

# Instructions for the organiser

The purpose of this activity is to introduce the cubs to the basics of pacing and using a compass.

## Equipment required:

Per pack:

1 x 10m tape measure

1 x prize for closest cub / six

Per six:

1 x compass

1 x cub-sized cardboard box – think R2D2 on a budget.

1 x headtorch (or cut holes in bottom of box)

2 x cones

Per cub:

1 x route card (see end of document)

1 x pen / pencil

## Pre-activity preparation

The exercise requires a clear 20m x 20m area per six. This square needs to be aligned with magnetic north. The squares can overlap, but the activity may start to resemble Friday night on the bumper cars!

For each square, place a cone at the bottom left (south-western) corner. This is the starting point. Using a compass, place a second cone 10m due east. This is the end point.

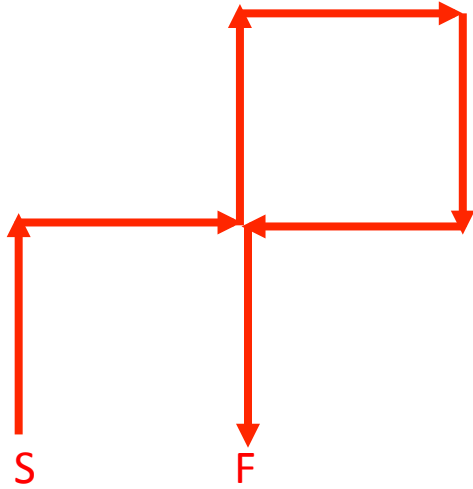
Away from the squares, mark out two parallel lines, 10m apart. This is so the cubs can work out how many of their paces makes 10m. If your group is based at a school, a standard netball court is divided into thirds approx. 10.2m apart.

# Instructions for each six helper

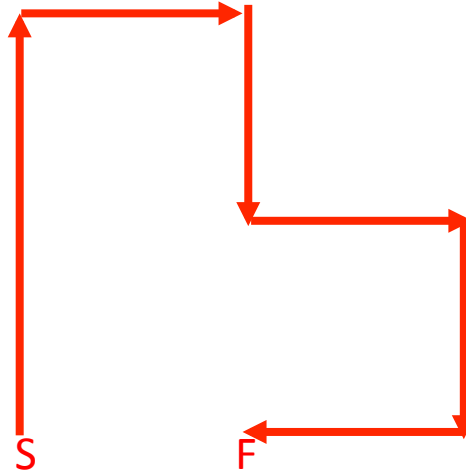
1. Show the cubs how to use a compass e.g. rotate the bezel so that big arrow lines up with N, E, S or W on dial, turn compass so that needle points to north, then walk in direction of arrow.
2. Explain how you can estimate how far you have walked by counting paces. But, different people have different strides (demonstrate with smallest cub and tallest leader).
3. Hand out one route card and pencil to each cub and ask them to write their names in the form.
4. Line cubs up on 10m line and tell them to walk normally towards the other line, counting their paces. When they reach the other line, write down the number in the form.
5. Take the cubs to their sixes starting cone and ask them to line up. You will also need a compass, box and headtorch.
6. For each cub in turn, put on head torch, give them the compass and place box on head. Position them at the cone and tell them to follow their route card. When they think they have reached the end, they can take off the box.
7. When each cub finishes, get them to count the paces to their end cone (10m due east from the start cone), and write down how many paces away they were.
8. After everyone has completed the task, award a prize to the closest cub, and/or closest six

# Route maps (do not share with cubs)

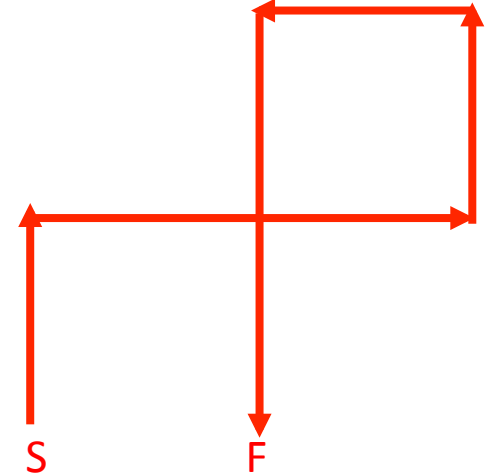
Route 1



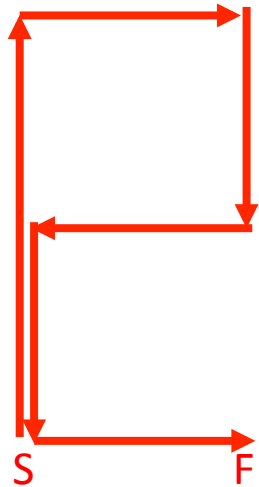
Route 2



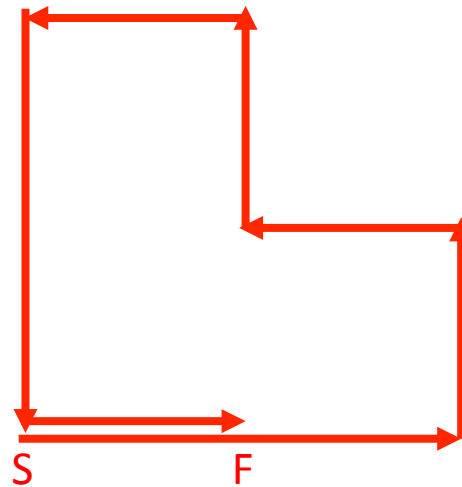
Route 3



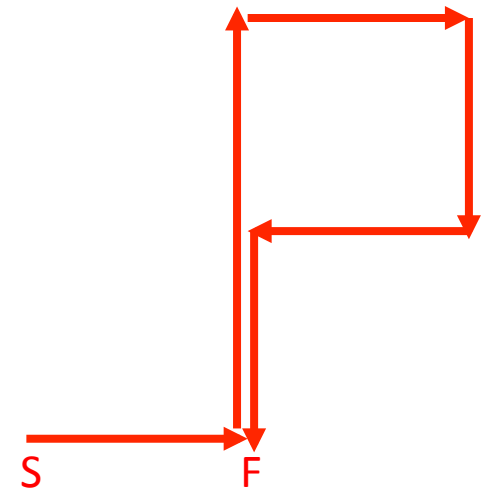
Route 4



Route 5



Route 6



# Locations for 1PGSS (use sports pitch markings for reference)



## Cardboard Box Compass Practice 1

Name \_\_\_\_\_

10 metres = \_\_\_\_\_

paces

Stage	Distance (m)	Distance (paces)	Bearing
1	10m		North
2	10m		East
3	10m		North
4	10m		East
5	10m		South
6	10m		West
7	10m		South

Distance from cone = \_\_\_\_\_

paces

## Cardboard Box Compass Practice 2

Name \_\_\_\_\_

10 metres = \_\_\_\_\_

paces

Stage	Distance (m)	Distance (paces)	Bearing
1	20m		North
2	10m		East
3	10m		South
4	10m		East
5	10m		South
6	10m		West
7			

Distance from cone = \_\_\_\_\_

paces

### Cardboard Box Compass Practice 3

Name

10 metres =

paces

Stage	Distance (m)	Distance (paces)	Bearing
1	10m		North
2	20m		East
3	10m		North
4	10m		West
5	20m		South
6			
7			
Distance from cone =			paces

### Cardboard Box Compass Practice 4

Name

10 metres =

paces

Stage	Distance (m)	Distance (paces)	Bearing
1	20m		North
2	10m		East
3	10m		South
4	10m		West
5	10m		South
6	10m		East
7			
Distance from cone =			paces

## Cardboard Box Compass Practice 5

Name \_\_\_\_\_

10 metres = \_\_\_\_\_

paces

Stage	Distance (m)	Distance (paces)	Bearing
1	20m		East
2	10m		North
3	10m		West
4	10m		North
5	10m		West
6	20m		South
7	10m		East
Distance from cone = _____			paces

## Cardboard Box Compass Practice 6

Name \_\_\_\_\_

10 metres = \_\_\_\_\_

paces

Stage	Distance (m)	Distance (paces)	Bearing
1	10m		East
2	20m		North
3	10m		East
4	10m		South
5	10m		West
6	10m		South
7			
Distance from cone = _____			paces