

Sixer and Seconder Training Pack

cubs

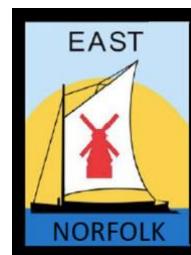
Skills to Succeed



**Put your phone down and what are you left with?
Just teamwork and the skills to succeed...**

Bear Grylls – Chief Scout and Adventurer.

East Norfolk Scouts Sixer and Seconder Training Pack for Scout Groups.



This resource has been designed to help the Cub Scout Leadership Team in the Scout Groups of East Norfolk to provide a structured training session for the Sixers and Seconders of the Cub Pack to support peer leadership and develop skills for life.

The training is to be run as a three-hour training session with only Sixers and Seconders and could form part of an annual programme to support the development of the Cubs as they take on leadership roles within the Pack.

The Programme

It is suggested that a team of three or four leaders present the training. Why not think about linking with another Cub Pack to share the training and enable the Cubs to meet and work with other Cubs who are not known to them.

The Sixer and Seconder training is broken down into 10 sessions of varied duration. This pack contains all the information needed to deliver the training sessions. The resource box contains a range of equipment to use.

Session 1	Introduction and Icebreakers	30 mins
Session 2	What makes a good Sixer and Seconder	10 mins
Session 3	Duties of a Sixer and Seconder	10 mins
Session 4	Uniform	10 mins
Session 5	Break time and Table Games	20 mins
Session 6	Practical skills for Sixers and Seconders	20 mins
Session 7	Problem Solving	30 mins
Session 8	Running Games	30 mins
Session 9	Pack Forums/Pack Councils	10 mins
Session 10	Q & A and Feedback	10 mins

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Session 1

Introduction and Icebreakers

Timing: 30 mins

Resources: Conversation Cubes, Coloured Dominoes

Introduction

Welcome the Cubs and if joining with another Cub Pack, introduce the young people and the Leaders hosting the training.

Set out the rules and structure for the session:

- Explain the training is to help the Cubs in their leadership role as Sixer or Seconder
- Explain that the training is split up into 10 parts and that there will be some fun and games, but also skills will be shared to give them “tools to do the job”
- Advise the Cubs of any Health and Safety rules for the building
- Advise the Cubs of when breaks will be and where the toilets are located (if an unfamiliar venue)

NB: If two Cub Packs are joining together for the training, each Pack works with their own Pack-mates, to build teamwork and co-operation skills to put into practice with their Packs.

Rotate around the three bases, ensuring good Leader support with the conversation cubes.

Conversation Cubes (10 mins)

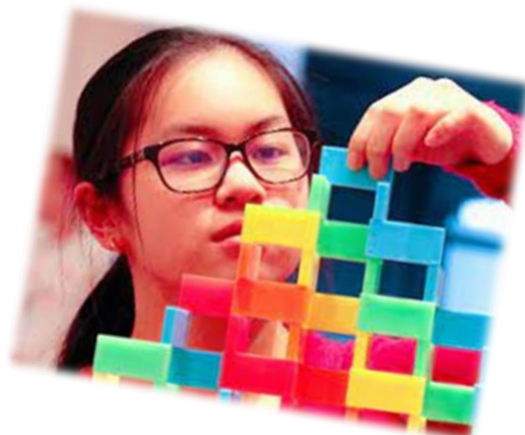
This is an ideal method for young people to get to know each other and start to introduce themselves to new people as well as learn more about young people who are more familiar.

Take turns to roll a dice and share with the group, relating to the statements on the dice.

Icebreaker – Domino Stacking (10 mins)

Domino Stacking requires steady hands and co-operation between everyone taking part.

Working as a team, the Cubs must build a structure together and see how high from the ground they can build a steady structure.



Icebreaker – Domino Toppling (10 mins)

Domino Toppling is very challenging, but a lot of beautiful artistic pieces can be made out of the colours and patterns if the Cubs collaborate well.

Working as a team, the Cubs must design and build a pattern using the dominoes that will cause a chain reaction. Then on the count of three, the topple begins.



Key Learning

Cubs learn that when working together as a team they can achieve great things and it is best to ensure everyone can play their part to achieve the goal.

Session 2

What makes a good Sixer and Seconder

Timing: 10 mins

Resources: Paper and Pens, Blu-Tac or Sticky Tape

NB: Preparation of the signs is needed ahead of this session

Aim of the session

This session is to allow the Cubs to explore appropriate behaviours and negative behaviours that impact on the running of a Cub Pack.

Game – Code of Conduct

The following positive and negative statements are written on pieces of paper and then the signs are stuck around the room on the walls.

Cubs are put into teams of two or three and asked to move around the room, discuss the behaviour on the signs and write two lists. One list is of the positive behaviours and one list is of the negative behaviours. Leaders move around the Cub teams and join the discussions.

Positive Signs

Set an example to other Cubs
Carry out your Promise and Law
Be happy
Have fun
Be reliable
Be on time
Be friendly
Help other Cubs
Help the Leaders
Follow the rules of games
Do your best
Have a go at everything

Negative Signs

Run around the room
Do not listen to others
Talk back at the leaders
Swear at people
Bully others
Only talk to your close friends
Do not follow instructions
Forget your uniform
Lose you badges
Wear a dirty uniform or necker
Be grumpy
Ignore the leaders

Key Learning

Cubs know the appropriate way to behave as part of a Cub Pack and can lead by example.



Session 3

Duties of a Sixer and Second

Timing: 10 mins

Resources: Ball, Flipchart or A3 Paper on wall, Pens

Aim of the session

This session is to allow the Cubs to identify the responsibilities that they could have as peer leaders of the Cub Pack.

Game – Circle of Responsibility

The Cubs form a circle with a Leader in the middle.

A ball is thrown to a Cub, and they then have to name a duty of a sixer/second and throw the ball back to the Leader. The ball is thrown to the next Cub and the game continues.

As the duties are called out another Leader writes them onto the flip chart.

When you believe, ideas are exhausted stop the game and discuss the importance of the duties in the weekly life of the Cub Pack.

You could compare them to the list already prepared and give a tick for a match.

Prepared list of duties for reference

(in no particular order)

Attend Sixers and Seconders Forum/Council

Help at Pack Forums/Council

Lead Grand Howl

Hoist, break and lower the flag

Fold the flag and take off/put on the flagpole

Lead or choose a reflection or prayer

Take part in the Investiture of new Cubs

Inspection of their Six for the correct uniform

Assisting members of their Six

Looking after new Cubs

Help with ideas for games

Run games under supervision

Assist with instructions for activities

Assist Leaders when needed – e.g. with equipment

Set a good example to other Cubs

Join in with everything at Pack meetings



Key Learning

Cubs know the part they can play within the Cub Pack and take peer leadership responsibilities more seriously.

Session 4

Uniform

Timing: 10 mins (if this session over-runs, reduce the time for the break in Session 5)

Resources: Paper and Pens, Cub Awards and Badges for each team

Extra Resource: a Leader wearing uniform – not quite correctly e.g. necker not rolled correctly, shirt hanging half out and not buttoned correctly, badges stuck on with sticky-tape, baseball cap on or untidy hair, felt tip marks on their arms etc.

Aim of the session

This session is to encourage Cubs to develop a sense of pride when wearing the Cub uniform and to know how to correctly position the awards and badges.

Activity – Uniform Standards

A leader wears their uniform incorrectly and the Cubs identify which parts of the uniform is not to the correct standard and what needs to be changed about it.

Discuss as a whole group.

Activity – Standards

The Cubs are put into in teams of three or four and then draw an outline of the Cub uniform top on the paper.

Working as a team they discuss and place the awards and badges where they think they should be on a Cub uniform top.



Activity – Necker Rolling Practice

The Cubs then practice rolling their necker and share the best ways of rolling their necker in their teams.

Key Learning

Cubs know the standards required for the correct positioning of badges and smartness of their uniform. This also impacts on self-respect and personal standards outside of the Pack.

Session 5

Break time and Table Games

Timing: 20 mins

Resources: Drinks and Biscuits, Packs of Cards

Take a break, provide refreshments and get some fresh air.

Optional Activity – Table Games

Provide some packs of cards for the Cubs to play with if they wish.

Session 6

Practical Skills for Sixer and Seconders

Timing: 20 mins

Resources: Union Flag and Flagpole, Rope of two thickness, Copies of the Knot Instructions

Aim of the session

This session is to enable the Cubs to understand the history of the Grand Howl and Flag Break and gain confidence preparing for and in leading ceremonies.

Activity – The Grand Howl

The Grand Howl dates back to the start of Cub Scouts in 1916.

Practice the Grand Howl and if joining with another Cub Pack, see if there are any differences to how each Cub Pack does the Grand Howl.



Activity – The Flag and Flag Break

As one group, demonstrate the following:

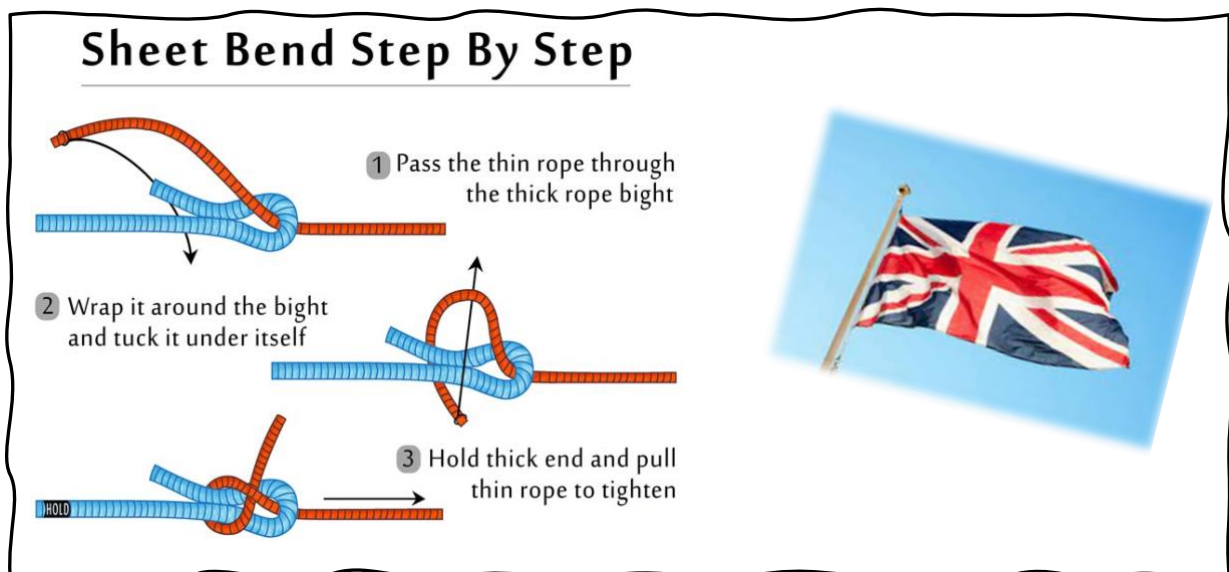
- How to fold the Union Flag
- How to attach the Flag to the Flagpole
- How to break the Flag
- How to salute the Flag
- How to lower the Flag

NB: please demonstrate this in the manner that is used in your Cub Pack ceremonies as sometimes the methods differ slightly.

Please ensure throughout the demonstration total respect is rightly paid to the Union Flag.

Activity – Get Knotted

A knot is used to join the Union Flag to the rope of the flagpole. Often the knot used is the Sheet Bend as it is good to join two ropes of different thickness – have a go to tie the knot.



Key Learning

Cubs know how to assist or lead Grand Howl and how to correctly handle the Union Flag.

Session 7

Problem Solving

Timing: 30 mins

Resources: The Fox, the Rabbit and the Carrot Game, Packs of Cards

Aim of the session

This session is to encourage the Cubs to collaborate to solve the puzzles and to help them to listen to the suggestions made by everyone.

Split the group into three teams if one pack or six teams if two packs are joining together for the training session.

With a leader working with each team, explain the challenge activity to the Cubs and then let the Cubs have a go to solve the puzzle, rotate around the three challenges spending no more than 10-minutes on each activity.

Challenge Activity – The Fox, The Rabbit and The Carrots Cross the River

A man has to get a Fox, a Rabbit and some Carrots across a river in a boat, which can only carry him and one other thing. If the Fox and the Rabbit are left together, the Fox will eat the Rabbit and if the Rabbit and the Carrots are left together, the Rabbit will eat the Carrots. How does he do it?

Answer: The man takes the Rabbit across the river and leaves the Rabbit on the other side and returns with the boat empty. The man takes the Fox across the river, leaves the Fox on the other side but brings the Rabbit back with him in the boat. The man takes the Carrots across the river and leaves on the other side, then returns empty to collect the Rabbit for the final journey across the river in the boat.

Challenge Activity – The Human Knot

The group forms a tight circle and puts both hands in the air towards the middle of the circle, so everyone's hands are touching.

Each member of the group grabs a hand in each of his or her hands. Ask the Cubs to spread out and they should be in a knot of sorts.

Without releasing their grip they have to untie the knot until they are back in one big circle.



Challenge Activity – House of Cards (with a twist)

The house of cards game helps teams understand how to work together to overcome challenges. Divide into groups of two or four and give each group a deck of playing cards.

Each team must build a house of cards without it falling over. The catch is each player can only use one hand and that half of the team must use their non-dominant hand to build. If the house of cards falls, the team must start over again and every member must switch to the opposite hand. If the house falls again, the players must swap hands again. Set a time limit for the game and the team that has built the tallest house at the end wins.

Key Learning

Cubs practice how to work together to solve a problem.

Session 8

Running Games

Timing: 30 mins

Resources: Teddy Bears, Power Ball, Dice, Chips (plastic tokens)

Aim of the session

This session is to encourage the Cubs to have confidence to run a game at the Pack meeting.

Split the groups into two teams if one pack or four teams if two packs are joining together for the training session to alternate between the two games.

With a leader working with each team, explain the game to the Cubs and then let the Cubs have a go at the game themselves.

Stop the game and then ask for a volunteer Sixer or Seconder to explain the rules and run the game as if they were at a Pack meeting, play the game and discuss how well it went.

Game – Teddy Bear Jacks

This game is based on a traditional game called Jacks or Knuckles as originally it used sheep bones as the playing pieces.

Each player takes a turn to play using six Teddy Bears and a small power ball.

Place the Teddy Bears on the ground and using one hand throw the ball into the air, attempting to pick up one Teddy before catching the ball again in the same hand. Repeat the play but this time pick up two Teddy Bears and so on until you either reach six or drop the ball.



Activity – Bouncer

A traditional German game for 3–6 players.

The aim is to stay in the game and not get “bounced out”.

Everyone puts 12 chips in front of them for all to see.

The first player makes the initial roll of a single dice, and the turns move in a clockwise direction.

The next player rolls the dice and compares the score with the previous player.

If the dice score is *higher* than the previous player, the previous player must give the difference in chips.

If this dice score is *lower*, the player must give the previous player the difference in chips.

If the dice roll is the same as the previous players, nothing happens and no chips change hands.

The play moves around the group and the winner is the last player

in the game when others have run out of chips and have been “bounced out”.



Key Learning

Cubs gain confidence to lead games for their Six.

Session 9

Pack Forums/ Pack Councils

Timing: 10 mins

Aim of the session

This session is to allow the Cubs to build confidence in the process of the Pack Forum or Council and to ensure the Cub Pack is youth led.

Activity – The Pack Forum or Pack Council

In a whole group circle, sit on the floor and discuss the purpose of a Pack Forum/Council and see if the cubs know any of the following:

- Who attends the Pack Forum/Council?
- What happens at each meeting?
- Where do you have the Forum/Council?
- How often are they held?
- How is the opinion of the Cubs gathered to take to Pack Forum/Council?

Hold an example Forum/Council and discuss: What theme would you like for the next camp?

Key Learning

Cubs understand the purpose of the Pack Forum/Council and play their part to ensure the Cub Pack is youth led and the voices of all Cubs are heard.

Session 10

Questions and Answers and feedback on the day

Timing: 10 mins

Resources: Copies of the Feedback Survey for each Cub, Pens

Aim of the session

This session is to allow the Cubs to ask questions that the session may have inspired and to provide feedback for change / improvement to Sixer and Seconder Training in the future.

Question Time

Ask the Cubs if following the training sessions, they have any questions?

NB: If there is anything that you cannot answer there and then ensure you take the questions away with you and find out the answers for feedback at the next Cub meeting.

Feedback

Print copies of the feedback questionnaire and ask the Cubs to rate their training.

Goodbye

Thank the Cubs for joining the training and let them know that you value their contribution to the Cub Pack as a Sixer or Seconder.

Let them know that in undertaking responsibility for peer leadership, they are working towards the Chief Scout's Silver Award.

Feedback Form

Name:

Six:

Let us know how you felt about the training by ticking as many smiley faces as you wish – the more smiley faces you tick the more you liked it!

Did you enjoy the training?



Which session did you like best and why?

Will this help you with your role as a Sixer or Second?



Do you have any ideas for Sixer and Second training in the future?

