

4.30 Inspection: Paws and claws

Grand Howl

4.45 Game: Rubber Band Rope Jumping

Chen QiuRong from China

Rubber band jumping was popular in my primary school which was only for girls. This game can help you to practice your jumping skills, develop coordination, and also meet lots of friends.

Rubber-band jumping is a low cost game. You only need some rubber bands. We looped rubber bands together tightly until we had a larger one (You can select the length you like). When we got three persons together, we could start our game.

Here's how we played this special jump rope game

- Two persons stood opposite each other and extended the rubber band.
- One player jumped and stood on one side of the rubber band, carrying the two sides together.
- Then she jumped again and made the two sides separate.
- Then she jumped again into the middle of the rubber-band and after that she jumped outside it.
- If we finished these steps without any mistakes, we started the next level.

As the game continued, the level of jumping got higher and higher. There were four jumping levels: ankle high, knee high, waist high, and under the shoulder. More and more girls tried to jump and we competed as teams. The game was fun, and I think it taught us competition and cooperation.

5.00: Flag of China

Scouts in China

5.15: Food tasting

5.30: Activity Chinese Tangrams

5.45: Game: Caught You!

Cheng Limin from China

When I was a child, I loved to play a Chinese traditional game which was called *Caught You!* I clearly remember playing it every spring and fall if we had good weather. We usually looked forward to this exciting activity which was led by our teachers. At that time, we always kept asking our teachers when to play and where to play, and our teachers used to answer with a smile. They knew all of us were anxious to play the game.

In this game, you need a large group of people (about 20-30 people), a piece of cloth, and a small ball. Our teachers took us to a beautiful park with a large green lawn, then we sat down side by side in a large circle except for one person who was selected by our teachers and sat outside the circle of students.

To keep the game going well, one of the teachers was a leader and referee, who always gave orders to make the game fair, reasonable and fun. At the beginning of the game, we sat in the circle and one of us just sat a few feet away from the circle with his or her eyes blindfolded. That meant that he or she couldn't see who was holding the small ball. This was a key point.

As soon as everybody was ready, the teacher declared a start. At that moment, we began to pass the small ball one by one around the circle, and the one who sat alone could shout "Stop!" at any time he or she wished.

When we hear "Stop!", the student who had the ball in his or her hand had to stand up and sing a song or tell a story. From time to time, we laughed loudly because the players made some funny faces and noise. The person outside the circle was replaced every five minutes.

5.55: Grand Howl

Hand out notes for 2nd Colac Family Camp

Chinese Whisper

Chinese morning exercise – Tai Chi

"Blind Man" or "Chicken" - Choose one child to be "it", and blindfold him or her. Turn her round a few times to disorientate her a little, while the other children group themselves around her. Then let her try to tag one of the other children, who will then become "it".

Chinese Dragons Tail – Join up one behind the other to form a line. The head must try and catch the tail without breaking the line.

Chopsticks and Jellybeans – relay formation, try and move the jellybean across the hall only using chopsticks.