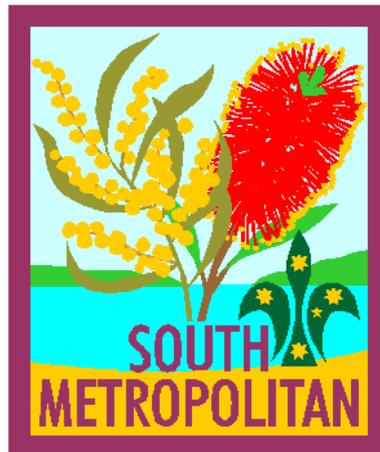




**South Metropolitan Region
2014
Region Gathering
Ancient Worlds**



**"Cataract Scout Park"
6th to 9th of June 2014**

Activity Summary

This is a general overview of the activities provided for the scouts at the 2014 South Met Region Gathering.

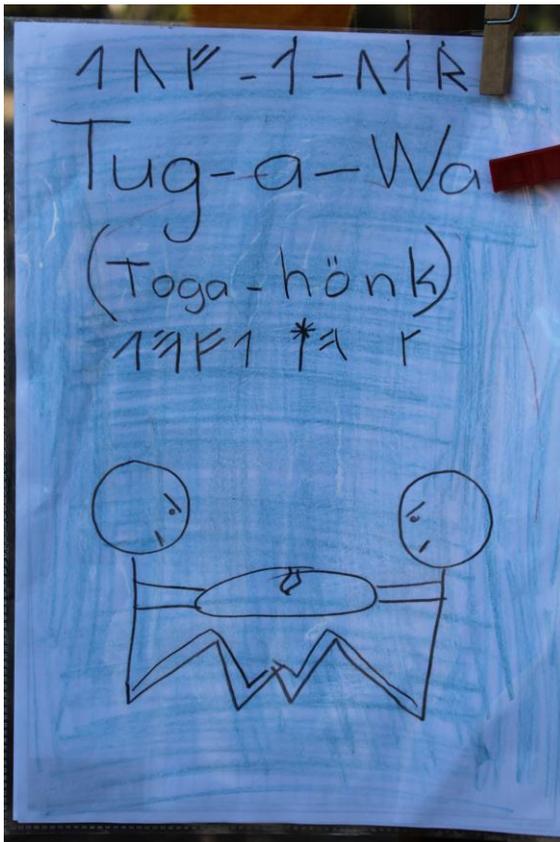
This is intended as an ideas reference, showing the activities available as a starting point for planning later events.

DISTRICT and THEME	LOCATION
• Bambara – Aboriginal	• Site 6
• Bankstown – Vikings	• Site 2
• Canterbury – Vikings	• Site 2
• EH/GR - Aboriginal	• Site 6
• Fairfax – Roman	• Site 7
• Iron Cove - Vikings	• Site 2
• Kingsford Smith – Roman	• Site 7
• Port Hacking – Incas / Aztecs	• Site 3
• RNP – Incas / Aztecs	• Site 3
• Sydney – Vikings	• Site 2
• Yarroona – Roman	• Site 7
• Guides – Anglo Saxon	• Site 8
• HQ – Anglo Saxon	• Site 8

Compiled and photographed by
Ian Moggs
Scout Leader
1st Picnic Point

SITE 2
THEME Vikings
ACTIVITY Viking Strengths

A series of physical challenges based on various Viking strengths and tests.



Firstly, a simple challenge of trying to pull your opponent up onto their feet, with both participants sitting on the ground with their feet together as shown in the pics below.

Making rope loops of different and smaller sizes for various ages could make it easier for younger players.



The Second challenge was body strength based, with the aim being to push your opponent across the line with both players holding a foam “pool noodle”.



The Final of these challenges was based on a Viking version of our modern tug-o-war, but without the fire pit in the centre that the Vikings would have tried to pull their opponent into.



SITE 2
THEME Vikings
ACTIVITY Viking Game – KUBB

The ancient Nordic game of Kubb is described on the chart included on the next page. These pictures show it in action.



Above is the playing field awaiting players.

Here are a team of cubs playing the game of Kubb.



SITE 2
THEME Vikings
ACTIVITY Raid The Loch

TEAMWORK ENTHUSIASM ACHIEVEMENT FUN TEAMWORK ENTHUSIASM ACHIEVEMENT FUN TEAMWORK ENTHUSIASM ACHIEVEMENT FUN

WELCOME TO “Raid the Loch”

Vikings raided Loch Lomond in 1236 lead by King Haakon of Norway. Sailing their ships up Loch Long to Arrochar thus avoiding the local troops defences, they dragged their galleys over the narrow Isthmus (one and a half miles wide) from Arrochar to Tarbet launching their ships into a totally undefended loch.

The pillaging was on the typical Viking scale, plundering the communities of the Islands and Loch-side.

After three days of destruction the vikings sailed South down the River Leven to the Clyde at Dumbarton and from there they rejoined the Viking fleet in Rothesay Bay.

You are King Haakon, you and your Viking raiders have arrived at the shores of the Long Loch and you have to portage your ship a mile and a half across the isthmus from Arrochar to Tarbet.

Use the ropes and logs supplied to move your ship and your Patrol to Tarbet. You must use the logs supplied, no dragging allowed.
How long will it take you?

Move your longship overland from Long Loch to Loch Lomond before the local troops arrive. If they catch you on land they will burn your long boat and you will be captured.



As described in the panel above, here are the boats that were in use on this particular occasion. Of course, it is not necessary to use complete boats, a single panel of marine ply would suffice.

Note the helmets in the boats, waiting for the next group to wear them as they take part in the activity.



Some Viking Facts

1. Vikings used flints to make fire. They created fire by striking the flint against the steel of some very dry and flammable material.
2. The Vikings were expert boat builders and sailors. Keels – central spines along boats' bottoms – made their 16 to 37m 'longboats' easy to steer, and because these were designed to float high in the water, landing on beaches was easy.
3. When important Vikings died, they would be placed with all their clothes, jewellery, even their animals, in a burial ship. This would either be covered with a huge mound of earth or set alight and pushed out to sea.
4. Ever wondered where the word 'berserk' comes from? 'Berserkers' was the name of some terrifying Viking warriors who wore bear or wolf skins and howled in battle like wild animals!
5. Vikings used a unique liquid to start fires.
Clean freaks though they were, the Vikings had no qualms about harnessing the power of one human waste product. They would use a fungus called touchwood from tree bark and boil it for several days in urine before pounding it into something akin to felt. The sodium nitrate found in urine would allow the material to smolder rather than burn, so Vikings could take fire with them on the go.
6. Vikings were known for their excellent hygiene.
Between rowing boats and decapitating enemies, Viking men must have stunk to high Valhalla, right? Quite the opposite. Excavations of Viking sites have turned up tweezers, razors, combs and ear cleaners made from animal bones and antlers. Vikings also bathed at least once a week—much more frequently than other Europeans of their day—and enjoyed dips in natural hot springs.

SITE 2
THEME Vikings
ACTIVITY Making Fire



As the Vikings did not have modern matches and lighters, they had to use flints to light their fires.

This activity gave the youth members the chance to make their own fire starter, and while it set they tried to light a fire using a (modern/commercial) flint and steel.

To make it easier to get a successful result, there was petroleum jelly rubbed into the piece of cotton wool that was being lit.

These fire starters were made by filling an egg carton section with wood shavings (though they recommended using lint if available), and the covering it with melted wax.

It was then left for several minutes to cool and set so it could be taken by the scout that made it. (this was when they tried the other fire making activity).



SITE 2
THEME Vikings
ACTIVITY Viking Barrel Rolling



A well-prepared and well-padded barrel just fits a cub or joey, as well as some scouts. Additional foam pieces are inserted once the scout is in the barrel to ensure they are not bounced around, then the barrel is laid on its side and rolled across the field.



SITE 3
THEME Aztec & Inca
ACTIVITY The amazing memory maze

What you need:-

- a judge; (that's you)
- a noise maker of any sort;
- a grid on the ground,
 - the grid can be a square, round, or any shape you want;
 - it can be made with rope, string, or even chalk on a scout hall floor.
- a map that looks like the grid, but with the sequence drawn on it that the teams need to follow.

Instructions :-

The team lines up, often around the outside of the grid so that they can all see the activity. The judge advises the group which side of the grid the players are to start on, and which side they are aiming to finish on.

The first player takes a step on to the grid, if the player steps on to the cell marked N^o 1, then the player is safe and is allowed to take another step. The player continues to move on as long as they continue to step into the correct cell in numerical order as on the judge's map; i.e. cell 1, cell 2, cell 3 etc. If the player steps on to a cell that is not the next sequentially numbered cell on the map, the judge activates the noise maker, and the player has to immediately leave the grid, and join the end of the line.

Play continues in the same manner, with the next player trying their luck. They step on to the maze; if they are observant, they will have seen which cells were correct for the previous player and step into those cell. If they step on the correct square, then the noise maker is not activated, and the player can assume they are safe, they then have to try their luck to guess the next square, if they are correct, then silence, if they choose the wrong square, then the noise maker is activated.

The team quickly get the idea, and encourage the "on grid" player with where they should step next, since the entire way across the maze is trial and error, the idea is to remember where was safe, and to progress across the maze as quickly as possible.

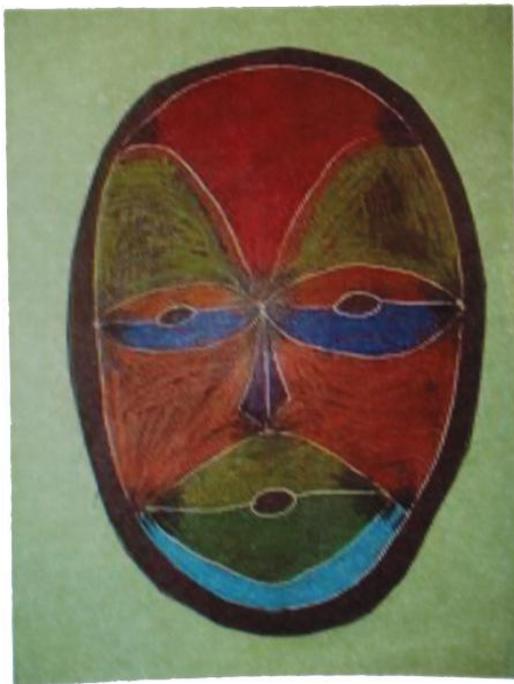
The page above explains this activity effectively. Here are a couple of the patterns that were used, but you can set up for as few or as many steps as you like. More steps for older scouts, and fewer for Joeys & cubs, etc.



			8
		6	7
	5	3	
	4	2	1
Sample game patterns			
		8	
	6	7	
5		2	
	4	3	1

SITE 3
THEME Aztec & Inca
ACTIVITY Aztec masks

Here you could make an Aztec mask while you waited for the memory maze. The info sheet at the base is shown below, along with these images of sample masks.



What you need

Things you need

- Paper Plate
- White Paper or Newspaper
- Paint or Markers
- Pencil
- Scissors
- Rubber Bands

- Use your imagination and start drawing facial features on the paper plate using a light pencil. The face must look anything but ordinary, since some Aztec masks have large eyes, ears or noses, while some have eccentric looking lips.
- Add some patterns and designs. Most Aztec masks contain various lines and zigzag shapes. Remember, Aztec masks are supposed to look peculiar.
- Start shading the patterns using pencils or markers once the final sketch is finished. Feel free to add materials such as craft paper. It is better if you include vibrant and tribal colors, like turquoise or gold.
- Cut out the eyes of the mask, so you can see when you wear it.
- Punch a hole in both ears of the mask. Cut a rubber band in half and thread it through the holes. Tie both pieces of the rubber band together so you can wear your mask.



Also available to fill in time while waiting were some basic stilts

SITE 3
THEME Aztec & Inca
ACTIVITY Comets of the Gods

A simple but fun craft activity to make “comets” that had spinning tails as they flew.

All that was required was a small plastic bag with about a ½ cup of rice in it, which was tied tight to avoid spilling.

This was wrapped (like a wonton) into a square of material (approx 25cm sq), with a couple of lengths of paper streamer (about 75cm long) placed included under the rice bag and protruding either side of the cloth before wrapping.



An elastic band around the top sealed the pack and it was ready to fly.



SITE 3
THEME Aztec & Inca
ACTIVITY Aztec Bread

Damper twists, with an Aztec theme. For convenience, here is a basic damper twist recipe and instructions.

INGREDIENTS

- 3 heaped des.spns S.R. Flour
- Pinch of salt
- 1/2 des.spns sugar
- 1/2 des.spns Powdered milk
- 2-3 spoons of water

METHOD

- Mix all dry ingredients together (in a cup or plate)
- Add water a little at a time until dough consistency.
- Knead dough by hand - the more it is kneaded, the better it will be.
- Add water if too dry/flaky
- Add flour if too wet.
- Take a clean, DEAD stick about 1.25m diam,
- Roll dough between hands to make a long snake and then wrap around the end of the stick, pinching the ends to stop it falling off.
- Hold the dough over HOT COALS (not flame) - it will expand and the outside will brown.
- The dough is cooked properly when the twist can be pulled off the stick without leaving sticky dough behind.



SITE 3
THEME Aztec & Inca
ACTIVITY Myan Deathball



While similar to volleyball with a ring rather than a net, this game had a sinister twist. The losing team was apparently killed.

Fortunately for the attendees at this event, the penalty for not being on the winning team was to be simply lined up and to become the target for the readily available water bombs.



I guess a “friendly winner could aim at the banners rather than the players who were standing between the flags in this “firing line”.



Of course, preparations before the game required war paint to be applied as well.



SITE 3
THEME Aztec & Inca
ACTIVITY The Temple of Doom

A challenging maze with all members of the patrol blindfolded except the leader, who had the responsibility to ensure that all members of the patrol made it safely thru the maze within the temple of doom.



You will notice they are together in a loop of rope, and dragging an ancient millstone.



Unfortunately for the blind players, there were unseen traps in the temple, and most found they had suffered from such traps (eg. shaving cream can be seen on the heads below, and others were dusted with flour).



SITE 3
THEME Aztec & Inca
ACTIVITY Crossing the Nile

With barely enough stepping stones (eg 3 stones for 4 team members) it was now time to face the challenge of crossing the Nile River. Of course the Nile was too dangerous to enter, so the stones had to be retrieved after everyone had passed over them and then passed to the front to become the next step.



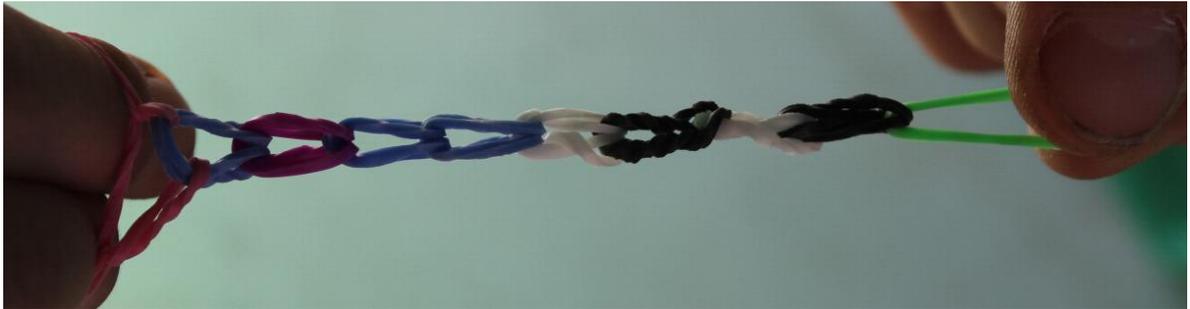
SITE 3
THEME Aztec & Inca
ACTIVITY Crossing the mountains

The final challenge here was to cross the mountains.



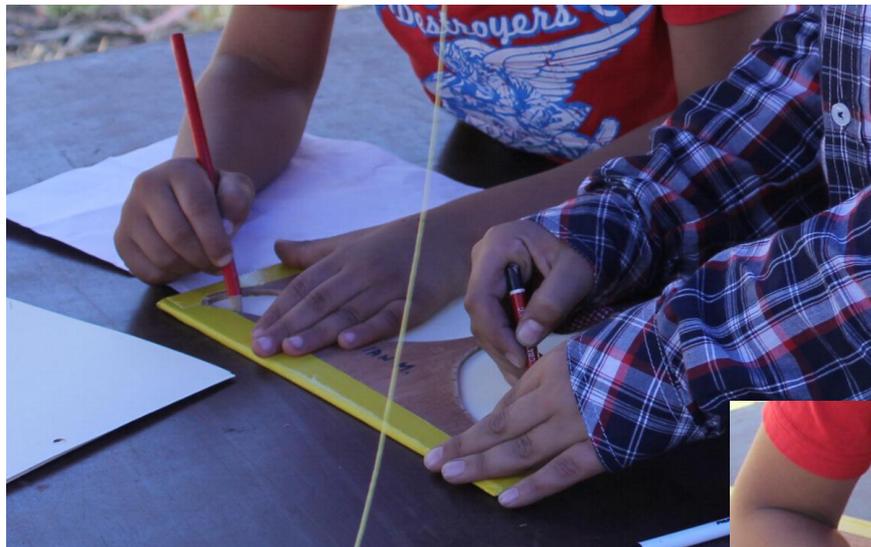
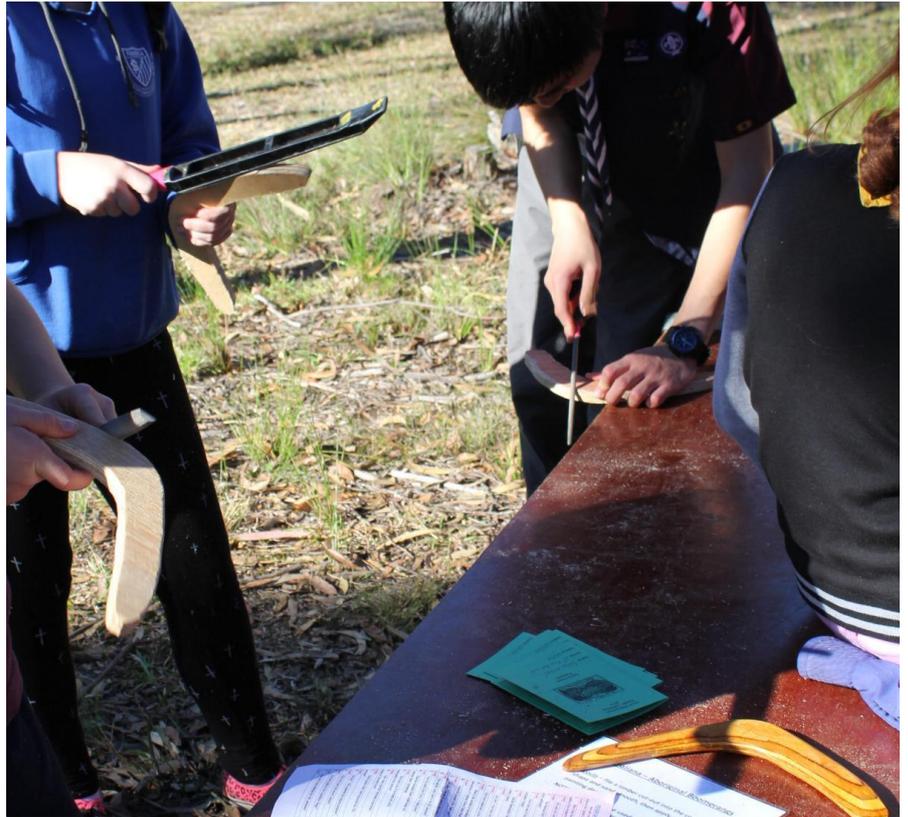
SITE 3
THEME *Aztec & Inca*
ACTIVITY *Aztec Jewellery*

Aztec jewellery, made using coloured elastic bands and supplied accessory pieces.



SITE 6
THEME *Aboriginals*
ACTIVITY *Australian Boomerangs*

For scouts, Pre-cut timber blank shapes were supplied, along with a selection of tools to file the blanks into the correct shape to make an Australian Aboriginal Boomerang.



For Joeys and Cubs, a template and blank card was supplied, with the need to draw your own boomerang. Cubs were then to paint it in Aboriginal dot-paint style.



Joeys had the option to use textas and pencils to colour

SITE 6
THEME *Aboriginals*
ACTIVITY *Vine (Rope) Bridge*



As native peoples would not have had modern steel bridges etc, they had to cross rivers with ropes and vines.



Of course these days we have to ensure our ropes do not damage the trees we are using as supports.

SITE 6
THEME *Aboriginals*
ACTIVITY *Blowdarts*



Many native peoples used blow-darts, but luckily ours are NOT poisonous. A simple piece of wire and a brightly coloured earplug make these effective darts.

The blowpipe for this activity is a length of light steel pipe.



Hanging animal shapes were the targets, with a large tarp at the rear to catch darts that missed their target.

(the bright earplugs make finding darts on the ground much easier)

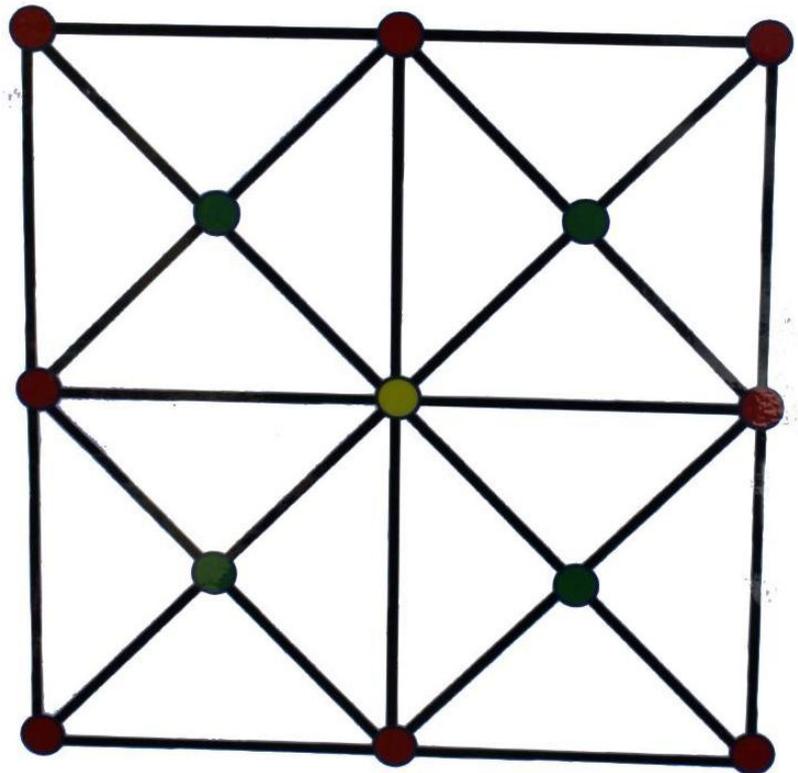
SITE 6
THEME *Aboriginals*
ACTIVITY *PICARIA*

Picaria is a two-player strategy game from the Zuni Native American Indians or the Pueblo Indians of the American Southwest. It is related to tic-tac-toe (noughts and crosses).

The playing field looks like this

In this version, we used steel railway plates, but any “stone” could be used.

For convenience, the rules re included on the following page.



PICARIA

GOAL

To create a three-in-a-row of one's pieces either horizontally, vertically, or diagonally.

RULES

Players / Teams to decide whether to play the 9-intersection variation or the 13-intersection variation.

Each team / player has three pieces. One plays the black pieces, and the other plays the white pieces.

The board is empty in the beginning.

Toss a coin, play Rock-Scissors-Paper, etc to decide which player / team does first.

Drop phase: Each player / team drops one piece per turn on any vacant space on the board except the central intersection point marked yellow on the diagram. Players / Teams alternate their turns. Pieces cannot move until all three pieces of a player have been dropped.

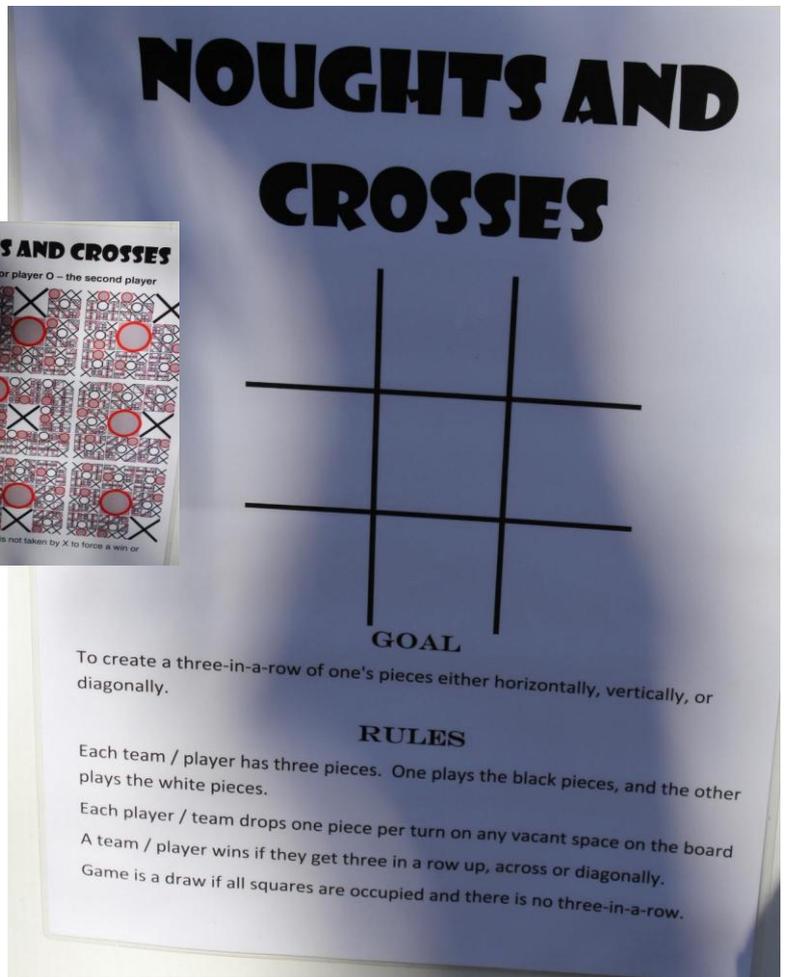
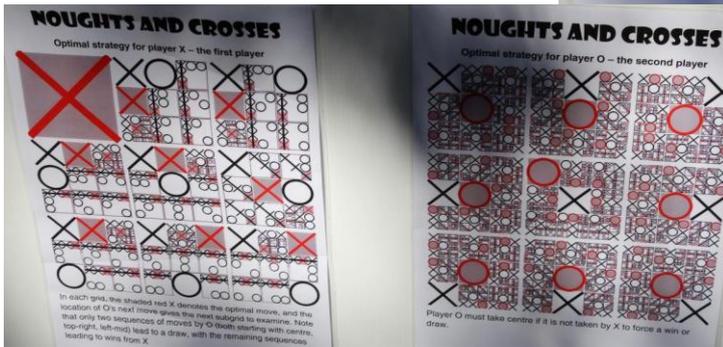
Move phase: After each player's three pieces have been dropped on the board, each piece can move one space at a time following the pattern on the board including to the centre. Only one piece can be moved per turn.

To win a player / team must create the three-in-a-row at either the drop phase or move phase.

VARIATIONS

There are two variations to Picaria. The first version is simpler with 9 spaces or intersection points (the red and yellow circles), and the second version uses 13 spaces or intersection points (the red, yellow and green circles). The rules are the same.

To allow younger scouts to play, a noughts and crosses game was also available, using the same playing pieces.



Playing rules and game guidelines were also provided.



SITE 6
THEME *Aboriginals*
ACTIVITY *Bush Climbing*

Good tree protection was an important part of setting up this simple yet fun activity using a cargo net.



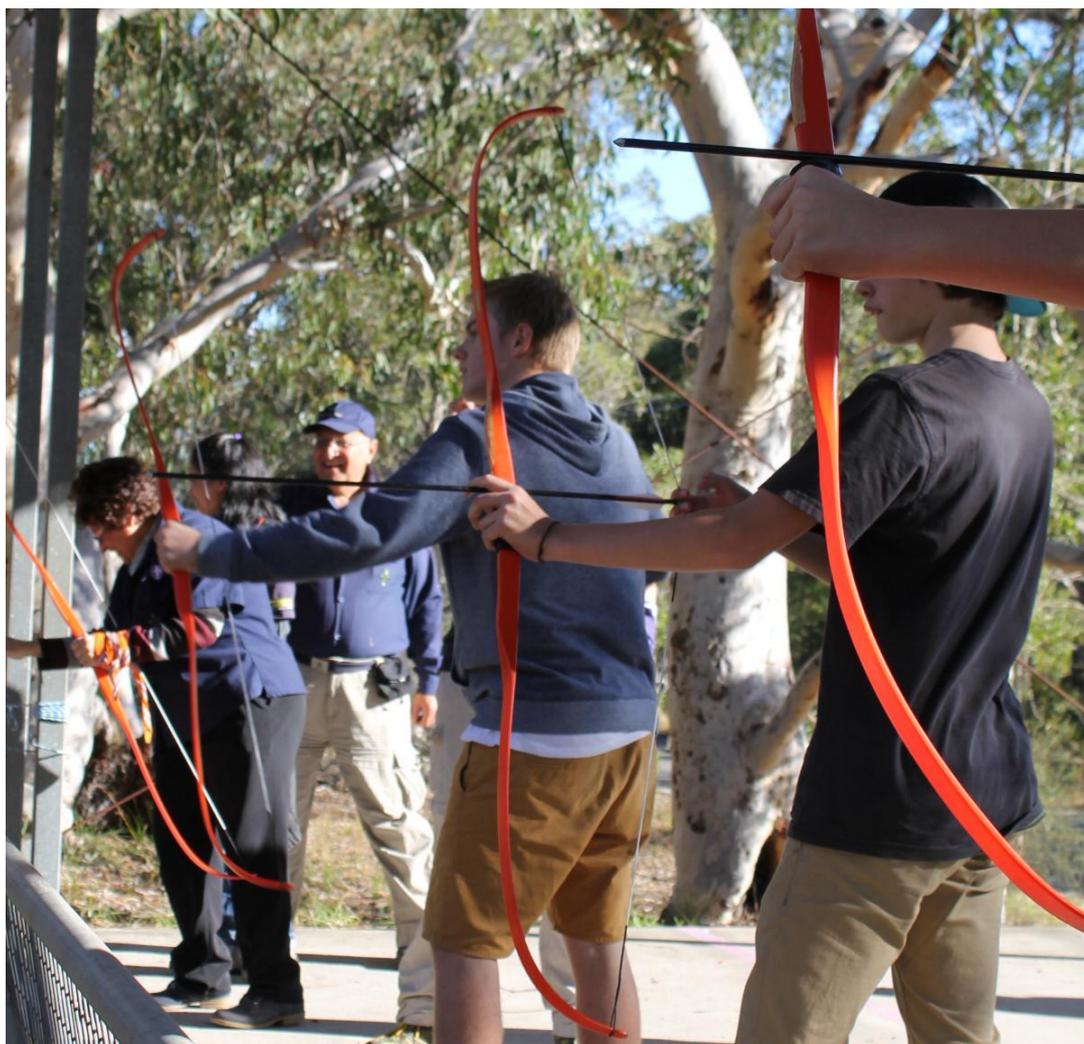
SITE 6
THEME *Aboriginals*
ACTIVITY *Spear Throwing*

Many cultures used spears, and this activity used a mix of javelins and garden/tomato stakes as spears to throw at the provided targets (boxes).



SITE 6
THEME *Aboriginals*
ACTIVITY *Indian Bows & Arrows (Archery)*

For this activity, an archery range was available, making the targets easy to see and aim for.



SITE 7
THEME Romans
ACTIVITY Catacombs

The catacombs of ancient Rome are well known, and this simple recreation provided a fun diversion.



SITE 7
THEME Romans
ACTIVITY Roman Weapons - Artillery

A series of pipes and fittings with a bicycle/car hand-pump at one end and a soft-drink bottle partly filled with water at the other provided a chance for scouts to pump up the air pressure in the bottle until it is fired up into the air.



SITE 7
THEME Romans
ACTIVITY Roman Weapons - Crossbows



Simple “Nerf” style guns with “crossbow” modifications made great weapons to try to knock down the roman soldiers.



SITE 7
THEME *Romans*
ACTIVITY *Aqueducts*

The Romans were well known for their ability to move water using aqueducts.

The aim of this activity was to pour water into a bucket from a distance, using teamwork to support a series of sections of plastic pipes.

Of course using a ball instead of water makes it less messy and a little easier to do.

The pipes were all cut lengthways – in half-pipe style, about 600mm long

(sorry, no photo)

SITE 7
THEME Romans
ACTIVITY Catapults



Pre-made catapults gave a chance to be a roman warrior repelling the attacking forces.



SITE 7
THEME *Romans*
ACTIVITY *Celebrity Heads*

Celebrity heads with a Roman Theme –
Characters were

Slave
Gladiator
Colosseum
Roman God
Pompeii
Julius Caesar

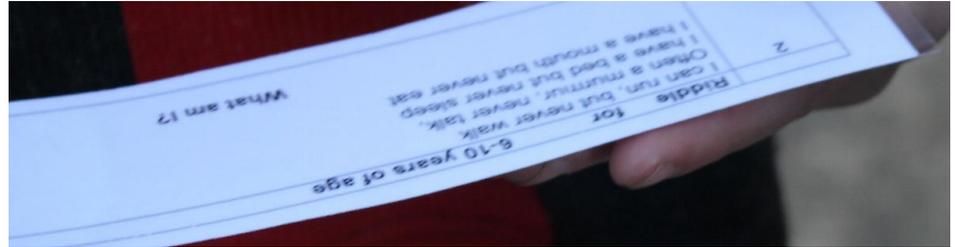


SITE 8
THEME Anglo Saxons
ACTIVITY Slay the dragon and be a hero

This was a multi stage challenge.

Firstly the players were given a card each with a riddle. Failing to answer the riddle resulted in a penalty of a handicap to be endured until the rest of the challenges were completed. Several members of the patrol could thus end up with a handicap.

Sample handicaps – a blindfold, tiled hands, tied feet, etc.



SOME of the riddles (without the answers) were

- What flies without wings?
- The more you take, the more you leave behind. What are we?
- I can run, but never walk, Often murmur but never talk. I have a bed, never sleep, and a mouth but I never eat. What am I?



Next, all members of the patrol had to negotiate the spider-web, with each member passing through a different hole in the web.

The next challenge was to slay the dragon – keeping in mind that some of the team were still handicapped. – by throwing a spear to kill it.



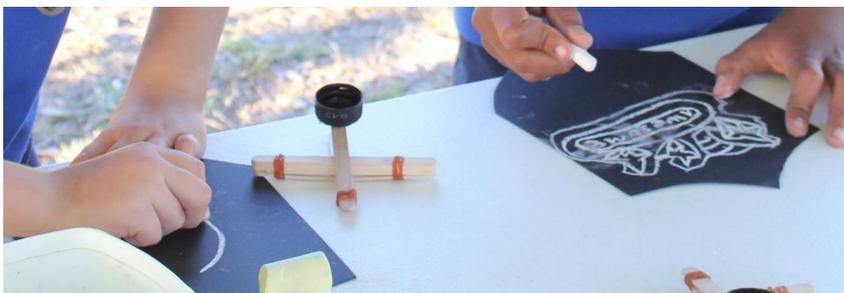
The final challenge was to rescue the Damsel in Distress using the limited range of tools available. The damsel was able to supply the ropes/poles etc as the teams came up with ideas to help save her.

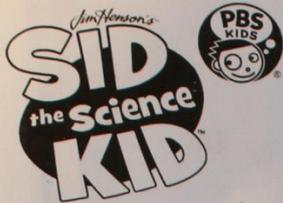


These other Site 8 activities were aimed at the Joey's and Cub's rather than Scouts

Most of these activities are easily explained with the photos alone.

SITE **8**
THEME ***Anglo Saxons***
ACTIVITY ***Shield making***





Craft Stick Catapult

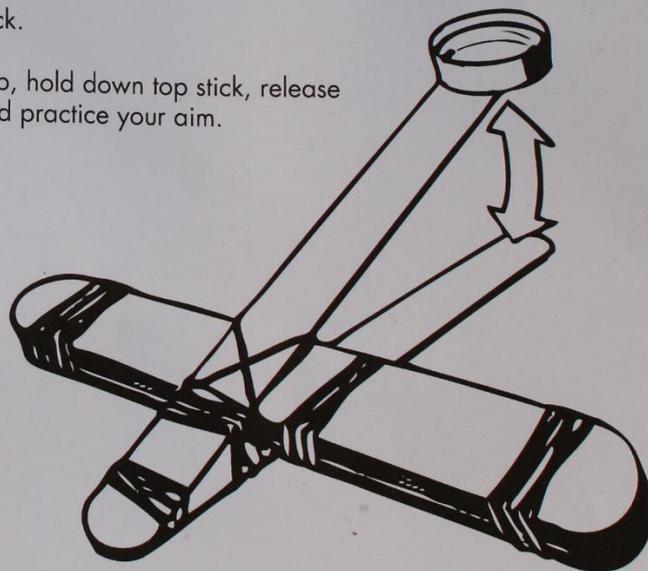
Make a simple lever machine that can launch mini marshmallows!

Materials (The Stuff We Need)

- 7 craft sticks
- 4 rubberbands
- Bottle cap (Raid the recycle bin!)
- Hot glue or double sided sticky tape
- Mini-marshmallows or other soft, small items to use as projectiles

Procedure (What to Do)

1. Stack five sticks together and wrap a rubber band around each end.
2. Take the remaining two sticks and wrap a rubber band around only one end.
3. Slide the first bundle of five sticks in between the two sticks in the second bundle, as pictured.
4. Criss cross a rubber band where the two bundles meet to hold your catapult together.
5. Glue or stick on the bottle cap to the top stick.
6. Place a mini-marshmallow into the bottle cap, hold down top stick, release and watch the object fly! Set up a target and practice your aim.



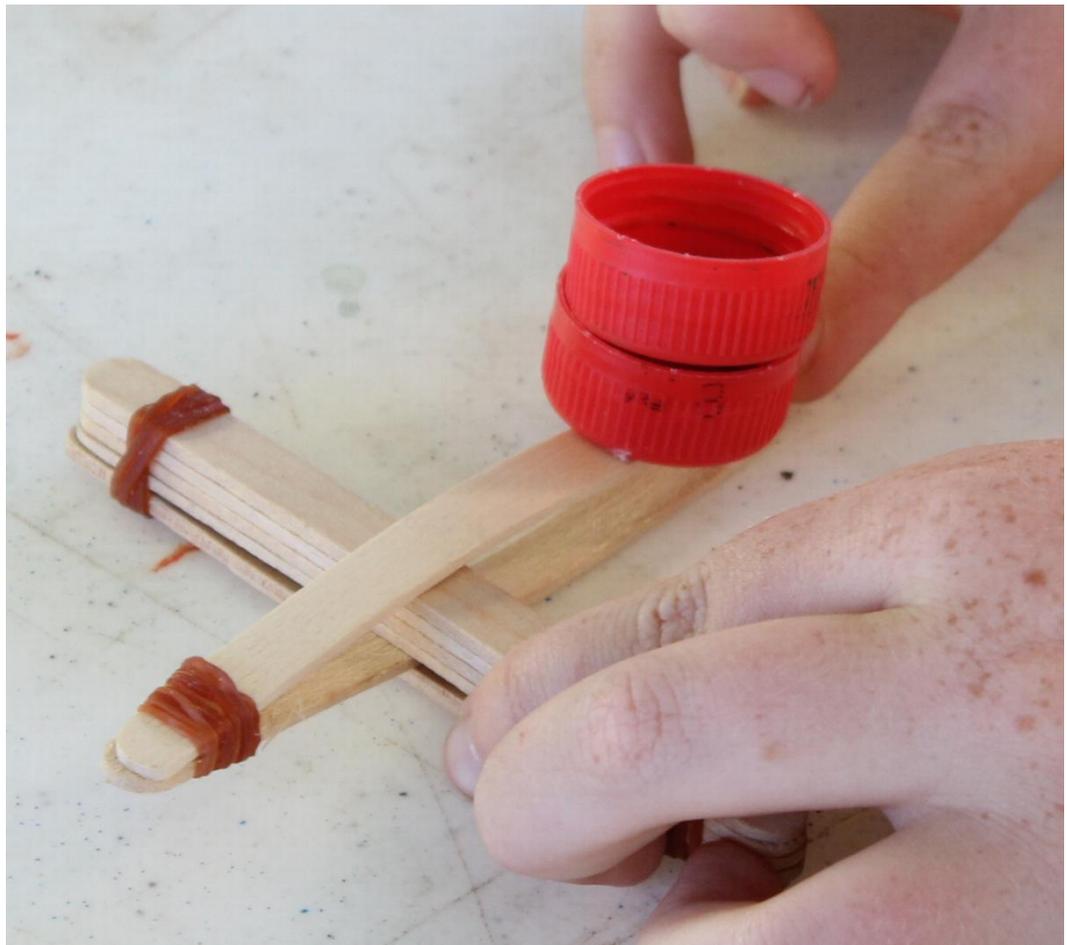
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Additional funding is provided by MetLife Foundation, The Rose Hills Foundation, the S.D. Bechtel, Jr. Foundation, the Johnny Carson Foundation and The Arthur Vining Davis Foundations.



SITE 8
THEME Anglo Saxons
ACTIVITY Swamp Mozzies

SWAMP MOZZIES

Step 1 Pick up 2 paddle pop sticks and 1 big rubber band.

Stretch the rubber band lengthways around one paddle pop stick.

Step 2 Cut 2 pieces of straw – each of them 3 cms in length

Put one piece of straw under the rubber band near one end, at right angles

Step 3 Put the second paddle pop stick on top of the straw and the rubber band paddle pop stick

Pick up 2 small rubber bands, wrap one of them around the 2 paddle pop sticks to tie them together

Step 4 Put the second piece of straw between the open end of the paddle pop sticks - on top of the rubber band

Step 5 Wrap the second small rubber band around the ends of the paddle pop sticks to tie the whole thing together

Step 6 Write your name and pack number on your SWAMP MOZZIE.

Step 7 Blow hard, blow soft, see how musical your SWAMP MOZZIE can be!



SITE 8
THEME Anglo Saxons
ACTIVITY Rope Crossing

A simple rope & strap crossing, small enough for Joey's to feel safe on.



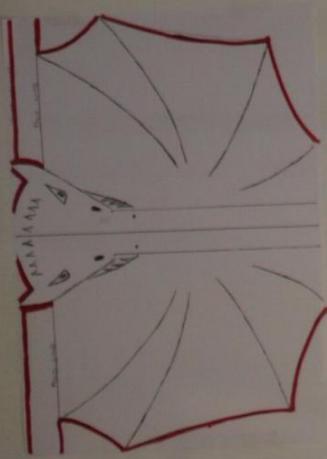
With a safe alternative way for cubs to use and cross it too.



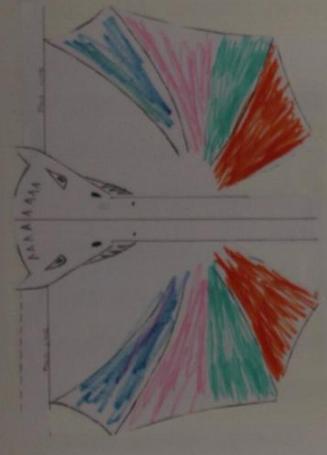
SITE 8
THEME Anglo Saxons
ACTIVITY Bottle bash rockets



① CUT OUT

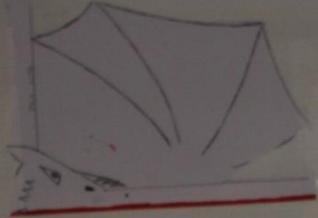


② COLOUR IN



③

FOLD



LIKE THIS →

④



⑤



⑥

LOOK UP TO SEE A FINISHED KITE!

- GET ONE RED FLAME TAPE IT ON
- GET ONE ARM'S LENGTH OF STREAMER FOR TAIL
- TIE STRING THROUGH THE HOLES.

• FOLD DOWN

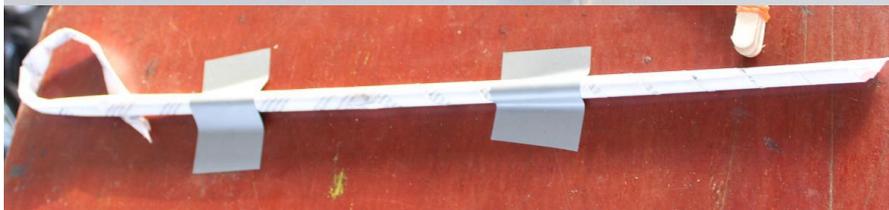
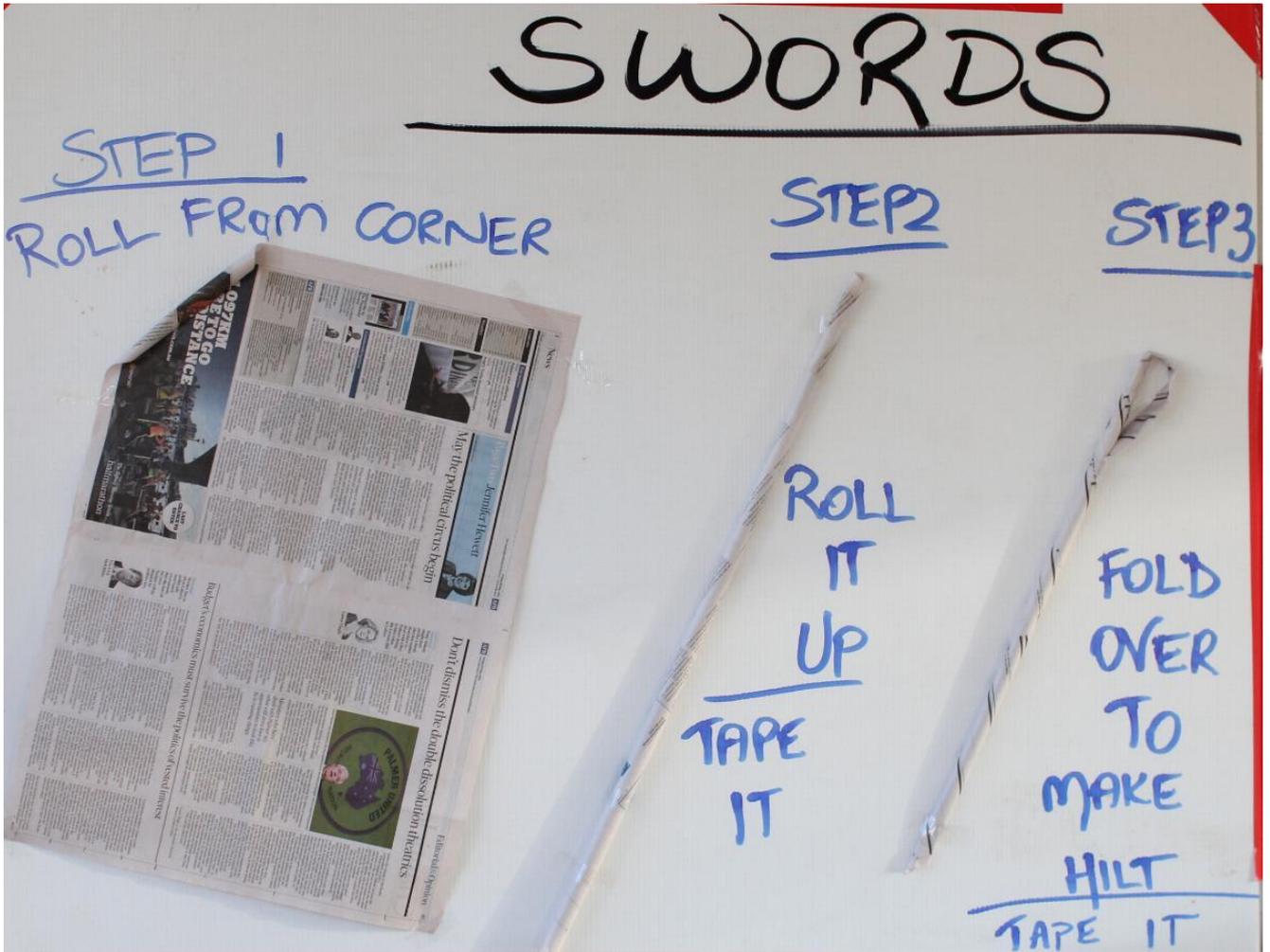
- THE FLAP OVER STRAW
- TIGHTLY TAPE THE FLAP TO THE

FLAME

- TIE STRING THROUGH THE HOLES
- TAPE STRAW INTO FLAP



SITE 8
THEME Anglo Saxons
ACTIVITY Swords



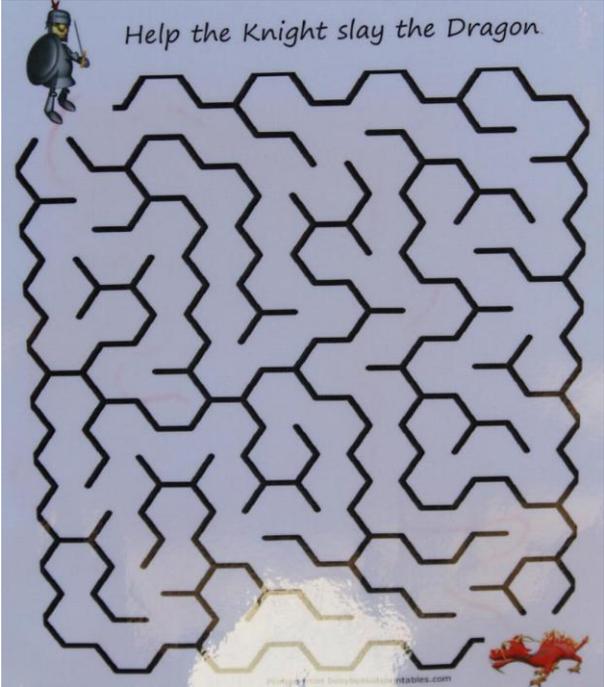
Once made, use the swords in a duel on the beam.



SITE 8
THEME *Anglo Saxons*
ACTIVITY *Face and fingernail Painting*



SITE 8
THEME Anglo Saxons
ACTIVITY Puzzles and board games were also available



SITE 8
THEME Anglo Saxons
ACTIVITY Slay the Dragon



Other Activities

SITE 8
ACTIVITY *Scouting memorabilia*



SITE *Special Activity Site*
ACTIVITY *Rock Climbing Wall, Abseiling & Flying Fox Tower*



SITE *Special Activity Site*
ACTIVITY *Abseiling Cliff*



Region Gathering – the verdict –

