



# PROGRAMME ON A PLATE

## UFO – Week 1

| TIME       | ACTIVITY              | PROGRAMME ELEMENT | INSTRUCTIONS   | MATERIAL  |
|------------|-----------------------|-------------------|--|---|
| 10 minutes | Mix & Match           |                   | Have Cubs match the correct planet to the scrambled word e.g:<br>Mercury            ather<br>Venus                ercurym<br>Earth                neusv  | Activity sheet & pencils                                      |
| 5 minutes  | Opening               |                   | Prayer, Grand howl, Inspection   |   |
| 10 minutes | Alien Chase (Ladders) | Games             | Pair Cubs off. Have them sit down facing each other with their feet touching, legs together, and hands behind their backs. Space the Cubs out (to make a 'ladder'). Number each pair off (i.e. 1, 2, 3 etc). The Leader calls a number and Cubs with that number have to run down the centre of the 'ladder' to the end of the hall, around the outside of the rest of the Cubs and back down the centre of the 'ladder' to their place. |   |
| 20 minutes | Flying Saucers        | Handcraft         | 1. Staple two plates together, face to face.<br>2. Decorate as desired.<br>3. Have throwing competitions – highest, longest, hit the target.   | 2 x paper plates per Cub, craft material, staples, felt pens. |
| 5 minutes  | Red Letter            | Games             | See Fun & Games 2 No 953   |   |
| 10 minutes | Water Balloon Toss    | Games             | Have Cubs pair off, half fill balloon with water for each pair, toss to each other moving further apart each time.   | Water balloons, water   |
| 15 minutes | Maori String Game     | Wero              | Cub Scout Activity Book page 71  |   |
| 10 minutes | Guest                 |                   | Have a local potter come in and explain about firing models and how long it takes etc.   |   |
| 5 minutes  | Closing               |                   | Notices, badge presentations, prayer   |   |



# PROGRAMME ON A PLATE

## UFO – Week 2

| TIME       | ACTIVITY          | PROGRAMME ELEMENT | INSTRUCTIONS  | MATERIAL  |
|------------|-------------------|-------------------|---|---|
| 10 minutes | S-A-T-E-L-L-I-T-E |                   | The word SATELLITE contains many smaller words e.g. let, sat.<br>How many words can you find?   | Paper & pencils   |
| 5 minutes  | Opening           |                   | Prayer, Grand howl, Inspection  |   |
| 5 minutes  | Round the Moon    | Games             | Can be played inside or outside.<br>Sixes line up at the end of the room. Each Cub places their hands on the waist of the Cub in front to form a 'rocket'.<br>One chair is placed at the far end of the room opposite each Six; these are the 'moons'.<br>On 'go' the Sixes run the length of the room, round the 'moon' and back. As they pass home base, the 'rockets' drop a section (Cub) each time, until finally the 'nose cone', the last Cub, returns home.   |   |
| 20 minutes | Bottle Rockets    | Handcraft         | <ol style="list-style-type: none"> <li>1. Make a hole in the bottle cap just wide enough to slide the small straw through (use hammer and nail).</li> <li>2. Fit the smaller straw through the hole, leaving about 10cm sticking out of the cap. Seal with clay</li> <li>3. Cut the larger straw to about 10 cm in length. Seal one end with a clay "nose cone".</li> <li>4. Use the cardboard to cut fins for your straw rocket.</li> <li>5. Glue the fins to the unplugged end.</li> <li>6. Slide the straw "rocket" over the smaller straw "launcher".</li> <li>7. Give the plastic bottle a quick, strong squeeze.</li> </ol> | Small plastic straw, large plastic straw, soft squeeze bottle with a screw cap (e.g. water bottle), dishwashing liquid bottle), thin cardboard, modeling clay, glue, scissors, hammer, nail |

|            |   |  |       |  |                              |
|------------|---|--|-------|--|------------------------------|
| 10 minutes | Collect the Space Ships<br>(Rob the Nest) |  | Games | Divide Cubs into three or four teams. Position them the same distance from a circle in the centre of the hall. Number Cubs off. Place 9 "space theme" objects in the centre circle. Call a number, and the Cub from each team with that number must run out and remove an object from the centre circle, taking it back to their corner. Once there are no objects left in the centre they are able to steal from other teams. The first person to get 3 objects in their team's area is the winner. |                              |
| 20 minutes | Alien faces                               |  |       | Face painting. Offer to paint a design on a hand instead if Cub is reluctant to have their face painted. Have the Cubs paint on one another.   | Alien designs, face paint    |
| 5 minutes  | Space songs                               |  | Music | <i>Twinkle, Twinkle, Little Star (Parody)</i><br>Starkle, starkle little twink How I wonder what you think!<br>Up above the world so high; Think you own the whole darn sky?<br>Starkle, starkle little twink. You're not so great,<br>That's what I think!  |                              |
| 10 Minutes | Moon Walk                                 |  | Games | Divide Cubs into teams. Each team receives two "space shoes" (cardboard boxes large enough to put foot in each). The first Cub puts on the "space shoes" and uses the shoes to maneuver a "moon rock" (blown up balloon) to a designated line and returns. Repeat to all have had a turn.  | Cardboard boxes (shoe boxes) |
| 5 minutes  | Closing                                   |  |       | Notices, badge presentations, prayer   |                              |



## PROGRAMME ON A PLATE

### UFO – Week 3

| TIME       | ACTIVITY                        | PROGRAMME ELEMENT | INSTRUCTIONS   | MATERIAL                                     |
|------------|---------------------------------|-------------------|--|--|
| 10 minutes | Make a dart                     | Handcraft         | Make paper darts – See the Cub Scout Activity Book   | Paper  |
| 5 minutes  | Opening                         |                   | Prayer, Grand howl, Inspection   |  |
| 10 minutes | Meteor Shower                   | Games             | Have a water balloon fight   | Water balloons, jackets or rubbish bags      |
| 20 minutes | Find the alien (scavenger hunt) | Wero              | <ul style="list-style-type: none"> <li>Set up teams (or Sixes) and designate a colour.</li> <li>Send each team off looking for clues coded in their colour.</li> <li>Clues can be simple such as "find the time" (the clue would be beside a clock), or more complicated and cryptic such as "look for a face with no eyes and hands with no arms".</li> </ul> | Pre-set course, alien toys, clue sheets etc. |
| 5 minutes  | Alien Freeze Tag                | Games             | The space commander ("it") must tag the Martians (Cubs) to freeze them. Once frozen a Martian can only be released when another Martian crawls through their legs.   |  |
| 15 minutes | Make a UFO                      | Handcraft         | Cub Scout Activity Book  |  |
| 10 minutes | Pin the eyes on the aliens      | Games             | Give each Cub an eye and let them add their eye to a large drawing of an alien face  | Alien poster or picture, eyes, pins          |
| 10 Minutes | Space walk                      | Playacting        | Mimes: walking on the moon, putting on an astronaut costume, "Take-off" in a rocket, laser fighting etc (Have a mime inside a blown up balloon, have a Cub break the balloon and act out the mime).  | Balloons, mimes                              |
| 5 minutes  | Closing                         |                   | Notices, badge presentations, prayer   |  |



# PROGRAMME ON A PLATE

## UFO – Week 4

| TIME       | ACTIVITY                   | PROGRAMME ELEMENT | INSTRUCTIONS   | MATERIAL   |
|------------|----------------------------|-------------------|--|--|
| 10 minutes | Find the UFOs              |                   | Hide lots of pictures of UFOs around the hall. Cubs try to find as many as they can  |  |
| 5 minutes  | Opening                    |                   | Prayer, Grand howl, Inspection   |  |
| 10 minutes | Hop Hockey                 | Games             | Fun & Games 2, No.597 – use a balloon instead of a ball.   |  |
| 15 minutes | Make an alien              | Handcraft         | Make miniature aliens using craft materials.   | Pompom balls, pipe cleaners and wiggle eyes or modeling clay |
| 10 minutes | Follow the UFO (Follow me) | Games             | Cubs in circle. Take off shoes and put in front of them. One Cub (the UFO) runs around the circle holding something that will make a noise. As the Cub runs around the circle they tap a few Cubs on the back and say 'follow me'. They follow, when the Cub makes a noise everyone runs back to their own shoes, around the outside of the circle – last back becomes the next UFO. |  |
| 15 minutes | Collect "space" rubbish    | Wero              | Give each Six a plastic rubbish bag and each Cub a plastic glove.<br>Cubs collect rubbish in a nearby area.<br>Give Sixes a treat for each piece of rubbish they pick up.  | Grocery bags, gloves, treats (e.g. jelly beans, M&Ms)        |
| 10 minutes | Alien objects (Kim's game) | Games             | Place up to ten objects on a tray, leave in the middle of the hall for Cubs to look at for a designated time. After that time is up, cover the tray with a cloth. Give the Cubs 5 mins to write down (or draw) as many objects as they can remember.   | Theme objects, pencils and paper                             |
| 10 Minutes | Story                      | Storytelling      | Punga People by Barry Crump  | Book   |
| 5 minutes  | Closing                    |                   | Notices, badge presentations, prayer   |  |



## PROGRAMME ON A PLATE

### UFO – Highlight

Have a Cub evening activity at the Hall (sleepover), with Cubs picked up in the mid morning.

- Arrive after dinner
- Star gazing – lie on blankets and watch the stars come out. Cover torches with red cellophane so eyes won't try to adjust the light. Can you find the Southern Cross, Milky Way etc.
- Watch a movie – Mars Attack, Star Wars, ET or similar
- Read stories
- Play quiet games
- Have the Cubs make their own supper – ideas include:

*Meteorite (Chocolate popcorn):*

1 ½ C sugar  
2 oz chocolate  
½ C corn syrup  
1 C water  
popcorn

1. Combine sugar, chocolate, syrup, and water in large saucepan; mix well.
2. Cook until 'toffee' stage.
3. Pour over popcorn in bowl, tossing to coat

- Have plenty of activities in store (some examples below):

- *Outdoor Obstacle Expedition (O14)* – adapt to keep in theme e.g. The Great "Space Obstacle Expedition", the "Astronaut Training Challenge".
- *Revolutionary dart (MD 11)*

*Milky Way shakes:*

1C cold milk  
2 T gelatine, any flavour except lemon

1. Pour milk into shaker
2. Sprinkle gelatine over milk. Put lid on shaker.
3. Shake very hard for 1 minute. Drink straight away.

- *Secret Codes (MC22)* – Once again keep in theme e.g. "Decode the alien message".
- *Star Gazers* - Give each Cub an empty tube (inner from plastic wrap, or similar – cut into a toilet roll size). Cover one end of the tube with a piece of black paper. Let the Cubs gently push a toothpick through the black paper to create tiny holes. Have the Cubs decorate their scopes. To use them, have the Cubs hold their scopes up to the light and look through the uncovered end. This will look like a mini-planetarium.
- *Splatter Space* - Have the Cubs splatter paint a picture. Then tell the Cubs to spread out the star pictures all over their sheet of black construction paper. When they are done give them a piece of white chalk and tell them to connect the stars to form constellation pictures. Then have them name their constellations. Hang up their constellations on a board, and title it "In the Night's Sky I See..."
- *Starlight Mobile* - Use cookie cutter shapes for moon crescents & stars (or draw your own) to trace a moon crescent & three stars. Trace around each shape twice onto aluminium foil and cut out the traced figures. Glue the foil crescents to each side of the cardboard moon. Glue tinsel to each of the cardboard stars. Glue the foil stars to each side of the cardboard stars. Tape a dark-coloured thread from each star to the moon. Glue a long piece of thread along the inside curve of the moon. When the glue dries, hang the mobile in your window.
- *Games* – Play the games used over the last few weeks, or adapt games already played, but rename them in theme.