

Awareness Challenge

(Body & Mind/Living with Nature)

Objectives:

1. To encourage the Cubs to lead healthy and active lives.
2. To create an awareness of the impact humans have on the environment.

Silver Wolf	Gold Wolf
<p>Healthy Body:</p> <ol style="list-style-type: none"> 1. Show that you are doing your best while playing games and activities during pack meetings. 2. Show that you understand how to look after yourself when you are outdoors and active on a sunny day. 3. Do three of the following: <ul style="list-style-type: none"> • Throw a ball to somebody else, and catch it again eight times out of ten. • Dribble a soccer ball and shoot a goal OR hit a ball with a bat, three times out of six bowls. • Learn to ride a bike and ride 100m. • Climb a tree. • Learn to swim and be able to do a duck dive. 	<p>Healthy Body:</p> <ol style="list-style-type: none"> 1. Show a sportsmanlike attitude in all Pack games and activities and know why this is important. 2. Explain the dangers of sunburn and heat exhaustion and how to prevent them. 3. Do four of the following: <ul style="list-style-type: none"> • Be able to hop around a figure of eight, each loop with a diameter of about 4 metres, changing feet at the start of the second loop. • Climb a rope to a height of three metres. • Do TWO of the following: headstand, handstand, cartwheel, star jumps, leap-frog over a Cub your own size.

Silver Wolf

Healthy Living:

1. Explain the importance of washing your hands before handling food, before eating, and after using the washroom.
2. Know and understand the importance of good eating habits.
3. Show that you understand why you should keep your body, hands, nails and teeth clean.

Healthy Mind:

1. Know the story of Kim.
2. Play sense training games involving sight and touch and achieve a 70% score.
3. Take part in a memory game with your Pack.
4. Write and decipher a simple code.

Gold Wolf

Healthy Body:

- Run Scout's pace over a 1 km course in eight minutes.
- Swim 25 metres and then tread water for 60 seconds if in fresh water or 120 seconds if in sea water.

Healthy Living:

1. Understand the importance of always drinking clean drinking water. Demonstrate how to make water safe for drinking, if no clean water is available.
2. Find out about two infectious diseases and discuss with your Pack Scouter/Pack how to prevent them from spreading.
3. Understand what effect smoking, alcohol and drug abuse may have on your body.

Healthy Mind:

1. Learn to play a board game.
2. Play sense training games using all five senses and achieve a 70% score.
3. Write and decipher a complex code.

Silver Wolf

Living with Nature:

1. As part of a Pack activity outdoors, show that you know and practise the Outdoor Code.
2. Make an item using natural materials.

Growing Things:

1. Grow a seed (pea, bean, mealie or bulb) in a transparent container. When it is big enough plant it in soil.

Conservation:

1. Explain to a Pack Scouter what conservation means.
2. Name three natural resources which are important to conserve. Show a Pack Scouter how you can help to conserve them.

Gold Wolf

Living with Nature:

1. Build a simple bird-feeder and observe the birds that visit it for at least two weeks OR hold the Birds badge.

OR

Describe the uses of trees. Take care of a tree for one month.

2. Find about two endangered species in South Africa and tell the Pack about them.

Growing Things:

1. Make and use compost from unwanted vegetation.
2. Make or lay out a vegetable bed or herb garden OR prepare a seed bed/container and plant flower seeds.

Conservation:

1. Identify everyday activities in your home which waste or consume energy.
2. Heat water using solar energy OR use solar energy to cook something.

Silver Wolf	Gold Wolf
<p>Our Precious Planet:</p> <ol style="list-style-type: none">1. Find out three things that can cause water pollution and show how you could possibly undo pollution in water.2. Demonstrate how clean or dirty the water is that you use. <p>OR</p> <p>Demonstrate how clean or dirty the air is that you use.</p> <ol style="list-style-type: none">1. Make a pooter to examine insects. <p>OR</p> <p>Make a water scope to observe life underwater.</p>	<p>Our Precious Planet:</p> <ol style="list-style-type: none">1. Make your own diorama to show different types of habitats or environments, e.g. forests, grasslands, deserts or oceans.2. Acid rain is a worldwide problem affecting our planet. Find out about acid rain and demonstrate how it affects our planet.3. Find out how plants help fight air pollution and run an experiment to show this.

Community Challenge (Service/Social)

Objective:

To create a positive feeling of family and community responsibility.

Silver Wolf	Gold Wolf
<p>Service:</p> <ol style="list-style-type: none">1. Keep a diary of good turns for a week showing how you have helped other people.2. Keep your room or living area tidy for at least one month.3. Do something special to help a Leader during a pack meeting or activity.4. Make a gift and give it to a friend or family member.	<p>Service:</p> <ol style="list-style-type: none">1. Do simple repairs at home or at your Pack meeting place <u>OR hold the Repairs badge.</u>2. Take care of a new Cub on their first activity.3. Make a gift and donate it to a worthy cause.4. Find out about an organisation that helps those in need in your community and do something to support it.5. Pick a new task to help out with at home/pack meeting place/school every month for three months.

Silver Wolf	Gold Wolf
<p>Entertaining:</p> <ol style="list-style-type: none"> 1. Sing three campfire songs with others at a campfire. 2. Participate in traditional dancing, a jungle dance or rhythmic body exercises. 3. Take part in a play-acting activity with your Six. <p>Communication:</p> <p>Do two out of three.</p> <ol style="list-style-type: none"> 1. Take part in a joint Pack meeting with another Pack. 2. Learn to say hello, goodbye and thank-you in another language and teach them to your Leader/Pack. 3. Take part in a cultural activity with your Pack. 	<p>Entertaining:</p> <ol style="list-style-type: none"> 1. Lead a campfire song with others at a campfire. 2. Make and play a simple musical instrument. 3. Write a song or poem and sing it or read it to the Pack. <p>Communication:</p> <p>Do two out of three.</p> <ol style="list-style-type: none"> 1. Take part in a Group, District or Provincial activity. 2. Make contact with Cubs from another Province or Country. 3. List different cultural groups, other than your own, living in your community. Choose one and share something interesting about your chosen culture with your Six/Pack.

Outdoor Challenge (Scoutcraft)

Objective:

To develop confidence and self-reliance by developing skills in the outdoors.

Silver Wolf	Gold Wolf
<p>Campcraft:</p> <ol style="list-style-type: none">1. Learn about fire safety and show the correct way to strike a match.2. Lay and light a cooking fire and successfully boil a mug (or similar) of water.3. Using an alternate fuel source, show how it can be used to heat up soup (or similar). <p>Camping:</p> <ol style="list-style-type: none">1. Spend a day with older Cubs on a Cub camp.	<p>Campcraft:</p> <ol style="list-style-type: none">1. Learn about fire and gas/paraffin safety and the correct way to light a fire in the open bush.2. Explain what to do in the case of a fire emergency.3. Lay and light a fire outdoors.4. Use a conservation stove and cook a simple meal for yourself. <p>Camping:</p> <ol style="list-style-type: none">1. Camp out for two nights with Cubs either under canvas or permanent accommodation (does not have to be two nights in a row).

Silver Wolf	Gold Wolf
<p>Hiking:</p> <ol style="list-style-type: none"> 1. Go on a nature ramble with your Pack and listen to and identify sounds, look for and identify, if possible, some interesting natural objects. 2. Attend at least two outdoor outings with your Pack, District or Province. <p>Compass and Mapping:</p> <ol style="list-style-type: none"> 1. With a Scouter, go outdoors and point out where the sun rises, the path it travels and where it sets. 2. Know the eight main points of the compass. 3. Identify a simple object viewed from the side and top to illustrate the difference in shape. 	<p>Camping:</p> <ol style="list-style-type: none"> 2. Help pitch a tent and know how to take care of it OR build a simple shelter. 3. Spend at least one night in the tent/shelter you have helped pitch or build. <p>Hiking:</p> <ol style="list-style-type: none"> 1. Explain what to do if you get lost in the veld. 2. Discuss the natural dangers you may find in the veld. 3. Demonstrate three ways of making distress signals. 4. Go on a day hike with your Pack and know what to wear and take with you. <p>Compass and Mapping:</p> <ol style="list-style-type: none"> 1. Show how to use and care for a compass. 2. Use a compass and one other method to find North in an outdoor environment. 3. Using a compass follow a compass trail of six to ten moves.

Silver Wolf

1. Draw a simple map of your home or meeting place showing the different rooms and doorways.

Trails:

1. Know how to make and recognise at least ten woodcraft signs.
2. Follow a woodcraft trail.

Knotting:

1. Make and use the following knots:
 - Reef knot
 - Slip reef
 - Round turn and two half hitches
 - Figure of eight
2. Know how to hank a short rope.
3. Successfully take part in three separate games and/or activities which involve using knots.

Gold Wolf

4. Show how to use a street map.
5. On a street map explain and recognise six to ten map symbols.

Trails:

1. Lay a woodcraft trail where 20 signs are used for others to follow.

Knotting:

1. Make and use the following knots:
 - Sheet bend
 - Fisherman's knot
 - Bowline
 - Sheep shank
2. Know how to hank a long rope.
3. Help another Cub with a knot he/she may have difficulty with.

Silver Wolf	Gold Wolf
<p>Flags and Country:</p> <ol style="list-style-type: none"> 1. Behave correctly during all ceremonies and during the singing of national anthems. 2. Learn the words of the national anthem and sing it together with other Cubs. 3. Draw and colour the South African flag. 4. Show that you respect your uniform and understand the importance of wearing it. <p>Jungle Book:</p> <ol style="list-style-type: none"> 1. Know the names and characters of eight animals from the Jungle Book. 	<p>Flags and Country:</p> <ol style="list-style-type: none"> 1. Know the parts of the flag. 2. Prepare, hoist, break and lower the flag correctly. 3. Using a sheet bend join the flag to the halyard. <p>Jungle Book:</p> <ol style="list-style-type: none"> 1. Make a jungle character mask and use it in a jungle play/dance.

Aptitude Challenge (Life Skills)

Objective:

To develop confidence in general life skills.

Silver Wolf	Gold Wolf
<p>Water Safety:</p> <ol style="list-style-type: none">1. Know the safety rules to follow when in or near water.2. Explain the dangers of swimming in the type of water found in your area.3. Explain the buddy system. <p>Home Safety:</p> <ol style="list-style-type: none">1. Know the common causes of accidents in the home.2. Know what to do in the case of accidents at home or at your pack meeting place.3. Carry a message and deliver it politely and correctly.	<p>Water Safety:</p> <ol style="list-style-type: none">1. Tell others about water safety by making up an activity or game.2. Show you can use at least one rescue method to help someone who has fallen into water. <p>Home Safety:</p> <ol style="list-style-type: none">1. Tell others about home safety by making up an activity or game.2. Make a home fire safety plan for your family.3. Find out how to treat the effect of poisons that can be found at home.

Silver Wolf

Road Safety:

1. Show that you know the basic rules of the road as a pedestrian.

Personal Safety:

1. Explain the dangers of talking to strangers.
2. Know the importance of saying "NO" to any adult who wants to do something that makes you feel uncomfortable.
3. Know what to do when you are alone at home.

First Aid:

1. Know the importance of summoning adult help in the case of accidents.
2. Show how to treat a simple cut and graze.

Gold Wolf

Road Safety:

1. Identify at least ten traffic signs correctly.
2. Demonstrate safety on the road as a cyclist OR safety as a passenger in a vehicle.

Personal Safety:

1. Know and understand the following terms:
 - Cyberbullying
 - Surfing the net
 - Identity theft
 - Social network
2. Discuss the importance of never giving out personal information to someone you have never met.
3. Discuss the implications of posting/texting negative content.

First Aid:

1. Know how to behave in an emergency situation.
2. Know and explain how to activate the Emergency Medical Services in your neighbourhood.

<p style="text-align: center;">Silver Wolf</p>	<p style="text-align: center;">Gold Wolf</p>
<p>3. Show how to treat a bleeding nose.</p> <p>4. Make a simple emergency kit and know how to use it.</p> <p>5. Use your scarf or a triangular bandage as an arm sling.</p> <p>Time:</p> <p>Show how to tell the time and demonstrate the importance of being punctual.</p>	<p>6. Show how to treat burns, scalds, insect bites and stings and how to remove a splinter.</p> <p>7. Show how to stop bleeding by using direct pressure.</p> <p>Time:</p> <p>1. Know how the 24 hour clock works. Using this system, give correctly the times of the main events of your day <u>OR show an adult that you know what time to carry out important actions during the day.</u></p>

Promise and Law Challenge (Spiritual)

Objective:

To reinforce their commitment to help others and to do their best at all times.

Silver Wolf	Gold Wolf
<p>Faith:</p> <ol style="list-style-type: none">1. Be able to say the Cub Prayer. <p>Promise & Law:</p> <ol style="list-style-type: none">1. Show that you are keeping your Promise & Law and that you have a growing understanding of your duty to God and your duty to your country.	<p>Faith:</p> <ol style="list-style-type: none">1. Help organise and take part in a Cub's Own Service <u>OR</u> <u>say a prayer of your own.</u> <p>Promise & Law:</p> <ol style="list-style-type: none">1. Show that you are keeping your Promise & Law and setting a good example to younger Cubs in the Pack.

Interest Badges

Objective:

To acquire and practise skills in specific areas; to explore and develop new hobbies.

Silver Wolf	Gold Wolf
Earn at least one interest badge per challenge. (Four interest badges in total)	Earn at least one interest badge per challenge. (Four interest badges in total)

Leaping Wolf

Objective:

To train the Cub to plan and work on his/her own.

- Complete the Gold Wolf Outdoor Challenge.
- Greening the community.
- Scout Craft.
- Personal Challenge.
- Technology in Action.
- Global Awareness.
- My Challenge.
- Interest Badges – First Aid and Health (compulsory); Civil Emergency; World Friendship; Linguist; Outdoorsman; Religion and Life; World Scout Environment badge.

Link Badge

Objective:

To prepare the Cub for the Troop.

Proposed requirements by Scout Programme:

1. Attend at least three formal Troop meetings.

To be completed with your Patrol Leader:

2. Demonstrate correctly the Scout salute, Scout sign and the left handshake, and explain when each is used.
3. Recite the Scout Motto.
4. Make a personal Be Prepared kit with emergency numbers to be kept in your pocket.

To be completed with your Troop Scouter:

5. Repeat from memory the Scout Promise and Law, and explain their meaning and how to carry them out.
6. Show a general knowledge by talking about the life of the Founder, Lord Baden-Powell of Gilwell, why he started Scouts and the spread of Scouting world-wide.
7. Sing or recite the national anthem and briefly describe its history, recognise the South African flag and national symbols as well as the Coat of Arms.
8. Show an understanding of your rights and responsibilities as a child and when to say "no".
9. Over a one week period record ways that you have used the Promise and Law in your daily life and discuss your examples with your Scouter.
10. Be introduced to the Court of Honour by your future Patrol Leader.