

## Autumn Term Activity - Fitness Challenge

Written by Chris Ford -

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13th September 2011

Dear Parents/ Guardians,

Welcome back after a long summer break. We lost some of our more senior Cubs to Scouts at the end of last term and welcome some new faces this term.

For the remainder of this calendar year, we will be working on our **Fitness Challenge** and **Athletes Badge**

. You may have guessed from the badge titles, this will involve some physical activities and some monitoring of progress over a period of time. If you have an issue with this, please come and speak to me.

Before I list the weekly activities, I would just like to remind and make you aware of a couple of things.

Firstly, I do operate a Behaviour Policy, and if a child is too disruptive during the Tuesday night session, they will be issued with a warning on the first occasion and will be asked to leave Cubs if their behaviour doesn't improve over the following weeks.

Secondly, for those of you who are unaware, I do have a full time job, and on occasions I may be required to attend meeting out of the area, which could mean that I may not be back in time to run the Cubs session, and as I am the only uniformed leader of this Pack, I may have to cancel the session. Additionally, there may be times when the majority of the Cubs may be

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Thirdly, Church Parade's will recommence as of this month, with a Harvest/Parade Service being held at St Johns Church, Outwood Common on Sunday 18 September at 10.00a.m. Whilst I appreciate that there are likely to be other things that your son/charge will get up to on a Sunday morning, Church Parade's are not held that often, so every effort should be made to bring them to the service. Cubs is not just about turning up on a Tuesday evening for an hour and a half session, it also brings additional responsibilities for Cub and their parents. The Church Parade is an opportunity for the Cub to show off the badges they have gained and show off the fact that they are a Cub. So please make every effort to bring your son/charge to the Parade Services. This first Parade Service is a Harvest Festival, so please bring a tin or packet of something that once all gathered in, will be taken to a nearby charity.

## Activities Fitness/Athletes Badge

**13<sup>th</sup> September 2011** Welcome/Discuss Program – Issue Homework

**20<sup>th</sup> September** No Session due to commitments at both  
**Sunnymede**

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and Billericay School.

**27<sup>th</sup> September** “Weigh In” Take measurements – Take 1

**4<sup>th</sup> October** Exercises and Fitness Tests – Take 1

**11<sup>th</sup> October** Fitness Challenge – “Heart and Lungs”

**18<sup>th</sup> October** TBC – Sunnymede Yr 6 to York

**25<sup>th</sup> October** Half Term

**1<sup>st</sup> November** Fitness Challenge – “The Brain”

**8<sup>th</sup> November** Hot Dogs and Sparklers

**15<sup>th</sup> November** Exercises and Fitness Test – Take 2

**22<sup>nd</sup> November** “Weigh In” – Take 2

**29<sup>th</sup> November** Seasonal Craft Creation

**6<sup>th</sup> December** TBC – Sunnymede Christmas Presentations

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**13<sup>th</sup> December** Last Session before Christmas Break – Fun and Games

The above is an indication of what I have planned or each Tuesday session, but they are open for change at short notice.