



As-salamualaikum

Welcome to MSF's first Scouts Full Year Programme Plan! This plan has been curated by Scouts leaders from three groups who deliver amazing Scouts programmes week-in, week-out! A huge thank you to 1st Cathays al Huda, 304th Birmingham and 1st Waltham Forest for their contributions.

The four years a young person spends in Scouts can be the most memorable and character-defining time for them. Scouts are at an age when you can start implementing challenging discussions into their programme, and you can really have a positive impact on their personal, physical, and spiritual development. This year-plan provides a basic skeleton for a high-quality Scouts programme, but make sure you fill it with your wealth of experience, wisdom, and enthusiasm that make you a leader!

May Allah bless all leaders working hard to provide positive experiences for young Muslims through our Scout programmes. We ask that Allah allows us to be inspiring role models for our Scouts, and that He grants us the ability to provide an enriching and holistic experience, that ultimately brings them closer to Him and makes them active contributors to the Ummah. Ameen.

~ MSF Programme Team





Scouts Autumn/Winter Term Plan

September - December









Personal skills





September Session 1

Badge/s	Activity	Summary
Teamwork Challenge Award Team Leader Challenge Award Personal Challenge Award Challenge Award	Welcome and Intro	Introduction: Introduce leaders with new scouts, run through rules & expectations. (Allow them to come up with their own rules also to foster respect for each other) Team Building Games: e.g. Human Bingo, Ladder Game (see MSF's Game Ideas PDF) Islamic Link: Team Building - ayah about knowing one another. Talk about brotherhood & sisterhood. Surah Al-Hujurat (49:13): "O mankind, indeed We have created you from male and female and made you peoples and tribes that you may know one another. Indeed, the most noble of you in the sight of Allah is the most righteous of you. Indeed, Allah is Knowing and Acquainted." Scouts Law & Promise Activity: Scouts must know both the scout law and promise and be able to recite. Help the Scouts to understand the meaning and importance of the Scouts Law & Promise by doing an activity such as writing each line on a card. Placing the cards in a box, scouts take turns to pick the card out, discuss its meaning and then place it in the correct order. Islamic Link: Scout Law - A Scout is friendly and considerate. A Scout has self-respect and respect for others. The Prophet (ﷺ) said: The best among you are those who have the best manners and character." Ending: Always end each session with Ayatul Kursi & Surah Asr to foster barakah.





September Session 2

Badge/s	Activity	Summary
Emergency Aid Staged Badge	Basic first aid skills	Contact St Johns Ambulance to deliver a first aid skills session. Activity 1: 999 Emergency Charades Write down various emergency situations on pieces of paper (e.g., house fire, broken leg, choking). Have scouts pick a scenario and act it out without speaking while others guess the emergency. Use this to lead into the discussion on when and why to call 999. Discuss the appropriate response to an emergency and how to call 999 & speak to the dispatcher. Role play scenarios out, giving each scout a turn to call 999. Activity 2: Wound & Burn Care Workshop Using a first aid kit & fake blood, teach the scouts how to correctly bandage cuts and scrapes. Using printed out pictures of burns, classify them and practise how to treat them. Activity 3: Basic CPR response Teach scouts the basics of performing CPR and how to respond to a choking emergency. After learning, can set up a relay course (e.g., bandaging a wound, applying a sling, performing CPR compressions on a manikin). Each scout must complete the task at the station before tagging the next team mate. Islamic Link: "And whoever saves one [a life] – it is as if he had saved mankind entirely." (Quran 5:32)





September Session 3

Badge/s	Activity	Summary
Emergency Aid Staged Badge	Ambulance tour	Contact St John Ambulance Service to arrange an ambulance tour. Activity 1: What's in the Ambulance Scavenger Hunt Create a list of items, scouts have to work in small groups to identify and take pictures of as many of the items on the list. The group that gets the most wins. Activity 2: Interview a Paramedic Split the scouts into small groups and get them to interview a paramedic to get insight into the life of an emergency worker. Activity 3: Reflect Gather scouts and ask them to share what they learned and what they found most interesting. Discuss the importance of knowing how to react in emergencies and how they can use this knowledge in their daily lives. Bonus: Create a thank you card for the Paramedics





October Session 1

Badge/s	Activity	Summary
Emergency Aid Staged Badge	Mental health	Activity 1: What is Mental Health? Interactive Discussion Give scouts sticky notes & markers & ask them to write down what comes to mind when they think of mental health. Place them on a large poster paper and use the notes as a guide to a discussion on what mental health is, what are some common mental health disorders and how it can affect our day to day lives. Activity 2: "Mental Health Myth Busters" Read out statements about mental health, and ask scouts to decide if they are true or false by moving to different sides of the room. Discuss each statement and provide correct information. Include misconceptions about Islam and mental health & discuss them. Activity 3: Stress Ball Making Start with a discussion about what stress is and how it affects our bodies & minds. Encourage open discussion, ask when they last felt stressed and how they managed it. Using balloon, flour/rice, funnels, permanent markers (for deco) create stress balls. Activity 4 (Islamic Link): Reflect on the Prophet's Life Share the story of the Prophet Muhammad (PBUH) and the Year of Sorrow with the scouts. "Allah did not send down any disease but that He also sent its cure." (Sahih Bukhari 5678). This hadith underscores the importance of seeking treatment and help for any kind of ailment, including mental health issues. It reassures that for every hardship, there is a remedy, encouraging Muslims to seek help and not to suffer in silence. "And We have certainly created man and We know what his soul whispers to him, and We are closer to him than [his] jugular vein." Discuss the Quranic verse about Allah's closeness and understanding of our inner selves. Ask scouts to reflect on times they felt stressed or emotionally overwhelmed. Facilitate a group discussion about the importance of seeking help and support when dealing with mental health issues.





October Extra Session

Badge/s	Activity	Summary
Athletics Badge Physical Recreation	Olympics Trials	Trialing for the different activities to be part of the MSF Olympics Cohort





October Session 2

Badge/s	Activity	Summary
Global Issues Badge	Debating	 Activity 1: Four Corners Debate Label each corner of the room; Strongly Agree, Agree, Disagree, Strongly Disagree. Read out statements, scouts move to the corner of the room that represents their opinion. Nominate one spokesperson per corner to explain why they chose that position, allow a few minutes for rebuttal between corners. Activity 2: Balloon Debate Give each scout a character card (astronaut, doctor, teacher, farmer, etc.) The group is in a hot air balloon that is losing altitude. To save the group, one person must be "thrown out" of the balloon. Each scout will argue why their character should stay in the balloon. Activity 3: Mock Debate Explain the purpose of the mock debate and the skills it aims to develop. Introduce the debate format, including roles (e.g., opening statements, rebuttals, closing statements), timing, and rules. Split into teams (proposition & opposition), choose the debate topic, give them time to prepare. Set out a proper debate format with tables, chairs and a moderator. Each team should prepare opening statements, key arguments, rebuttals, and closing statements. Emphasise the importance of clear, concise, and persuasive arguments. Islamic Link: The debate between Prophet Ibrahim & King Nimrod Quran, Surah Al-Baqarah (2:258): "Have you not considered the one who argued with Abraham about his Lord [merely] because Allah had given him kingship? When Abraham said, "My Lord is the one who gives life and causes death," he said, 'I give life and cause death,' Abraham said, 'Indeed, Allah brings up the sun from the east, so bring it up from the west.' So the disbeliever was overwhelmed [by astonishment], and Allah does not guide the wrongdoing people." Emphasises the importance of debating and standing up for one's beliefs. Talk about the importance of debating and standing up for one's beliefs. Talk about the importance of debating an





October Day Trip: Escape Room

Badge/s	Activity
Teamwork Challenge Award	Take Scouts to a local escape room as a challenge for how well they work as a team





October Session 3

Badge/s	Activity	Summary
Pioneer Badge	Pioneering	Activity 1: Create a Da Vincis Bridge. Start by doing it with lollipop sticks and then move on to using big pioneering poles Activity 2: Learn 3 main knots. Bowline knot, Clove hitch, Reef knot. Explain what each of these are used for. After learning, have a competition of who can do the 3 knots the fastest. Activity 3: Create a small structure such as a tripod using the knots they have learnt. Islamic Link: Talk about development and being self sufficient. Hadith: The Prophet Muhammad (ﷺ) said, "Indeed, Allah loves that when any one of you does a job, he should perfect it." — [Sahih al-Bukhari, 6130]





October Session 3

Badge/s	Activity	Summary
Pioneer Badge	Pioneering	Using the skills they have learnt in the previous session Activity 1: Create a catapult in two teams and have a competition. Competition ideas: Who goes the furthest, highest, best built. Catapult siege game. Activity 2: Using large pioneering poles, create something that is of benefit to the community or to your scout group e.g. a shoe rack, a swing, garbage bag holder. Islamic Link: Community service & helping others with the skills you have learnt. Hadith: The Prophet Muhammad () said, "The best of people are those that bring most benefit to the rest of mankind."





October Day Trip: MSF Olympics

Badge/s	Activity
Athletics Badge Physical Recreation	MSF Olympics, usually on the last weekend of October





November Session 1 (after half term)

Badge/s	Activity	Summary
Global Issues Badge	Islamophobia Awareness	Activity 1: Understanding Islam and what is islamophobia Activity 2: Common misconceptions Activity 3: Debunking myths Activity 4: How to navigate islamophobia • Role play • How to talk to non muslims about Islam • Mannerisms and character when confronted with islamophobia





November Session 2

Badge/s	Activity	Summary
Survival Skills Badge	Water filtration, shelter building	Activity 1: DIY Water Filter Construction Plastic bottles, sand, gravel, coffee filters, dirty water for demonstration. Explain the importance of having access to clean drinking water in survival situations. Discuss different natural sources of water and the potential contaminants they might contain. Show how to construct a basic water filter using a plastic bottle, sand, gravel, activated charcoal, and a coffee filter. Have a competition of which patrol can filter the cleanest water. The Quran highlights the importance of pure water: "And We made from water every living thing. Then will they not believe?" (Quran 21:30). This verse underscores the essential role of clean water in sustaining life. Activity 2: Tarp Shelter Construction Using tarp, poles/bamboo sticks, rope. Discuss the importance of shelter in a survival situation, including protection from the elements and maintaining body heat. Demonstrate how to build a basic tarp shelter using a tarp, ropes, and stakes. Explain different types of tarp shelters (e.g., A-frame, lean-to) and the situations in which each is useful. Divide into groups to make shelters under supervision. Activity 3: Camouflage Activity Competition between patrols to camouflage themselves in the forest using leaves & face paints. Team that camouflages themselves the best wins. Islamic Link: Stewardship of the Earth The Quran encourages stewardship of the earth and its resources. Allah says in the Quran, "It is He who has made you successors upon the earth" (Quran 35:39). This implies a responsibility to use resources wisely, including ensuring access to clean water and building shelters sustainably Dua (Supplication): End the session with a dua for protection and well-being. For example, "O Allah, protect us and provide for us from Your bounties. Guide us to be responsible and prepared in all our actions."





November Session 3

Badge/s	Activity	Summary
Survival Skills Badge	Firelighting, backwoods cooking	 Activity 1: Fire Lighting Competition Explain the basics of fire lighting, the triangle, different fire starting methods & how to put it out safely. Get each patrol to make their own fire using flint & steel - create a string target using two sticks, the first patrol to get their fire to break the string wins Activity 2: Bread making Teach scouts how to make a simple bread dough and cook it over an open fire. Islamic Link: Self-Sufficiency Prophet Muhammad (PBUH) emphasised the importance of self-sufficiency and hard work. He said, "It is better for any one of you to carry a load of firewood on his own back than to beg from someone else." (Sahih Bukhari, 1471). This teaches the value of being self-reliant and prepared for any situation.





November Session 4

Badge/s	Activity	Summary
Nights Away Staged Badge	Winter camp preparation	Activity 1: How to pack your bag Conduct in a quiz format. Activity 2: Meal plan Give each patrol a meal to cook on camp, plan the meal, list ingredients needed & method. Teach basic food hygiene rules. Activity 3: Set out an itinerary for one day Give each patrol an activity to plan and run for one day of camp.





December Full Weekend

Badge/s	Activity
Adventure Challenge Award Outdoor Challenge Award Nights Away Staged Badge	Section, Group, or Intersection Winter Camp





December End of Term Session

Badge/s	Activity	Summary
Teamwork Challenge Award Team Leader Challenge Award Team Leader Challenge Award	Games Session, Pack Forum	Activity 1: team building games • e.g T-Shirt Relay (see MSF Game Ideas PDF) Activity 2: Term reflections • What did they enjoy? • Did they try something new? Overcome a fear? • What did they not like? • What personal goal can they work on next term? Activity 3: Badge ceremony • Award badges they have achieved





Scouts Spring Term Plan

January - March



Personal faith



Creativity



Curiosity





January Session 1

Badge/s	Activity	Summary
World Challenge Award	Explore an international issue	Activity 1: Visit a local food bank Visit a local food bank to find out about what they do and discover what the scout group can do to help e.g. collect food cans, raise funds etc. Islamic Link: Sadaqah. Hadith: "He is not a believe whose stomach is filled while his neighbour goes hungry" (Sahih Bukhari) Activity 2: Visit your local authority to explore how your community's governed Follow up activity: Play show me the money (Scout website). Helps scouts to think about the role of the government and how they choose to spend money. Each patrol is hypothetically given £100 to run the UK, they must choose where to allocate the money and justify it. Islamic Link: Discuss principles of Islamic leadership and Shura (consultation) in decision making. Look at the lives of Abu Bakr & Umar and how they governed the Muslims financially during their time as Khalifahs.





January Session 2

Badge/s	Activity	Summary
Digital Citizen Staged Badge Digital Maker Staged Badge	Staying safe online	Activity 1: Fake News Detective Create a mix of real and fake news articles for scouts to analyse. Explain what fake news is and discuss why it is important to verify information. Working in patrols, analyse the articles and report back their findings. Islamic Link: You can discuss the principles of honesty and verification. Use this ayah as a focus & discussion point. "O you who have believed, if there comes to you a disobedient one with information, investigate, lest you harm a people out of ignorance and become, over what you have done, regretful" (Quran 49:6) Further activity: Create a fake news detective guide Scouts create a guide on how to identify & verify news, work in patrols to design the guide, including tips & Quranic verses or Hadiths that emphasise the importance of truth & verification. Activity 2: Digital Footprint Mapping Explain what a digital footprint is and how it can affect their future. Using poster paper or a mind-mapping app, get scouts to map out their own digital footprint by listing activities that they do online (e.g. tiktok & what they like, repost, online games, searches). Encourage them to look at their google search history and use this as a guide. Scouts then review their own footprint and discuss how they can manage their digital footprints positively. Islamic Link: You can introduce this activity by discussing Taqwa (God consciousness) in everything that we do, is our digital footprint pleasing to Allah and will, it bring benefit in the next life. You can also discuss Ihsan - ensuring that you are doing everything in the best possible manner both online and offline. Activity 3: Real-Life Cyberbullying Stories Discussion Collect age-appropriate real life stories of cyber-bullying. Have an open discussion regarding this and encourage scouts to share what they would do in similar situations. Islamic Link: You only how have believed, let not a people ridicule [another] people; perhaps they may be better than them; nor let women ridicule [other] women; perhaps they





January Session 3

Badge/s	Activity	Summary
Digital Citizen Staged Badge Digital Maker Staged Badge	Design a game or video	Activity 1: Brainstorming & Storyboarding • Explain concepts of storyboarding as part of the creative process and get each scout to make their own. Islamic Link: • Encourage scouts to research Islamic stories or teachings that they can incorporate into their game or video Activity 2: Basic Coding • Introduce scouts to coding via Scratch and get to them to learn basic coding skills. Activity 3: Game design • Using game designing software on a computer/ipad e.g. Scratch to create a basic game design.





February Session 1

Badge/s	Activity	Summary
Skills Challenge Award	Sewing	Activity 1: Sewing a Button Explain the importance of knowing how to sew a button. Show examples of different types of buttons and where they are commonly used Activity 2: Repairing a hole in clothing Activity 3: Tatreez Explain the history of Palestinian embroidery and the importance of preserving culture. Create a large piece of tatreez made up of the scouts individual pieces.





February Session 2 (after half term)

Badge/s	Activity	Summary
Creative Challenge Award	Photography	 Activity 1: Light Painting In each patrol using the long exposure setting on a camera/phone, experiment with light painting using a torch/glow sticks/sparklers. Activity 2: Forced Perspective Photography Explain what forced perspective photography is & show examples. In their patrols, practice taking these. Have a competition for the best & most creative one. Activity 3: Photo editing Allow the scouts to experiment with photo editing software e.g. adobe lightroom Islamic link: Explore the Key figure from the Golden Age of Islam, Ibn Haytham Look into the story of Ibn Haytham, who was a Muslim mathematician who created the world's first camera, during the Islamic Golden Age Use his story as inspiration for how our ideas can change the world, and how scientists and mathematicians during that time devoted their entire work to Allah and the pursuit of bettering society





March Session 1

Badge/s	Activity	Summary
Media Relations Badge Creative Challenge Award Ward	Media and marketing	 Activity 1: Press release Film a press release Using a simple video editing software (e.g. CapCut), edit a press release about a breaking community event. Show examples of effective press releases and discuss key elements: headline, date, introduction, body, boilerplate, and contact information. Activity 2: Brand Kit Competition Using a simple design software (e.g. Canva), create a marketing brand kit for the scout group. Encourage them to think about what their brand represents, who their audience is, and what message they want to convey.





March Session 2

Badge/s	Activity	Summary
My Faith Badge	Ramadan Preparations	 Activity 1: Ramadan Packs Create ramadan packs with dates, sweets & dawah materials for your neighbours. Explain the importance of sharing and giving during Ramadan. Discuss how creating and distributing Ramadan packs can strengthen community bonds and spread awareness about the significance of Ramadan. Activity 2: Quran Circle & Ramadan Goal Setting Talk about how Ramadan is the month of the Quran. Reflect on a Surah and its meaning as a group. Discuss how to strengthen our relationship with the Quran this Ramadan. Set up a competition for throughout ramadan. Activity 3: Fasting Reflection and Suhoor/Iftar Planning Reflect on the experience of fasting and plan healthy and spiritual suhoor and iftar meals according to the Sunnah. (Could incorporate this into a cooking activity by making date bars)





March Session (before Ramadan break)

Badge/s	Activity	Summary
Teamwork Challenge Award Team Leader Challenge Award Team Leader Challenge Award	Term Reflections	Activity 1: Team building games • Eg Human chair • (refer to MSF Game ideas on website) Activity 2: Term reflections • What did they enjoy? • Did they try something new? Overcome a fear? • What did they not like? • What personal goal can they work on next term? Activity 3: Badge ceremony • Award badges Cubs have achieved





Ramadan Sleepover (Saturday/Sunday)

Badge/s	Summary
My Faith Badge	Plan a sleepover including an iftar, taraweeh, qiyam, and suhoor





Scouts Summer Term Plan

April - July



STEM



Environment and community



Outdoors



Health and fitness





April Session 1 (after Ramadan break)

Badge/s	Activity	Summary
Scientist Badge	Different scientific experiements	 Activity 1: Create your own bow and arrow Using branches/sticks, carve and create your own bow and arrow. Have a competition and assess each scout's bow and arrow on structure & performance. Discuss the science behind how a bow & arrow worlds, effect of gravity & resistance Activity 2: Reaction Rockets Provide materials such as bottles, baking soda, vinegar & paper for rocket construction. Scouts assemble their rockets, whoever goes the furthest wins. Explain Newtons Third Law of Motion and discuss the chemical reaction that occurs and how it propels the rocket. Activity 3: Make your own Bath Bombs Using a bath bomb recipe (found online), scouts create their own bath bombs using moulds (empty yoghurt pots, ice cube trays etc). Discuss the acid base reaction that occurs.





April Session 2

Badge/s	Activity	Summary
Mechanic Badge	Car and bike maintenance	 Activity 1: Changing a Car Wheel Teach scouts how to safely change a car wheel. Explain the importance of knowing how to change a tire in case of emergency. Show how to use the jack, remove the tyre & replace with a spare. Let scouts practise under supervision & discuss through different scenarios e.g. at night or on uneven ground. Try having a competition between pairs to see who can take a tyre off, wheel it a distance away and back, and put it back on again in the fastest time Activity 2: Understanding the mechanics of a car Introduce the scouts to basic car mechanics and how different parts work together. Give a brief overview, do an interactive walkthrough, hand out flashcards with names & functions of car parts and have scouts match them to the correct part on the car. Activity 3: Bike maintenance Explain the importance of bike maintenance, set up stations for different tasks if enough bikes are available e.g. tire inflation, brake adjustment, chain cleaning





May Session 1

Badge/s	Activity	Summary
Community Impact Staged Badge	Help out in your local community	 Activity 1: Importance of Community Using a large poster board, discuss the importance of community service in Islam. Ask scouts to brainstorm examples of community service & discuss how these actions can lead to positive change. Have scouts write down one community service activity they've participated in and the positive outcomes they observed from this. Hadith - "The best of people are those that bring most benefit to the rest of mankind" Activity 2: Litter Pick in your local park or area Activity 3: Help plant and maintain a community garden Islamic Link: Talk about the concept of being a steward of the Earth Tell the story of how Abu Bakr (RA) used to secretly take care of the old blind woman





May Day Trip: MSF Activity Day

Badge/s	Activity	Summary
	MSF Activity Day	Attend MSF's Activity Day and earn a badge with other Muslim Scout groups from across your region! Find out which badges you will earn closer to the date.





May Session 2

Badge/s	Activity	Summary
Martial Arts Badge	Learn basic martial arts and self defence	Contact your local martial arts/wrestling club to deliver a session Activity 1: Wrestling as a Sunnah • Explain the significance of wrestling as a Sunnah sport and its benefits • Discuss this hadith "The strong person is not the good wrestler. Rather, the strong person is the one who controls himself when he is angry" to explain the importance of good sportsmanship & patience Activity 2: Learn basic self defence techniques • Discuss when self defence might be needed, and how to spot danger Activity 3: Learn basic wrestling techniques and have a tournament.





May Sessions 3 and 4

Badge/s	Activity	Summary
Outdoor Challenge Award Entertainer Badge Outdoor Challenge Award Outdoor Challenge Award	Group Camp preparation	Activity 1: Pitching tent Learn how to put up and put down a tent. If time permits, after learning how to put up a tent, challenge beavers to race to see which lodge can put their tent up the fastest Activity 2: Kit list How to pack a bag What to pack Which bag to use Footwear How to pack a sleeping bag Activity 3: Prepare an entertainment act for the camp Top tip: include an entertainment night for your group camp and get each section to compete Acts could include: Skit/play Poem Nasheed



June Full Weekend

Badge/s	Activity
Adventure Challenge Award Outdoor Challenge Award Nights Away Staged Badge	Group Summer Camp





June Day Trip

Badge/s	Summary
Water Activities Badge	Visit a local water sports/activities centre and participate in a rafting, paddle boarding, canoeing, or similar activity



Project Deliver and Develop

June Session 1

Badge/s	Activity	Summary
Environmental Conservation Badge	Exploring the environmental aspects of Hajj	 Activity 1: Hajj-themed Environmental Case Studies Present Scouts with case studies of environmental challenges and solutions in pilgrimage regions. Scouts can analyse real-world scenarios, discuss the factors contributing to environmental degradation or conservation success, and propose innovative solutions Activity 2: Hajj-themed Environmental Debate: Organise an environmental debate where Scouts discuss and debate topics related to Hajj and environmental conservation, such as sustainable travel practices, wildlife conservation in pilgrimage regions, or waste management in mass pilgrimage sites Give them time to prepare, note down their points then debate a topic. They can then go home, do more research on their topic, then present again in a debate the next session Activity 3: Sustainable Development Goals (SDGs) Action Planning: Guide Scouts in a brainstorming and action planning session focused on addressing environmental challenges related to Hajj through the lens of the United Nations Sustainable Development Goals (SDGs). Scouts can discuss strategies for achieving goals such as clean water and sanitation, sustainable cities and communities, and climate action in pilgrimage regions.





July End of Year Session

Badge/s	Activity	Summary
Teamwork Challenge Award Team Leader Challenge Award Award	Last session of the year	Activity 1: Team building games





July Full Weekend: MSF Summer Camp

Badge/s	Activity
Adventure Challenge Award Outdoor Challenge Award Nights Away Staged Badge	MSF Summer Camp