

week 55:	"finding nemo"
-----------------	-----------------------

Nemo develops a smaller right fin as a result of damage to his egg during an attack on his family by a barracuda, which limits his swimming ability! We all know how much fun it is to swim but if we don't remember the safety rules.....!!!

Games:

1. **Steam Release:** Buddies?

(While attempting to save Nemo, Marlin meets Dory. Together they swim on to rescue Nemo).

Cubs run round freely; on the blow of a whistle Cubs must group together as follows:

Buddy system	2
Basketball	5
Water Polo	7
Soccer	11

2. **Relay:** Swim the Sea

(Marlin tells a group of turtles about his long journey, and his story is spread across the ocean).

Prior to the game, set up the following: a line for each Six onto which a plastic cup has been placed (line through the cup).



Each Six is given a pistol (empty dishwasher bottle) of water. On 'go' each Cub in the Six takes it in turn to squirt water into the cup. This will send the cup 'swimming' along the line. The Six who finishes first is the winning team.

3. **Revision:** Swimming rules

We must always remember the water safety rules when in and around water.

Write true or false questions on the back of a paper fish. Attach a paper clip to the "mouth" of the fish. Make fishing rods out of dowel rods/sticks; attach a piece of string to the fishing pole and tie a hook (magnet/open paper clip) to the bottom of the string. Either in relay formation or standing around a dam (circle drawn on the floor), the Cubs can catch a "fish" by hooking them. If they can answer the question written on the fish correctly they score a point and get to "fish" again.

4. **Team:** Water Carrying

Divide the Pack into three teams. Place a bucket of water in front of each team and an empty bucket at the back. Cubs to sit in a line about an arms-length apart. The front Cub is given a mug. At 'go' he/she dips the mug into the water and passes it to the net Cub and so on down to the end of the line. When the last Cub receives it he/she pours the water into the empty bucket and the empty mug is then passed back up the line. The first cub again fills the mug and passes it down and so on until the mug has been filled five times in all. The cubs should try not to spill. At the end of the game the Leader should measure the water level in each bucket and award bones accordingly.

5. **Active:** "Rescue"

Select a caller, known as "rescue". The caller shouts "danger" and all the Cubs run towards the side to which the caller points. On the shout "shore" they quickly change directions and run towards the opposite side. On the signal "rescue", the Cubs quickly drop to the floor on their stomachs and link arms together with one or more friends.

Sense Training:

1. **Touch:** Fishing for marbles?

Be careful when swimming in dams and rivers and you don't know what lies under the water!

In a large flat-ish bucket, place about 30cm of water. Put in a number of marbles. Cubs, in teams, need to "fish" out the marbles using only their toes! The team to fish out the most marbles is the winner.

2. **Sound:** Ruba Dub Dub

When swimming at the sea, remember to always swim between the flags and listen for the life guard's whistle.

You will need 20 (or more) film canisters or similar; these should be opaque and all look the same. Into half of these you place a marble, bell, or anything that will make a noise when the container is shaken. The Cubs sit in a circle and take it in turn to pick up two containers at a time and give them a shake. If they both rattle then a point is given to the Cub who picked them up. These containers are then removed from the game and the next Cub has a turn. If both containers don't rattle then they are both replaced where they were picked up from and the game continues. The game gets more difficult as more and more containers are removed as there are more empty ones left in the game than ones that rattle. This game can also be played as a team with the winning team being the one with the most points.

Yarn:

Nemo was quite at home in the water and knew the safety rules; can't say the same for twins, Harry and Harriet!

Harry and Harriet

The twins, Harry and Harriet, had a neighbour with a lovely large sparkling swimming pool. Harry and Harriet loved swimming but the neighbour wouldn't allow them to use the pool unless they had an adult sitting watching them all the time. Harry and Harriet were rather naughty children! They started spying on the neighbours to see when they were usually out. (They did this by climbing their tree and peeking over the wall).

One rather hot day, they checked to see if anyone was home. The house looked all closed up and it was very quiet so they changed into their swimming costumes and fetched their towels, which they just threw over the wall. Then they took their Dad's ladder and put that over the wall so that they could climb back when they were finished. Then they climbed up their tree and jumped down in to the neighbour's garden. Ooh, the water was lovely and cool! They dived straight in and swam back and forth but they soon got bored and decided to play tag.

Quiz: Do we know what the water safety rules are?

- Never swim alone, always use the buddy system – have at least 1 friend with you.
- Never swim in unknown waters (like dams, rivers or pools you don't know).
- Never dive into water if it isn't clear or you don't know how deep it is.
- Never push people into a pool, or dive without looking.
- Leave the water before you get tired.
- Wait an hour after eating before going into the water.
- If you are at the beach, only swim in the proper area or close to other people.
- Be careful of water wings, rings, lilos and tubes in the sea or a river – you could be carried away by the current.

Now back to the twins:

The paving around the pool was of course wet because of all the splashing but they didn't mind. They raced around the pool and dived in and ducked each other. They forgot all about not being allowed there on their own. And as so often happens when people are behaving wildly, Harry slipped, bashed his head on the bricks and fell into the pool!

Harriet got a terrible fright! Harry was just floating face down in the water and there was blood everywhere. Harriet panicked and started screaming. She just ran up and down screaming and crying.

Fortunately the neighbour had just arrived home and rushed outside and pulled Harry from the pool and put him in the recovery position. The neighbour told Harriet to phone for help but Harriet didn't know the emergency number. **Do you know your emergency number?**

The operator immediately dispatched paramedics who arrived promptly and stabilised Harry before loading him in the ambulance. At the hospital, the doctors were waiting for Harry and when he arrived, they x-rayed his head and neck. They also checked his blood pressure, listened to his heart and checked his breathing. The doctor then stitched the cut in Harry's head and bandaged it.

Harriet came to visit Harry in the hospital and he told her about the lovely food and jelly he'd had for supper. Harry was soon well enough to go home.

Craft/Activity:

After an encounter with a bloom of jellyfish, Marlin wakes up on a sea turtle named Crush.

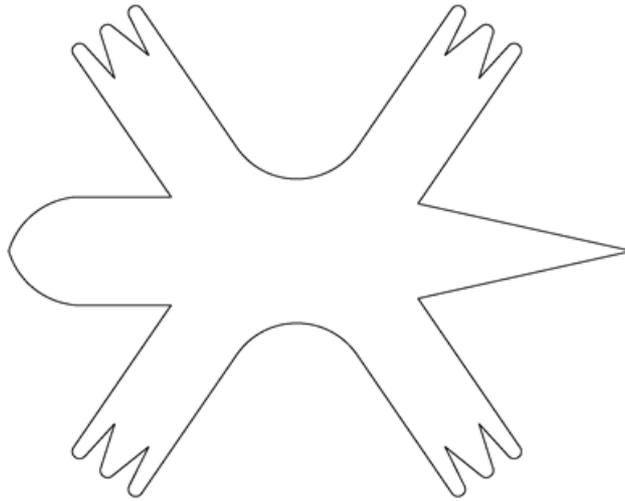
1. Handcraft: Egg Carton Turtle



What you are going to need:

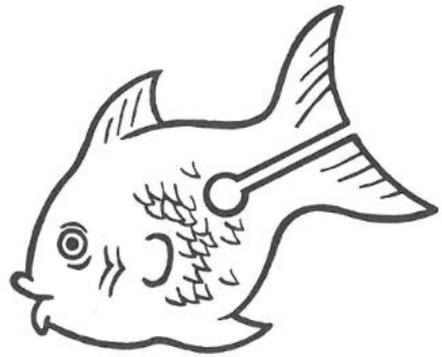
- 1 x egg carton cup
- Turtle body template
- Green construction paper
- 2 x small googly craft eyes (optional)
- Scissors
- Glue
- Paints

First cut out one egg carton cup and trim it down. Now paint it green with some yellow spots. Using your construction paper, trace out a little turtle shape for his body. Now give him some eyes; you can use googly craft eyes, or you can just draw them on. Glue his shell to his body.



Activity: Fun Fish

Cut out the fun fish, including the channel and hole in the tail. Place it in a bowl of CLEAN water and put a drop of oil into the hole in his tail. Oil has tremendous ability to spread out very thinly. As the oil floats and spreads over the water it will move the fun fish forwards.



Singing/Play Acting:

1. **Singing:** Three blind Jellyfish (to the tune of three blind mice)

Actions: for number, hold up that many fingers; blind - hold hands over eyes, with elbows going out to the sides; Jellyfish - take hands from eyes and spread like you are doing the breaststroke, and wiggle fingers; sitting on a rock - pretend to sit.

Three blind jellyfish
Three blind jellyfish
Sitting on a rock!
Sitting on a rock!
But a wave hits and knocks off a jellyfish from the rock! Oh no!

Two blind jellyfish
Two blind jellyfish
Sitting on a rock!
Sitting on a rock!
But a wave hits and knocks off another jellyfish! Oh no!

Two blind jellyfish
Two blind jellyfish
Sitting on a rock!
Sitting on a rock!
But a wave hits and knocks off the last jellyfish off the rock! Oh no!

No blind jellyfish
No blind jellyfish
Sitting on a rock!
Sitting on a rock!
And a wave comes in, and we get a jellyfish back! Yeah!

2. **Playacting:** How can we help?

Do we know how to make an emergency call?

Have a number of cards with different "water" challenges on them. Let Cubs choose cards randomly, give them a few minutes to work out how they will "playact" the situation, which must include a call to the emergency services.

Advancement covered:

Silver Wolf:

Water Safety: Explain the dangers of swimming in the type of water found in your area and explain the buddy system.

Gold Wolf:

Water Safety: Show you can use at least one rescue method to help someone who has fallen into water.