Seniors



PROGRAMME PLANNER

Some great activities and ideas to use with your group over the next term:

WEEK	THEME / ACTIVITY	DESCRIPTION	LOCATION	ACTIVITY AREAS / AWARDS
06/05/2024	EXAMS & GOD Activity	Exams are tough and they can be a stressful time. Learning how to cope with this pressure, and how we can lean on God for support and strength, is an important part of navigating this important part of your lives.	Indoors	Get into the Bible
13/05/2024	Christian Aid Week Suggested Activity	Use part of your programme to look at the incredible work that Christian Aid do around the world, learn why this work is important and then consider how you as a group might be able to support the projects going forwards. Link to Christian Aid Week (12 th – 18 th May 2024). Find out more at https://www.christianaid.org.uk	Indoors	Get Involved
20/05/2024	WHAT A PUZZLE! Themed Programme	Keep your brain active and challenged with our 'What a Puzzle!' themed programme. How will you get on with our brainteasers and can you successfully crack all the puzzles?	Indoors	Get Learning, Get Active, Get into the Bible
27/05/2024	THE BACKWARDS MUSIC CHALLENGE Activity	Put your music knowledge to the test with this unique trivia challenge. Can you recognise some well-known music tracks, but only when they are played in reverse? Will you still be able to work out what the song is?	Indoors	Get Learning
03/06/2024	Volunteers' Week Suggested Activity	It's National Volunteers' Week ($3^{rd} - 9^{th}$ June 2024). You could use this week to either give thanks to volunteers in your community, or to get involved with some volunteering of your own. What difference could you make?	Indoors or Outdoors	Get Involved
10/06/2024	EURO 2024 Themed Programme	The UEFA men's Euro 2024 tournament kicks off in Germany this summer. Use our themed programme to find out more about the teams competing, and a good excuse to put your football skills into action too. Link to Euro 2024 (14 th June – 14 th July 2024).	Indoors or Outdoors	Get Active, Get Learning, Get into the Bible
17/06/2024	Golf Suggested Activity	Better weather and longer days are a great excuse to hit a golf course and give this sport a try. There are many different options for your group to try including pitch & putt, adventure golf, putting, or even a driving range.	Outdoors	Get Active, Get Adventurous



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24/06/2024	OUR END OF YEAR HIGHLIGHTS Activity	The 2023/24 BB session will hopefully have been filled with favourite moments, highlights and achievements. Use your technology skills to put together a video, reel or presentation showing off the best moments from the last year.	Indoors	Get Creative
01/07/2024	A NIGHT OUTDOORS Activity	Spending the night in a tent is a great adventure, along with a good opportunity to develop key life skills. As a group of Seniors organise your own 'Night Outdoors', considering all the things you'll need to plan and prepare beforehand.	Outdoors	Get Adventurous
08/07/2024	OUR GARDENING PROJECT Activity	Become some green fingered volunteers, making a difference in your community. As part of this activity, learn some gardening knowledge, before you then give your time to improve a green space in your local area.	Outdoors	Get Involved
15/07/2024	Revisit: Challenge Walk Themed Programme Suggested Activity	Revisit our Challenge Walk programme from 2022. This themed programme gives you the opportunity to take on a challenge walk that will not only take you around your local area (or further afield) but will also see you challenged by a number of tasks along the way.	Outdoors	Get Adventurous, Get Active, Get Learning, Get into the Bible
22/07/2024	FRISBEE GOLF Activity	Frisbee golf is a growing sport, requiring skill and accuracy to make it around a golf course in the shortest number of throws. Create your own frisbee golf course, before giving it a try for yourselves	Outdoors	Get Active
29/07/2024	Faster, Higher, Stronger Suggested Activity	To mark the start of the 2024 Summer Olympics is Paris, consider setting yourself some challenges that will see you go 'Higher', 'Faster' and/or 'Stronger' than your peers. These could be sporting challenges, or you could opt for 'Minute to Win it' style challenges instead.	Indoors or Outdoors	Get Active
05/08/2024	Go Wild Suggested Activity	Revisit some of our Go Wild challenges. There are over 25 outdoor activities for you to have a go at. Find out more at https://boys-brigade.org.uk/gowild	Outdoors	Get Adventurous
12/08/2024	Water Challenges Suggested Activity	Take advantage of the summer weather with some water games, challenges and fights. Consider setting some team-based challenges involving the water, to test how well the team can do in staying dry.	Outdoors	Get Active, Get Adventurous
19/08/2024	Sports Night Suggested Activity	Head to the park and play some of the group's favourite sports. These could be traditional sports such as football, rounders, cricket, or less traditional sports such as ultimate frisbee, American football or capture the flag.	Outdoors	Get Active
26/08/2024	My Programme, My Say Suggested Activity	Spend some time with the group considering the activities you've done recently. Which activities did they enjoy and which didn't they enjoy? Use these discussions to help generate ideas for future programmes.	Indoors	Get Involved