

Program 2018-Passport to Adventure

Pool (High tide):

Webelos: Aquanauts req 1,3,4,6

1. State the safety precautions you need to take before doing any water activity.
3. Explain the meaning of “order of rescue” and demonstrate the reach and throw rescue techniques from land.
4. Attempt the BSA swimmer test.
6. Learn and demonstrate two of the following strokes: crawl, sidestroke, breaststroke, or elementary backstroke.

Bear: Salmon Run: req 1,2,6,7,8,9

1. Explain the importance of response personnel or lifeguards in a swimming area. Tell how the buddy system works and why it is important.
2. Visit a local pool or swimming area with your den or family. Go swimming or take a swimming lesson.
6. Show how to do both a reach rescue and a throw rescue.
7. Demonstrate the front crawl swim stroke to your den or family.
8. Name the three swimming ability groups for the Boy Scouts of America.
9. Earn the BSA beginner swim classification.

Wolf: Spirit of water req 2,3,4,5

2. Explain one way that you can help conserve water in your home.
3. Explain to your den leader why swimming is good exercise.
4. Explain the safety rules that you need to follow before participating in swimming or boating.
5. Visit a local pool or public swimming area with your family or den. With qualified supervision, jump into water that is at least chest-high, and swim 25 feet or more.

Lake (The Port):

Webelos: Aquanauts req 2,8,9

2. Discuss the importance of learning the skills you need to know before going boating.

8. Demonstrate how to correctly fasten a life jacket that is the right size for you. Jump into water over your head. Swim 25 feet wearing the life jacket. Get out of the water, remove the life jacket, and hang it where it will dry.

9. If you are a qualified swimmer, select a paddle of the proper size, and paddle a canoe with an adult's supervision.

Bear: Salmon run: Req 3,4,5

3. Explain the safety rules that you need to follow before participating in boating.

4. Identify the safety equipment needed when going boating.

5. Demonstrate correct rowing or paddling form. Explain how rowing and canoeing are good exercise.

Wolf: Spirit of water 1,4

1. Discuss how the water in your community can become polluted.

4. Explain the safety rules that you need to follow before participating in swimming or boating.

Archery: Shooting Sports manual

Rifles: Shooting Sports manual

Fort (Troy): Sponge fights

TAC (Scout Ninja Course): Obstacle course

Village (World Cuisine):

Webelos: Cast iron chef req 1-3

1: At an approved time in an outdoor location and using tinder, kindling, and fuel wood, demonstrate how to build a fire; light the fire, unless prohibited by local fire restrictions. After allowing the fire to burn safely, safely extinguish the flames with minimal impact of the fire site.

2: Set personal nutritional goals. keep a food journal for one week; review 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 items on your menu while staying within your budget.

Cook a meal with the scouts, explain its nutritional value, how different spices and combination of vegetables, spices, and meats are indigenous to different cultures

Bear Picnic Basket req 1-3

1A: Create your own Bear cookbook using at least five recipes you can cook or prepare either on your own or with some adult help. Include one page with information about first aid. You should include one recipe for a breakfast item, one for lunch, and one for dinner, and two recipes for nutritious snacks.

1B: Prepare for cooking by explaining the importance of planning, tool selection, and cooking safety.

1C: Go on a grocery shopping trip with your den or an adult. Check the price of different brands of one single item and compare the price of a ready-made item with the price of the same item you would make yourself.

2A: With the help of an adult, select one food item, and follow a recipe to prepare it for your family in your kitchen. clean up after the preparation and cooking.

2B: With the help of an adult, select one food item, and follow a recipe to prepare it outdoors for your family or den. Clean up after the preparation and cooking.

3: Select and prepare two nutritious snacks for yourself, your family, or your den.

wolves: Germs Alive 1-4

1. Wash your hands while singing the “germ song”.
2. Play germ magnet with your den or your family. Wash your hands afterward’s.
3. Conduct the sneeze demonstration.
4. Conduct the mucus demonstration with your den.

Welcome Shelter (S.T.E.M.):

Webelos; Engineering, Req 1&2

1: Pick a type of engineer. Discover and record in your book three things that describe what that engineer does. Share your findings.

2: Learn to follow engineering design principles by: 1. Examining blue prints using these as a model, construct your project and share it with your den.

Bears: super science 1-5 & Make it move 1,2,3,4b

1: Make static electricity by rubbing a balloon or a plastic or rubber comb on a fleece blanket or wool sweater. Explain what you learned.

- 2:** conduct a balloon or other static electricity investigation that demonstrates properties of static electricity.
- 3:** Conduct one other static electricity investigation. Explain what you learned.
- 4:** Do a sink or float investigation. Explain what you learned.
- 5:** Do a color-morphing investigation. Explain what you learned.
- 1:** create an “exploding” craft stick reaction.
- 2:** Make two simple pulleys and use them to move objects.
- 3:** make a lever by creating a seesaw using a spool and a wooden paint stirrer. Explore the way it balances by placing different objects on each end.
- 4b:** Construct a Rube Goldberg type machine to complete a task assigned by your den leader. Use at least two simple machines and include at least for steps.

Wolves: Air of the wolf 1 A&B,2 A&C

- 1a:** Conduct an investigation about the weight of air.
- 1b:** Conduct an investigation about air temperature.
- 2a:** With other members of your den, go outside and record the sounds you hear.

Identify which is the result of moving air.

- 2c:** With an adult, conduct an investigation on how speed can affect sound.

Riverboat (Hike around the world):

Webelos: outdoorsman Option B 1-4

- 1.** With the help of your den leader or family, plan and participate in an outdoor activity.
- 2.** Discuss with your den or family what actions you should take in the case of the following extreme weather events:
 - A. Severe rainstorm causing flooding
 - B. Severe thunderstorm with lightning or tornadoes
 - C. Fire, earthquake, or other disaster that will require evacuation. Discuss what you have done to minimize as much danger as possible.
- 3.** Show how to tie a bowline. Explain when this knot should be used and why. Teach it to another Scout who is not a Webelos Scout.

4. Recite the Outdoor Code and the Leave No Trace Principles for Kids from memory. Talk about how you can demonstrate them while you are working on your Arrow of Light. After one outing, list the things you did to follow the Outdoor Code and Leave No Trace.

Bears: Bear necessities req. 1-5

Bear necessities 1: While working on your bear badge, camp overnight with your pack.

Bear necessities 2: Attend a campfire show and participate by performing a song or skit with your den.

Bear necessities 3: make a list of items you should take along on your campout.

Bear necessities 4: Make a list of equipment that the group should bring along in addition to each scout's personal gear.

Bear necessities 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.

Wolves: Paws of the path req 1-6

Paws of the path 1: Show you are prepared to hike safely by putting together the Cub scout six essentials to take along on your hike.

Paws of the path 2: Tell what the buddy system is and why we always use it.

Paws of the path 3: Describe what you should do if you get separated from your group while hiking.

Paws of the path 4: choose the appropriate clothing to wear on your hike based on the expected weather.

Paws of the path 5: Recite the outdoor code and leave no trace principles for kids with your leader. After hiking, discuss how you showed respect to the wildlife.

Paws of the path 6: go on a 1-mile hike with your den. Watch and record 2 interesting things you haven't seen before.

Cub shelter (Track and Field):

Webelos Sportsman req1-3

1: Show the signals used by officials in one of these sports: football, basketball, baseball, soccer, or hockey.

2: While you are a Webelos scout, participate in two individual sports.

3: while you are a Webelo, play two team sports.

Bear: Grin and bear it req 1-5

1: Play a challenge game or initiative game with the members of your den. Take part in a reflection after the game.

2: Working with members of your den, organize a scout carnival and lead it at a special event.

3: help your scouts take part in one of the events at the Cub scout carnival.

4: After the carnival discuss the members of your den and your den leader what went well, what could be done better, and how they worked together.

5: make and present an award to one of the adults who helped you organize the activities.

Wolf: Paws of skill req 1,2,4,5,6

1: talk with your family and den about what it means to be physically fit. Share ideas of what it means to be physically fit.

2: Talk about why it is important to stretch before and after exercising. Demonstrate proper warm up movements and stretches before each activity.

4: 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.

5: 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 while playing a game or sport. Share with your den how you were a good sport or demonstrated good sportsmanship in requirement 4.

6: Visit a sporting event with your family or your den. Look for ways the team works together. Share your visit with your den.

Alt Program:

Overnighter

Shooting pins (in shooting sports manual)

First responder

1: Explain what first aid is. Tell what you should do after an accident.

2: Show what to do for the hurry cases of first aid:

-Serious bleeding, heart attack or sudden cardiac arrest, stopped breathing, stroke, poisoning

3: Show how to help a choking victim

4: show how to treat for shock

5: demonstrate that you know how to treat the following:

-Cuts and scratches, Burns and scalds, sunburn, Blisters on the hand and foot, Tick bites, Bites and stings of other insects, Venomous snakebite, Nosebleed, Frostbite.

6: Put together a simple home first-aid kit. Explain what you included and how to use each item correctly.

7: Create and practice an emergency readiness plan for your home or den meeting place.

8: Visit with a first responder.

God and country

1. Discuss with your parent, guardian, den leader, or other caring adult what it means to do your duty to God. Tell how you do your duty to God in your daily life.

2. Earn the religious emblem of your faith that is appropriate for your age, if you have not done so already.

3. Discuss with your family, family's faith leader, or other trusted adult how planning and participating in a service of worship or reflection helps you live your duty to God.

4. List one thing that will bring you closer to doing your duty to God and practice it for one month. Write down what you will do each day to remind you.

Stronger faster higher Req 1,2,4,6,

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: 20-yard dash, vertical jump, lifting a 5-pound weight, push-ups, curls, jumping rope.

4. Try a new sport that you have never tried before.

6. With adult guidance, help younger Scouts by leading them in a fitness game or games.

Evening Program: Walking Bear carnival, Chapel and Flag crew, Camp site crew,