



ROMAN BATHS

Getting Started...

Plan

- In the Sixes discuss plans about what could be done at a trip to the swimming pool
- The Sixer should then bring those ideas to a Sixer Council so that all the ideas are brought together to form a plan for a trip to a swimming pool
- Chat to the Six about Personal Hygiene and cleanliness
- Can they do any challenges from the People Cards?

Do

- The trip to the swimming pool should be organised in a way that gives the Cub Scouts a chance to test their swimming abilities, learn about Water Safety but then also to show how to have fun around the water
- Test the abilities in races and different types of swimming styles, water safety can be done by games around the pool that bring in good water safety behaviour and fun in the water can be done by playing games like Water polo and other games

Review

- Outside the swimming pool have a chat about the day while everyone grabs a drink to avoid dehydration
- Chat about what they thought of it and what were the best parts and what they'd like to change

Resources

<http://www.iws.ie/>

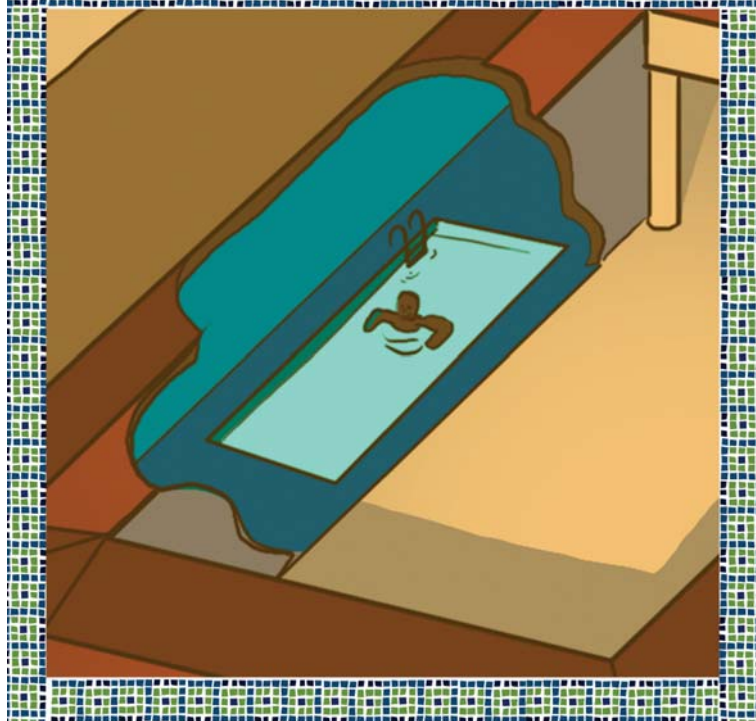
Swimming pool

Equipment for games and stopwatch for races

Top tips

It is good to remind the Cub Scouts about the importance of having showers before and after swimming and about good hygiene.

Roman baths were part of the day-to-day life in Ancient Rome. The local bath complex was also a gathering point and served a very useful community and social function. In the Land of Ancient Rome people could relax, keep clean and keep up with the latest news



CUB SCOUTS