

Bobcat II

Number of Meetings: 1

Advancements:

Tiger Wolf Bear Webelos	<p>Bobcat</p> <ol style="list-style-type: none"> 1. Learn and say the Scout Oath, with help if needed. 2. Learn and say the Scout Law, with help if needed. 3. Show the Cub Scout sign. Tell what it means. 4. Show the Cub Scout handshake. Tell what it means. 5. Say the Cub Scout motto. Tell what it means. 6. Show the Cub Scout salute. Tell what it means. 7. With your parent or guardian, complete the exercises in the pamphlet How to Protect Your Children from Child Abuse: A Parent’s Guide—Bobcat Requirements.
Lion	<p>Lion’s Honor</p> <ol style="list-style-type: none"> 1. Show the Cub Scout sign. Tell what it means. 2. Repeat the Cub Scout motto. Tell what it means. 3. Show the Cub Scout salute. Tell what it means. 4. Show teamwork and good sportsmanship by playing a game with your den. <p>King of the Jungle</p> <ol style="list-style-type: none"> 1. Participate in a flag ceremony with your den. 2. Explain what it means to be a good citizen.
Tiger	<p>Games Tigers Play</p> <ol style="list-style-type: none"> 1. Do the following: <ol style="list-style-type: none"> a. Play two initiative or team-building games with the members of your den. b. Listen carefully to your leader while the rules are being explained, and follow directions when playing. c. At the end of the game, talk with the leader about what you learned when you played the game. Tell how you helped the den by playing your part. <p>Team Tiger</p> <ol style="list-style-type: none"> 2. With your den, make a den job chart that shows everyone doing something to help. As one of the den jobs, lead the Pledge of Allegiance at a den meeting.
Wolf	<p>Council Fire</p> <ol style="list-style-type: none"> 1. Participate in a flag ceremony, and learn how to properly care for and fold the flag. 2. Work with your den to develop a den duty chart, and perform these tasks for one month.

Supplies Needed:

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| ✓ American Flag | ✓ 2 nd Semester Cub Scout Booklet |
| ✓ Boy Scout Law Poster | ✓ Pencils/markers |
| ✓ Boy Scout Oath Poster | ✓ Scout Law and Scout Oath strips |

Communication

Number of Meetings: 3 (3rd session is a faux camp fire program for families)

Advancements:

Lion	<p>Lion Adventure: Mountain Lion</p> <ol style="list-style-type: none"> 1. Gather the outdoor items you need to have with you when you go out on an outdoor adventure and understand how they are used. Also understand and commit to practicing buddy system. 2. Learn what SAW (stay, answer, whistle) means. Demonstrate what you can do to stay safe if you are separated from the group when you are outdoors.
Tiger	<p>Tiger Adventure: Tigers in the Wild</p> <ol style="list-style-type: none"> 1. Participate in an outdoor pack meeting or pack campout campfire. Sing a song and act out a skit with your Tiger den as part of the program.
Wolf	<p>Wolf Adventure: Howling at the Moon</p> <ol style="list-style-type: none"> 1. Show you can communicate in at least two different ways. 2. Work with your den to create an original skit. 3. Work together with your den to plan, prepare, and rehearse a campfire program to present to your families at a den meeting. 4. Practice and perform your role for a pack campfire program.
Bear	<p>Bear Adventure: Bear Necessities</p> <ol style="list-style-type: none"> 2. Attend a campfire show, and participate by performing a song or skit with your den.
WEBELOS	*All WEBELOS need to learn how to participate in assisting, teaching, and leading other scouts in preparation for Boy Scouts*
WEBELOS I	No Advancements
Arrow of Light	<p>Arrow of Light Adventure: Camper</p> <ol style="list-style-type: none"> 4. On a pack campout, work with your den leader or another adult to plan a campfire program with the other dens. Your campfire program should include an impressive opening, songs, skits, a Cubmaster’s minute, and an inspirational closing ceremony.
Webelos/Arrow of Light Elective Adventure	<p>Aware and Care:</p> <ol style="list-style-type: none"> 7e. Use American Sign Language. Sign the Scout Oath 2.Game design

Supplies Needed:

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| ✓ American Flag | ✓ LED tea light candles |
| ✓ Pencils | ✓ Scout’s booklet |
| ✓ Blindfold | ✓ Skits and Run ons |
| ✓ Fire colored tissue paper | |

Copies (1 per scout unless specified differently):

Session 1	✓ Invitation to the Faux Fire Program
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Hero

Number of Meetings: 2

Advancements:

Lion	<p>Animal Kingdom</p> <ol style="list-style-type: none"> 1. Learn the role of someone who provides a service to your community. 2. Demonstrate you know what to do in an emergency.
Tiger	<p>Safe and Smart</p> <ol style="list-style-type: none"> 1a Memorize your address, and say it to your den leader or adult partner. 1b Memorize an emergency contact's phone number, and say it to your den leader or adult partner. 1c. Take the 911 safety quiz. 2a Show you can "Stop, Drop, and Roll." 2b Show you know how to safely roll someone else in a blanket to put out a fire. 3 Make a fire escape map with your adult partner. 4 Explain your fire escape map, and try a practice fire drill at home. 5 Find the smoke detectors in your home. With the help of your adult partner, check the batteries. 6 Visit an emergency responder station, or have an emergency responder visit you.
Wolf	<p>Wolf Adventure: Council Fire</p> <ol style="list-style-type: none"> 5. Talk to a military veteran, law enforcement officer, member of the fire department, or someone else who works for the community. Talk about his or her service to the community. After you have visited with the individual, write a short thank-you note.
Bear	<p>Bear Adventure: Paws for Action</p> <ol style="list-style-type: none"> 2. Do the following: <ol style="list-style-type: none"> 2.a Visit a local sheriff's office or police station, or talk with a law enforcement officer visiting your den. During the visit, take turns with your den members asking questions that will help you learn how to stay safe. 2.b During or after your visit with a law enforcement officer, do at least two of the following: <ol style="list-style-type: none"> i. Practice one way police gather evidence by taking fingerprints, taking a shoe print, or taking tire track casts. ii. Make a list of emergency numbers to post in your home, and keep a copy with you in your backpack or wallet. iii. With your family, develop a plan to follow in case of an emergency, and practice the plan at least three times. Your family can determine the emergency, or you can develop several plans. iv. Discuss with your parent or another adult you trust any worries you have about your safety or a friend's safety. v. If you have younger brothers and sisters, make sure they know how to call for help in an emergency.
WEBELOS	<p>Webelos Adventure: First Responder</p> <ol style="list-style-type: none"> 7. Create and Practice an emergency readiness plan for your home or den meeting place. 8. Visit with a first responder.
Arrow of Light	None

Webelos/Arrow of Light Elective Adventure	<p>Webelos/AOL Elective Adventure: Build My Own Hero</p> <ol style="list-style-type: none"> 1. Discover what it means to be a hero. Invite a local hero to meet with your den. 2. Identify how citizens can be heroes in their communities. 3. Recognize a hero in your community by presenting him or her with a “My Hero Award.” 4. Learn about a real-life hero from another part of the world who has helped make the world a better place. 5. Learn about a Scout hero. 6. Create your own superhero.
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Supplies Needed:

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| ✓ American Flag | ✓ Crayons or Markers |
| ✓ Pencils | ✓ Ink pad with ink |

Copies (1 per scout unless specified differently):

Session 2	✓ Thank you letter
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Carnival

Number of Meetings: 2

Advancements:

Lion	<p><i>Lion’s Honor</i></p> <ol style="list-style-type: none"> 4. Show teamwork and good sportsmanship by playing a game with your den.
Tiger	<p><i>Tiger Adventure: Games Tigers Play</i></p> <ol style="list-style-type: none"> 1. Do the following: <ol style="list-style-type: none"> a. Play two initiative or team-building games with the members of your den. b. Listen carefully to your leader while the rules are being explained, and follow directions when playing. c. At the end of the game, talk with the leader about what you learned when you played the game. Tell how you helped the den by playing your part. 2. Make up a game with the members of your den. 3. Make up a new game, and play it with your family or members of your den or pack.
Wolf	<p><i>Wolf Adventure: Running With the Pack</i></p> <ol style="list-style-type: none"> 1. Play catch with someone in your den or family who is standing 10 steps away from you. Play until you can throw and catch successfully at this distance. Take a step back, and see if you can improve your throwing and catching ability. 4. Play a sport or game with your den or family, and show good sportsmanship.
Bear	<p><i>Bear Adventure: Grin and Bear It</i></p> <ol style="list-style-type: none"> 1. Play a challenge game or initiative game with the members of your den. Take part in a reflection after the game.

	<ol style="list-style-type: none"> 2. Working with the members of your den, organize a Cub Scout carnival and lead it at a special event. 3. Help younger Cub Scouts take part in one of the events at the Cub Scout carnival. 4. After the Cub Scout carnival, discuss with the members of your den and your den leader what went well, what could be done better, and how everyone worked together to make the event a success. 5. Make and present an award to one of the adults who helped you organize the activities at the Cub Scout carnival.
WELEBOS	None
Arrow of Light	None
Webelos/Arrow of Light Elective Adventure	<p>Game Design</p> <ol style="list-style-type: none"> 1. Decide on the elements for your game. 2. List at least five of the online safety rules that you put into practice while using the Internet, computer, or smartphone. 3. Create your game. 4. Teach an adult or another Scout how to play your game.

Supplies Needed:

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| <ul style="list-style-type: none"> ✓ American Flag ✓ Pencils ✓ Long Balloons for Balloon animals ✓ 9" Balloons 2 per scout ✓ 10-20 paper plates ✓ Scissors ✓ Large round disposable table cloth ✓ Dowel rod or water bottle ✓ Carnival prizes | <ul style="list-style-type: none"> ✓ 20 disposable cups ✓ Blindfolds ✓ Crayons or Markers ✓ Paint (optional) ✓ String or yarn ✓ Straws – 2 per scout ✓ 4 sponges – hand size ✓ Painter’s tape ✓ Hand sized soft balls ✓ Deck of cards |
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Copies (1 per scout unless specified differently):

Session 1	✓ Internet Safety Sheet
Session 2	<ul style="list-style-type: none"> ✓ Balloon Dog Instructions ✓ 1 set of individual acts and carnival games instructions

Pinewood Derby Cars

Number of Meetings: 2

Advancements: NA

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| Supplies Needed: | <ul style="list-style-type: none"> ✓ American Flag ✓ Cub Scout booklets ✓ Construction paper | <ul style="list-style-type: none"> ✓ PWD car kits ✓ Sand Paper ✓ Hammer | <ul style="list-style-type: none"> ✓ Needle Nose Pliers ✓ Wood Paint Markers ✓ Crayons/markers |
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Copies:

Session 1	✓ PWD Race flier
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Nutrition

Number of Meetings: 3

Advancements:

Tiger	<p>Tiger Bites</p> <ol style="list-style-type: none"> 1. Identify three good food choices and three foods that would not be good choices. 2. Show that you know the difference between a fruit and a vegetable. Eat one of each. 3. With your adult partner, pick a job to help your family at mealtime. Do it every day for one week. (homework) 4. Show you can keep yourself and your personal area clean. (homework) 5. Talk with your adult partner about what foods you can eat with your fingers. Practice your manners when eating them. (homework) 6. With your adult partner, plan and make a good snack choice or other nutritious food to share with your den.
Wolf	<p>Running with the Pack</p> <ol style="list-style-type: none"> 6. Demonstrate what it means to eat a balanced diet by helping to plan a healthy menu for a meal for your family. Make a shopping list of the food used to prepare the meal <p>Germs Alive:</p> <ol style="list-style-type: none"> 1. Wash your hands while singing the “Germ song”. 2. Use sanitizer or school glue to play the Germ Magnet game. Wash your hands afterwards. 3. Make a clean room chart. Do those chores for at least a week. 4. Grow mold <p>Call of the Wild:</p> <ol style="list-style-type: none"> 1. To keep from spreading your germs.
Bear	<p>Bear Necessities</p> <ol style="list-style-type: none"> 5. With your den, plan a cooked lunch or dinner that is nutritious and balanced. Make a shopping list, and help shop for the food. On a campout or at another outdoor event, help cook the meal, and help clean up afterward.
WELEBOS	<p>Cast Iron Chef</p> <ol style="list-style-type: none"> 2. Set personal nutritional goals. Keep a food journal for one week; review your journal to determine if the goals were met. 3. Plan a menu for a balanced meal for your den or family. Determine the budget for the meal. Shop for the items on your menu while staying within your budget. 5. Demonstrate an understanding of food safety practices while preparing the meal.
Arrow of Light	None
Webelos/Arrow of Light Elective Adventure	None

Supplies Needed:

<p>Trail mix ingredients. Must include:</p> <ul style="list-style-type: none"> ✓ 2 different dried fruits ✓ 2 different dried vegetables ✓ 2 different proteins (nuts/seeds) ✓ 2 different grains (pretzels/oats/etc.) 	<ul style="list-style-type: none"> ✓ Snack sized baggies for each scout ✓ Containers to divide and transport the trail mix ingredients to the packs ✓ Spoons to serve the ingredients ✓ 7 large manila envelope per pack
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Copies (1 per scout unless specified differently):

Session 1	<ul style="list-style-type: none"> ✓ Food cards printed on card stock and cut; 1 set per 10 scouts. ✓ Tiger Homework (half sheet) ✓ Webelos Homework
Session 2	<ul style="list-style-type: none"> ✓ Outdoor Recipes & Cooking Strategies for Cub Scouts (1 per 4 Bear and Webelos) ✓ Meal Shopping list and Cost (1 for each Bear, & Webelos)

Be Active

Number of Meetings: 4

Advancements:

Lion	<p>Fun on the Run</p> <ol style="list-style-type: none"> 1. Learn and demonstrate three exercises you can do each day. 3. Understand the importance of rest. 4. Participate with your den in a Jungle Field Day.
Tiger	<p>Games Tigers Play</p> <ol style="list-style-type: none"> 1b. Listen carefully to your leader while the rules are being explained, and follow directions when playing. 1c. At the end of the game, talk with the leader about what you learned when you played the game. Tell how you helped the den by playing your part. 4. Find out how being active is part of being healthy. While at a sporting event, ask a player or coach why he or she thinks it is important to be active. (partial Home assignment). <p>Team Tiger</p> <ol style="list-style-type: none"> 1. List the different teams of which you are a part. 2. Make a chart to show three ways that members of your Tiger team are different from each other. <p>Tiger Tag</p> <ol style="list-style-type: none"> 1. Tell what the buddy system is and why we always use it in Cub Scouts. 2. Do the following: <ol style="list-style-type: none"> a. Play two relay games with your adult den. b. Tell your adult partner or the other Tigers what you liked best about each game. c. Have your den choose a relay game that everyone would like to play, and play it several times. 3. With your adult partner, select an active outside game that you could play with the members of your den. Talk about your game at the den meeting. With your den, decide on a game to play. 4. Play a game that your den has chosen. After the game, discuss with your den leader the meaning of being a good sport.
Wolf	<p>Paws on the Path</p> <ol style="list-style-type: none"> 2. Tell what the buddy system is and why we always use it in Cub Scouts. <p>Running with the Pack</p> <ol style="list-style-type: none"> 1. Play catch with someone in your den or family who is standing 10 steps away from you. Play until you can throw and catch successfully at this distance. Take a step back, and see if you can improve your throwing and catching ability. 2. Practice balancing as you walk forward, backward, and sideways. 3. Play catch with someone in your den or family who is standing 10 steps away from you. Play until you can throw and catch successfully at this distance. Take a step back, and see if you can improve your throwing and catching ability.

	<p>4. Practice balancing as you walk forward, backward, and sideways.</p> <p>5. Practice flexibility and balance by doing a front roll, a back roll, and a frog stand.</p> <p>6. Play a sport or game with your den or family, and show good sportsmanship.</p> <p>7. Do at least two of the following: frog leap, inchworm walk, kangaroo hop, or crab walk.</p> <p>8. Demonstrate what it means to eat a balanced diet by helping to plan a healthy menu for a meal for your family. Make a shopping list of the food used to prepare the meal. 4 - Play a sport or game with your den or family, and show good sportsmanship. (partial Home assignment.)</p> <p>Paws of Skill</p> <p>9. Talk with your family and den about what it means to be physically fit. Share ideas of what you can do to stay in shape.</p> <p>10. With your den, talk about why it is important to stretch before and after exercising. Demonstrate proper warm-up movements and stretches before and after each activity you do that involves action.</p> <p>11. Select at least two physical fitness skills and practice them daily. See if you can improve over a two-week period.</p> <p>12. With your family or your den, talk about what it means to be a member of a team. Working together, make a list of team sports, and talk about how the team works together to be successful. Choose one and play for 30 minutes. With your den, talk about sportsmanship and what it means to be a good sport while playing a game or a sport. Share with your den how you were a good sport or demonstrated good sportsmanship in requirement 4.</p> <p>13. Visit a sporting event with your family or your den. Look for ways the team works together. Share your visit with your den. (Home Assignment.)</p>
Bear	None
WELEBOS	<p>Stronger, Faster, Higher</p> <p>Do all of these:</p> <ol style="list-style-type: none"> 1. Understand and explain why you should warm up before exercising and cool down afterward. Demonstrate the proper way to warm up and cool down. 2. Do these activities and record your results: <ol style="list-style-type: none"> a. 20-yard dash b. Vertical jump c. Lifting a 5-pound weight d. Push-ups e. Curls f. Jumping rope 3. Make an exercise plan that includes at least three physical activities. Carry out your plan for 30 days, and write down your progress each week. With your den, prepare a fitness course or series of games that includes jumping, avoiding obstacles, weight lifting, and running. Time yourself going through the course, and improve your time over a two-week period. 6. Try a new sport you have never tried before.
Arrow of Light	None
Webelos/Arrow of Light Elective Adventure	None

Supplies Needed:

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| ✓ American Flag | ✓ 5 lbs weight (Can make them out of 1 gallon milk carton) |
| ✓ Pencils | ✓ Adhesive Notes |
| ✓ Stopwatch | ✓ Jump ropes |
| ✓ Scissors | ✓ Large balls for throwing |
| ✓ Measuring tape | ✓ String as a balance beam |
| ✓ Ball for Throwing | |

Copies (1 per scout unless specified differently):

Session 1	<ul style="list-style-type: none"> ✓ Exercise Crossword Puzzle ✓ Paws of Skill Chart (1 for each Tigers and Wolves the sheet is half sheets, so copy and cut before the meeting.) ✓ Stronger, Faster, Higher Charts (1 for each Bears and Webelos the sheet is half sheets, so copy and cut before the meeting.) ✓ Home Assignments for Tigers. Each homework sheet is half sheets, so copy and cut before the meeting.
Session 2	<ul style="list-style-type: none"> ✓ Sport Matching Sheet ✓ Team Opening Cards (1 per leader) ✓ Home assignment for Wolves. The homework sheet is half sheet, so copy and cut before the meeting.
Session 3	<ul style="list-style-type: none"> ✓ Lion and Mouse Coloring sheet
Session 4	<ul style="list-style-type: none"> ✓ Going to the Gym Word Search ✓ I've Got that Cub Scout Spirit song sheet