

# Seniors



## AUTUMN 2024

# PROGRAMME PLANNER

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

WEEK	THEME / ACTIVITY	DESCRIPTION	LOCATION	ACTIVITY AREAS / AWARDS
02/09/2024	<b>Welcome Back!</b> Suggested Activity	Welcome Seniors back with activities focused on bringing the group together again and welcoming any new members. Check out some icebreakers and new term activities within our 'Essentials' activities on the Programme Hub.	Indoors	Get Active, Get Learning
09/09/2024	<b>NATIONAL COMPETITIONS TASTER</b> Themed Programme	The Boys' Brigade runs 'National Competitions' each year for groups across the UK & RoI to get involved with. These include in football, badminton, chess, FIFA, table tennis and a quiz. Take on our themed programme to give yourself a taster at some or all these sports and activities. Could you then enter a team this year?	Indoors	Get Active, Get Learning
16/09/2024	<b>TOP OF THE LEAGUE</b> Activity	Football is the nation's most popular sport, with world class teams across the UK competing to be crowned champions of their league. Can you use your football knowledge to successfully predict the final positions of the teams in either the Premier League or the Scottish Premiership? Take on our challenge and compete against others across the UK in our competition.	Indoors	Get Active
23/09/2024	<b>Staged Awards</b> Suggested Activity	Take a look at the various Staged Awards and give one of them a try. We have 18 topics for you to explore including DIY, paddlesports, survival skills and cooking. For more information visit <a href="https://www.boys-brigade.org.uk/staged-awards">https://www.boys-brigade.org.uk/staged-awards</a>	Indoors or Outdoors	Staged Awards available across all six Activity Areas
30/09/2024	<b>SURE &amp; STEADFAST</b> Activity	The motto of The Boys' Brigade is 'Sure & Steadfast', but where does that come from and what does it mean? How 'Sure & Steadfast' is your faith and trust in God?	Indoors	Get into the Bible
07/10/2024	<b>PODCASTS</b> Activity	Podcasts are becoming increasingly popular, with an estimated 20 million people in the UK listening to at least one podcast a month. Learn some top tips on how creating podcasts, before you plan and produce your own. A partnership card with Konnect Radio ( <a href="https://www.konnectradio.com">https://www.konnectradio.com</a> ).	Indoors	Get Creative

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14/10/2024	<b>Revisit: Gaga Ball</b> Suggested Activity	Gaga Ball is a fast paced, high-energy game played in an octagonal pit. The game combines the skills of dodging, striking, running, and jumping. Those playing need to keep moving to avoid getting hit by the ball. Fun and easy, everyone gets a serious workout!	Indoors	Get Active
21/10/2024	<b>LET'S END POLIO!</b> Activity	Get involved with our 'End Polio' campaign, in partnership with Rotary. Learn about polio and the devastating impact it can have, before working together as a team to plan and deliver a fundraising activity to support the campaign to eradicate polio for good. Link to World Polio Day (24th October).	Indoors	Get Involved
28/10/2024	<b>Climbing Wall</b> Suggested Activity	Get out your comfort zone and onto a climbing wall. As a group, plan a visit to your local climbing wall for a session of climbing, bouldering and belaying. Will you make it to the top of the climbing wall?	Indoors or Outdoors	Get Adventurous
04/11/2024	<b>CAMPFIRE POPCORN</b> Activity	Create your own DIY popcorn machine, using a few simple pieces of equipment. Then use your popcorn machine over a firepit, to cook your own tasty campfire treat. Could be linked to Bonfire Night (5th November).	Outdoors	Get Adventurous
11/11/2024	<b>IS IT OK? SEXTING</b> Themed Programme	60% of UK teenagers have been asked for intimate content, meaning sexting is a topic that many will be aware of. Let's take time to explore the facts around this topic and the potential consequences that could be involved.	Indoors	Get Involved, Get Learning, Get Active, Get into the Bible
18/11/2024	<b>Revisit: I'm a Celebrity</b> Suggested Activity	'I'm a Celebrity... Get Me Out of Here' is a huge TV show shown on ITV each Autumn. Experience what it is like to be on the show as you take on some bushtucker trials, create some gruesome eating challenges, face your fears and even have the chance to become Ant and Dec.	Indoors	Get Adventurous, Get Creative, Get Involved, Get Learning, Get into the Bible
25/11/2024	<b>YOUR FUTURE: FORENSICS</b> Activity	Develop your forensic science skills with this challenge. An activity that encourages young people to give a topic that can be studied at University a try for themselves. A partnership with The University of Bolton, as part of our 'Your Future' programme ( <a href="https://www.boys-brigade.org.uk/your-future">https://www.boys-brigade.org.uk/your-future</a> ).	Indoors	Get Learning
02/12/2024	<b>MUSIC, FAITH &amp; ME</b> Themed Programme	Music has been used for thousands of years to help people to worship. Use this themed programme to discover how music can help you to explore your faith and your relationship with God.	Indoors	Get Creative, Get into the Bible, Get Learning
09/12/2024	<b>STUFFED AT CHRISTMAS</b> Themed Programme	The average person consumes twice as much food on Christmas day, than any other day of the year. Let's enjoy a themed programme centred around Christmas treats, snacks, sweets and more!	Indoors	Get Creative, Get Learning, Get Active, Get into the Bible
16/12/2024	<b>Christmas Party</b> Suggested Activity	Host a Christmas party to finish the year. Invite members to come in their cheesiest Christmas jumper and play some party games through the night	Indoors	Get Active, Get into the Bible