

Activity Instructions

Activity : Indoor Dragon Boating

Instructions	<p>Lay out chairs (enough for everyone) in two lines, next to each other. Place one chair facing the other way at the front of the rows.</p> <p>Get each person to sit on a chair, the drummer at the front.</p> <p>The drummer needs to set a steady pace and the others on the command of go will start to paddle.</p> <p>Try and get the entire group going at the same time and keeping in time with the drum.</p> <p>As the group improve you can add more commands.</p>
Equipment	<p>Enough chairs for everyone Drum An item for each person to use as a paddle List of commands</p> <p>You may be able to purchase some of this equipment by visiting www.scouts.org.uk/waystohelp.</p>
Suggested duration	From 20 minutes to 20 minutes
Additional Information	
Programme Zones	<p>Creative Expression Outdoor and Adventure Outdoor and Adventure Skills Outdoor and Adventure Skills</p>
Methods	<p>Having fun Visits and visitors Taking responsibility, giving ideas and opinions, making choices and decisions Having fun Meeting new people, making friends and developing relationships Teambuilding and leadership activities Camps, sleepovers, international trips and other residential experiences Games, physical and adventurous activities Activities outdoors Activities with others Games Team-building activities</p>
Resources	Dragon Boat Commands (POL 59930 300610.pdf)