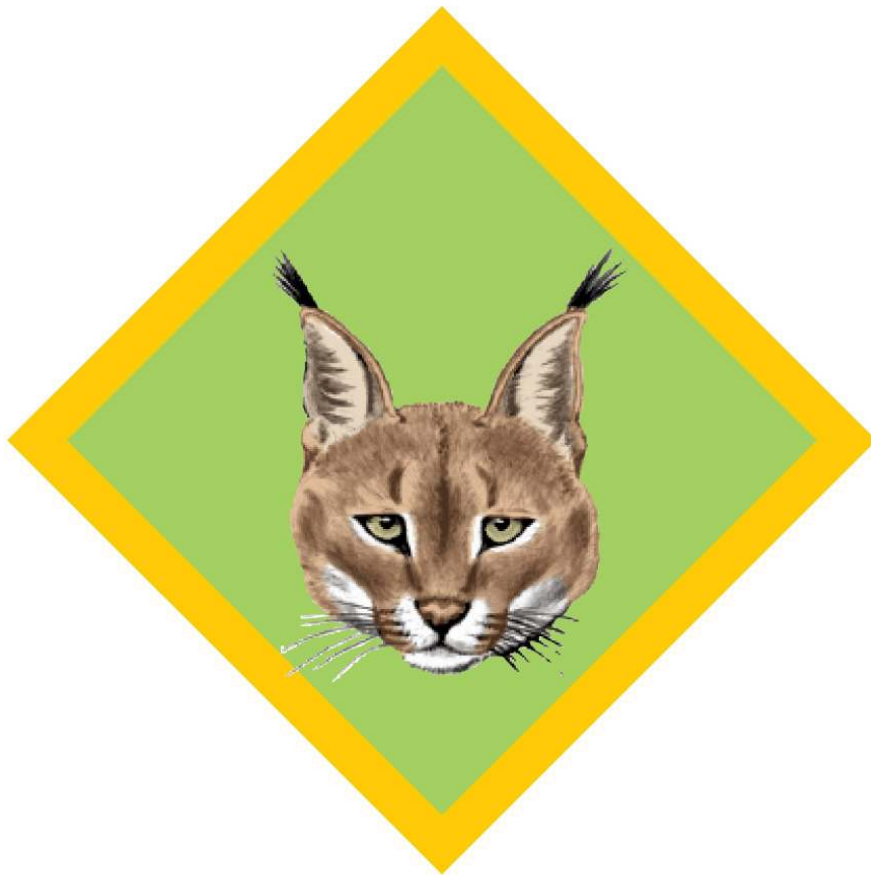


CARACALTRAIL

(7yearolds)



LIVING WITH NATURE

What do I have to do?

- ❖ As part of a Pack activity outdoors, show that you know and practise the Outdoor Code.
- ❖ Go on a nature ramble and:
 - a) listen to and identify sounds, and
 - b) look for and identify, if possible, some interesting natural objects.
- ❖ Make an item using natural materials.

GROWING THINGS

What do I have to do?

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

COMPASS AND MAPPING

What do I have to do?

- ❖ With a Scouter, go out-of-doors and point out where the sun rises, the path it travels, and where it sets. Name the relevant compass points.
- ❖ Know the four main points of the compass, and be able to point out and name correctly North, East, South and West.
- ❖ Identify a simple object viewed from the side and top to illustrate the difference in shape.

FIRES AND COOKING

What do I have to do?

- ❖ Understand the dangers of fire.
- ❖ Know the correct way to strike a match and light a candle.

ENTERTAINING

What do I have to do?

- ❖ Sing three campfire songs with others.

KNOTTING

What do I have to do?

- ❖ Make and use the following knots correctly—reef and slip reef.
- ❖ Hank a short rope.

SENSATIONS

What do I have to do?

- ❖ Know the story of Kim.
- ❖ Play Kim's game using ONE of the five senses and succeed in identifying five out of ten objects.

HELPING OURSELVES AND OTHERS

What do I have to do?

- ❖ Do at least one good turn each day for someone at home and tell a Scouter what you did.
- ❖ Keep your room or living area tidy for at least one month.

FEATS OF SKILL

What do I have to do?

- ❖ Throw a ball to somebody else, and catch it again 8 times out of 10.
- ❖ 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.
- ❖ Sit, stand and walk correctly.

TIME

What do I have to do?

- ❖ Show an adult that you know how to tell the time by watching a clock to the nearest hour.

BE CREATIVE

What do I have to do?

- ❖ Make and send a simple greetings card.

SAFETY

What do I have to do?

- ❖ Demonstrate safety on the road as a pedestrian and know the safety rules to follow when in or near water.

FIRST AID

What do I have to do?

- ❖ Show how to treat a simple cut or graze.
- ❖ Know how to summon adult help in the case of accidents.
- ❖ Show how to maintain an open airway.

CONSERVATION

What do I have to do?

- ❖ Explain to a Pack Scouter what conservation means.

PEOPLE AND PLACES

What do I have to do?

- ❖ Make contact with other Cubs.

- ❖ Visit a place of interest in your community and tell the others about it. Ila Pack Scouter

FLAGS AND COUNTRIES

What do I have to do?

- ❖ Behave correctly during flag ceremonies and during the singing of national anthems.
- ❖ Colour in the South African flag correctly.

COMMUNICATIONS

What do I have to do?

- ❖ Know how to answer the telephone correctly in your home language.

TRAILS

What do I have to do?

- ❖ Follow a simple trail.

STRANGER DANGER

What do I have to do?

- ❖ Explain the dangers of talking to strangers.

HEALTHY LIVING

What do I have to do?

- ❖ Explain the importance of washing your hands before handling food, before eating, and after using the washroom.

RECYCLING

What do I have to do?

- ❖ Name four things that can be recycled.

THE JUNGLE BOOK

What do I have to do?

- ❖ Know the names and characters of eight animals from the Jungle Book.

FAITH

What do I have to do?

- ❖ Be able to say the Cub prayer.

PROMISE AND LAW

What do I have to do?

- ❖ Show that you are keeping your Promise and Law and growing understanding of your duty to God and your country. that you have a duty to your

CHEETAHTRAIL

(8yearolds)



LIVING WITH NATURE

What do I have to do?

- ❖ Choose a living creature and find out what you can about it.

OR

- ❖ Describe the uses of trees. Take care of a tree for one month.
- ❖ Make a poster to tell others about the Outdoor Code.

GROWING THINGS

What do I have to do?

- ❖ Make and use compost from unwanted vegetation.
- ❖ Explain the importance of using mulch and use it when preparing your seedbed.
- ❖ Prepare a seedbed and plant flower seeds.

OR

- ❖ Grow flowers in a container from seeds or bulbs.

COMPASS AND MAPPING

What do I have to do?

- ❖ Know the eight major points of the compass.
- ❖ Follow a simple trail of eight to ten moves to put your knowledge into practice.
- ❖ Draw a simple map of your home or meeting places showing the different rooms and doorways.

FIRES AND COOKING

What do I have to do?

- ❖ Lay and light a fire and cook a simple meal.

ENTERTAINING

What do I have to do?

- ❖ Participate in traditional dancing or rhythmic body exercises.

KNOTTING

What do I have to do?

Make and use the following knots:

- ❖ Round turn and two half hitches
- ❖ Figure of eight

SENSATIONS

What do I have to do?

- ❖ Play TWO different Kim's games using TWO of the five senses and succeed in identifying seven out of ten objects, so you can sort and taste in each one.

HELPING OURSELVES AND OTHERS

What do I have to do?

- ❖ Do at least one good turn every day at school and tell your Scouters what you did.
- ❖ Demonstrate how to keep your shoes clean and explain what to do when they are wet.

FEATS OF SKILL

What do I have to do?

- ❖ Climb a tree or rope to a height of three metres.
- ❖ Do TWO of the following: headstand, handstand, cartwheel, star jumps, leapfrog over a Cub of your own size.

TIME

What do I have to do?

- ❖ Show a Scoutery you can tell the time accurately to the nearest five minutes using a watch or clock.

BE CREATIVE

What do I have to do?

- ❖ Make a useful article from odds and ends.

SAFETY

What do I have to do?

- ❖ Be aware of possible dangers at your home, school or pack meeting place.

FIRST AID

What do I have to do?

- ❖ Show how to treat burns, scalds, insect bites and stings, and how to remove splinters.
- ❖ Make a simple emergency kit and know how to use it.

CONSERVATION

What do I have to do?

- ❖ Name three natural resources which are important to conserve. Show a Pack Scouter how you can help to conserve them.

PEOPLE AND PLACES

What do I have to do?

- ❖ Meet or visit someone who lives or works in your area and tell your Six about it.
- ❖ Make and serve a hot drink.

FLAGS AND COUNTRIES

What do I have to do?

- ❖ Know all the parts of the flag.
- ❖ Learn the words of the national anthem and sing it together with other Cubs.
- ❖ Draw and colour the South African flag correctly.

COMMUNICATIONS

What do I have to do?

- ❖ Know how to make a telephone call and relay a message politely and correctly.
- ❖ Greet others in four out of the eleven official languages.

TRAILS

What do I have to do?

- ❖ Take part in a scavenger hunt.

STRANGER DANGER

What do I have to do?

- ❖ Know and understand the importance of saying "NO" to any adult who wants to do something that makes you feel uncomfortable.

HEALTHYLIVING

WhatdoIhavetodo?

- ❖ Showthatyouunderstandwhyyoushouldkeepyour body,hands, nailsandteethclean.

RECYCLING

WhatdoIhavetodo?

- ❖ Reusethreedifferentitemsthatyouwouldnormal ythrowaway.

THEJUNGLEBOOK

WhatdoIhavetodo?

- ❖ Participateinajungledance.

FAITH

WhatdoIhavetodo?

- ❖ FindaprayerandreaditataPackmeetingoroth erCubbingactivity.

PROMISEANDLAW

WhatdoIhavetodo?

- ❖ ShowthatyouarekeepingyourPromiseandLawand explainedifferent waysthatyoushowappreciationoftheloveofGod.

LEOPARDCUBS

(9yearolds)



LIVING WITH NATURE

What do I have to do?

- ❖ Build a simple bird-feeder and observe the birds at least twice a week. hat visit it for at least

OR

- ❖ Care for an animal or living creature for one month. h.
- ❖ Find out about a plant or creature which lives in water. either fresh or salt

GROWING THINGS

What do I have to do?

- ❖ Make or lay out a vegetable bed or herb garden.
- ❖ Make a bottle garden and give as a gift to someone .

COMPASS AND MAPPING

What do I have to do?

- ❖ Know the 16 points of the compass. With or without a compass, follow a simple compass trail based on these 16 points. ta compass, follow
- ❖ Explain at least 6 map symbols.
- ❖ Show how to use a street map.

FIRE AND COOKING

What do I have to do?

- ❖ Make a billy can and use it to cook a simple meal.

ENTERTAINING

What do I have to do?

- ❖ Make and play a simple musical instrument.

KNOTTING

What do I have to do?

Make and use the following knots:

- ❖ Sheet bend
- ❖ Hank along rope

SENSATIONS

What do I have to do?

- ❖ Play THREE different Kim's games with THREE of the five senses, scoring at least ten out of fifteen in each one.

HELPING OURSELVES AND OTHERS

What do I have to do?

- ❖ Carry out a good turn in your community as a Sixo r with your Pack.
- ❖ Do simple repairs at home or at your Pack meeting place.

FEATS OF SKILL

What do I have to do?

- ❖ Using a rope skip 15 forwards and 15 backwards.
- ❖ Throw a ball 15 metres OR dribble a soccer ball around a course drawn on the ground in the shape of a figure-of-eight measuring 12 metres long.

TIME

What do I have to do?

- ❖ Show a Scoutery you can tell the time accurately to the nearest minute using a watch or clock.

BE CREATIVE

What do I have to do?

Make an article which is either useful or decorative:

- ❖ Beadwork
- ❖ Weaving
- ❖ Wirework
- ❖ Pottery

SAFETY

What do I have to do?

- ❖ Organise a road safety activity for younger Cubs.

OR

- ❖ Demonstrate safety on the road for a cyclist.

FIRST AID

What do I have to do?

- ❖ Know how to behave in an emergency situation.
- ❖ Use your scarf for a triangular bandage as an arm sling.

CONSERVATION

What do I have to do?

- ❖ Identify everyday activities which waste or consume energy.

PEOPLE AND PLACES

What do I have to do?

- ❖ Talk to someone involved in a service organisation in your community and tell them how this organisation helps the community.

FLAGS AND COUNTRIES

What do I have to do?

- ❖ Prepare, hoist, break and lower the flag correctly.
- ❖ Using a sheet bend join the flag to the halyard.

COMMUNICATIONS

What do I have to do?

- ❖ Carry a message and deliver it politely and correctly.
- ❖ Make and send an invitation or a thank you letter to someone and see that it is delivered.

TRAILS

What do I have to do?

- ❖ Know how to make and recognise at least 10 woodcraft signs.
- ❖ Follow a woodcraft trail.

STRANGER DANGER

What do I have to do?

- ❖ Know what to do when you are alone at home.

HEALTHYLIVING

WhatdoIhavetodo?

- ❖ Knowandunderstandtheimportanceofgoodeating habits.

RECYCLING

WhatdoIhavetodo?

- ❖ Withyourfamilyplanwaysofreducingthewastei nyourhome.

THEJUNGLEBOOK

WhatdoIhavetodo?

- ❖ Makeajunglecharactermaskanduseitinajungl eplay.

FAITH

WhatdoIhavetodo?

- ❖ Sayaprayerofyourown.

PROMISEANDLAW

WhatdoIhavetodo?

- ❖ ShowthatyouarekeepingyourPromiseandLawand settingagood exampletoyoungerCubsinthePack.

LIONCUBS

(10yearolds)



LIVING WITH NATURE

What do I have to do?

- ❖ Find out about two endangered species in South Africa and tell the pack about them.

COMPASS AND MAPPING

What do I have to do?

- ❖ Use a street map of your local area or draw a simple map showing the area around the Scout meeting place, OR your home OR your school. Use your knowledge of the compass to find the magnetic North point and line up the map to North.

FIRE AND COOKING

What do I have to do?

- ❖ Make and use a conservation stove to cook a simple meal for yourself.

KNOTTING

What do I have to do?

Make and use the following knots:

- ❖ Clove Hitch
- ❖ Bowline
- ❖ Sheepshank

SENSATIONS

What do I have to do?

- ❖ Play FIVE different Kim's games using each of the five senses, scoring at least fifteen out of twenty in each one.

HELPING OURSELVES AND OTHERS

What do I have to do?

- ❖ Discuss with an adult at home and then carry out a task to be done, over and above your normal duties. In urban areas, this could include the painting of a fence or wall, carpentry, etc., while the rural areas, the carving of wooden utensils for use in the home would be a worthwhile activity.

FEATS OF SKILL

What do I have to do?

- ❖ Run 'Scouts Pace' over a 1 km course in eight minutes.
- ❖ Swim 25 m and then tread water for 60 seconds if in freshwater or 120 seconds if in seawater.

OR

- ❖ Do 35 sit-ups and 3 pull-ups.

TIME

What do I have to do?

- ❖ Know how the 24-hour clock system of recording time works.
- ❖ Using the 24-hour clock, give correctly the times of the main events of your day.

SAFETY

What do I have to do?

- ❖ Explain how to avoid getting lost in the field.
- ❖ Demonstrate three ways of making distress signals.
- ❖ Demonstrate how to purify water.

FIRSTAID

What do I have to do?

- ❖ Show how to maintain an open airway, how to place the victim in the coma/recovery position, and how to alert the emergency services.

CONSERVATION

What do I have to do?

- ❖ Heat water using solar energy.

OR

- ❖ Use solar energy to cook something.

PEOPLE AND PLACES

What do I have to do?

- ❖ Give some of your own time to help other people. This may be done either on your own or as a Sixora Pack.

FLAGS AND COUNTRIES

What do I have to do?

- ❖ Be able to recognise our five national symbols.

COMMUNICATIONS

What do I have to do?

- ❖ Write an article for your Pack log book/newsletter or Pack/School noticeboard.

TRAILS

What do I have to do?

- ❖ Lay a woodcraft trail where 20 signs are used for othersto follow.

RECYCLING

What do I have to do?

- ❖ Start a recycling project in your home, pack or school.
- ❖ Explain what the Pack can do to make others aware of the importance of recycling.

FAITH

What do I have to do?

- ❖ Help to organise and take part in a Cubs Own service.

PROMISE AND LAW

What do I have to do?

- ❖ Carry out a Promise and Law activity with younger Cubs.

LEAPINGWOLF



What do I have to do?

1. Complete the Lion badge.

2. Greening our Community.

- Plan and carry out a planting project at your Scout Meeting Hall or in your community.

OR

- Earn the Food for Life badge.

3. Scout Craft

- Make a knotting display showing all ten knots you have learnt.

4. Personal Challenge

- Undertake a personal challenge in connection with your school or home or social life.

5. Technology in Action

- Find out about a technology of your choice. This could be a personal computer, a car engine, an aircraft, cell phone or anything similar. Understand the basic functions of the technology and how it is used and a brief history. Present your findings to the rest of the Pack.

6. Global Awareness

- Find out about a global issue such as poverty, conservation or water and sanitation and what you can do to help.

7. My Challenge

- Complete a logbook recording your Leaping Wolf Challenge.

4. InterestBadges

- Earn the First Aid badge and any TWO of the following interest badges. NB: Regardless of which two you choose, NONE of these badges may be earned BEFORE your tenth birthday.
 - Civil Emergency
 - World Friendship
 - Linguist
 - Outdoorsman
 - Religion and Life
 - World Conservation