (for guys), and an additional five metres of twine (for flying a flag).
- Give your Scouts the instructions and construction outline to follow.



- Three staves are made into a letter "H" using square lashings at the ends of the cross piece.
- At the same time, lash another three staves firmly end-to-end by sheer lashings to give an upright about four metres high.
- Lash a loop of twine about 2 cm thick to the top of the upright as a substitute eye, and thread the five metres of twine through to carry the flag.
- Lash the bottom of the upright to the centre of the cross piece so the cross piece will be uppermost when the "H" base is flat on the floor and the upright raised vertical.
- Run guys of twine from about 2 1/2 metres up the vertical stave to each corner of the base. Provide tension to hold the flagpole vertical.
- The flagstaff should be checked for quality after fifteen minutes.
- Recover the twine after this activity.
- Award points for the speed and efficiency your patrols dismantle the flagstaff and prepare the materials for storing.





# **Patrol Challenge**

## ROMAN CHARIOT RACE

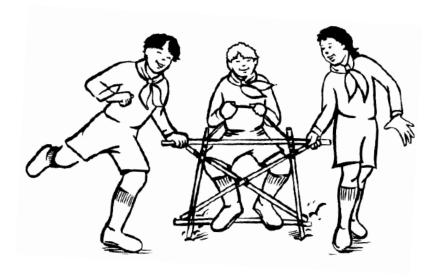
#### PURPOSE

• Scouts will build a neat "Chariot."

#### **EQUIPMENT**

• Each patrol will need six Scout staves and nine pieces of cord for lashings.

- Place equipment in piles opposite the patrols.
- On a signal, patrols should start lashing a "Chariot." They do this by making a trestle frame.
- Four staves form a square; the fifth and sixth staves are lashed diagonally, forming a large "X."
- When the frames are finished, two Scouts may pull the "Chariot" and rider down the field, around a marker and back to the finish line.
- The first patrol to finish with its "chariot" intact, wins.





# **SCOUT MEETING SCHEDULE: WEEK 4 Theme: Pioneering "A"**

Date:	
Date.	

Time	Activity	Program Details	Leader Responsible
10 mins.	Gathering Activity	Tug of War Game (See detail planning sheet)	
15 mins.	Opening Ceremony	Details can be found in the Scout Leader's Handbook	
20 mins.	Game	Catch the Snapper Game (See detail planning sheet)	
40 mins.	Skills	Make a Launcher (See detail planning sheet)	
40 mins.	Patrol/Troop Meeting	Select gadget for construction over campout. Finalize camp plans. (See detail planning sheet)	
10 mins.	Closing	See Scout Leader's Handbook	
15 mins.	Leader Discussion Time	Review meeting and discuss next week's plans	

#### Meeting Notes:

Badge Links: \_

JUMPSTART: Pioneering - Series "A"

<sup>\*</sup> All necessary paperwork, Permission Forms and Safety Considerations, will need to be completed before the Pioneering Camp-Out weekend.



## **TUG-OF-WAR GAME:**

#### **PURPOSE**

 This game will improve Scout physical fitness, as well as reinforce knot tying excellence and teamwork within the patrol.

#### **EQUIPMENT**

• You'll need one rope at least eight metres long.

#### How to Play

- Form two teams in single lines facing each other.
- Players must take hold of the rope and at a signal start pulling.
- Rope may not be tied around the waist of any player, nor may players hold onto posts, trees, or any stationary object.

#### Scoring:

• The first team pulling or dragging their opponents across a given line wins.

#### VARIATION:

- Give teams pieces of rope about 1 metre long. Players must tie ropes together with sheet bends.
- A leader then ties the opposing team's ropes together and says "Go!". This variation is not only a test of strength, but also becomes a fine test of the patrol's knot-tying ability. The team whose captain gets their players to "heave" together, will probably win.



## CATCH THE SNAPPER GAME:

#### **PURPOSE**

Scouts must set a mouse trap off.

#### **EQUIPMENT**

• You will need four Scout staves, several lengths of cord and a mouse trap for each patrol.

#### How to Play

- Form a "river" by drawing two parallel lines five metres apart.
- Patrols should line up along the "river bank."
- On the opposite bank from each patrol set up a cocked mousetrap.
- Each patrol must lash its staves into a super-long fishing pole with fishing line.
- The first patrol to catch its snapper, wins.

# **Skill Session**

#### Make a Launcher

#### **EQUIPMENT**

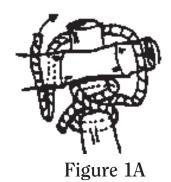
• **Each patrol** will need 7 staves, elastic bands, yogurt container, lashing twine and scissors. (The diagram illustrates the general design of your launcher.)

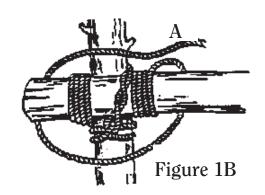
#### CONSTRUCTION

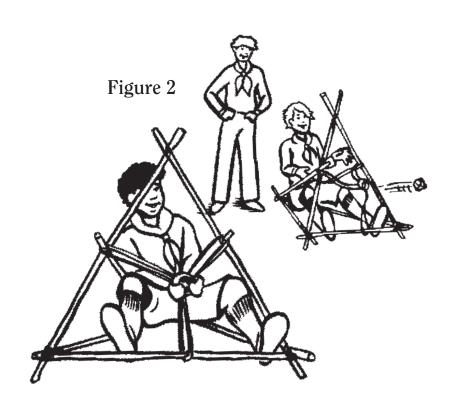
- Assemble your launcher as shown in diagram. You can make "balls" for firing from rolled up newspaper wrapped with masking tape.
- Make a "shot holder" from used plastic food containers such as those from yogurt or sour cream.
- Make three narrow slits close to the rim of the plastic carton to take the elastic bands. Illustration 3 shows you how you can join together elastic bands with reef knots to make long bands.
- Try making the launcher at camp when it's warm; substitute wet sponges for the paper balls.

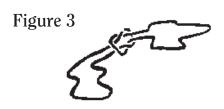


# **Skill Session**









# **Patrol Meeting**

Patrols should decide upon their gadget to be constructed at camp.

# **Sample Gadgets Ideas**

