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SCOUTS[®]
South Africa

Member of the World Organisation of the Scout Movement

CUB PROGRAMME

(Amended January 2009)

NEW CUB PROGRAMME

CARACAL (7 years olds)	CHEETAH (8 year olds)	LEOPARD (9 year olds)	LION (10 – 11 year olds)
1. Living with Nature	1. Living with Nature	1. Living with Nature	1. Living with Nature
<ul style="list-style-type: none"> ▪ As part of a Pack activity outdoors, show that you know and practise the Outdoor Code. ▪ Go on a nature ramble and; <ul style="list-style-type: none"> a) listen to and identify sounds, and b) look for and identify, if possible, some interesting natural objects. ▪ Make an item using natural materials. 	<ul style="list-style-type: none"> ▪ Choose a living creature and find out what you can about it. <li style="text-align: center;">OR ▪ Describe the uses of trees. Take care of a tree for one month. ▪ Make a poster to tell others about the Outdoor Code. 	<ul style="list-style-type: none"> ▪ Build a simple bird-feeder and observe the birds that visit it for at least two weeks. <li style="text-align: center;">OR ▪ Care for an animal or living creature for one month. ▪ Find out about a plant or creature which lives in either fresh or salt water. 	<ul style="list-style-type: none"> ▪ <u>Find out about two endangered species in South Africa and tell the Pack about them.</u>
2. Growing Things	2. Growing Things	2. Growing Things	
<ul style="list-style-type: none"> ▪ Grow a seed (pea, bean, mealie or bulb) in a transparent container. When it is big enough plant it in soil. 	<ul style="list-style-type: none"> ▪ Make and use compost from unwanted vegetation. ▪ <u>Explain the importance of using mulch and use it when preparing your seed bed.</u> ▪ Prepare a seed bed and plant flower seeds. <li style="text-align: center;">OR ▪ Grow flowers in a container from seeds or bulbs. 	<ul style="list-style-type: none"> ▪ Make or lay out a vegetable bed or herb garden. ▪ Make a bottle garden and give as a gift to someone. 	

<p>3. Compass and Mapping</p> <ul style="list-style-type: none"> 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. 	<p>3. Compass and Mapping</p> <ul style="list-style-type: none"> 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 place showing the different rooms and door ways. 	<p>3. Compass and Mapping</p> <ul style="list-style-type: none"> Know the 16 points of the compass. With or without a compass, follow a simple compass trail based on these 16 points. Explain at least 6 map symbols. Show how to use a street map. 	<p>2. Compass and Mapping</p> <ul style="list-style-type: none"> 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.
<p>4. Fires and Cooking</p>	<p>4. Fires and Cooking</p>	<p>4. Fires and Cooking</p>	<p>3. Fires and Cooking</p>
<ul style="list-style-type: none"> Understand the dangers of fire. Know the correct way to strike a match and light a candle. 	<ul style="list-style-type: none"> Lay and light a fire and cook a simple meal. 	<ul style="list-style-type: none"> Make a billycan and use it to cook a simple meal. 	<ul style="list-style-type: none"> Make and use a conservation stove to cook a simple meal for yourself.
<p>5. Entertaining</p>	<p>5. Entertaining</p>	<p>5. Entertaining</p>	
<ul style="list-style-type: none"> Sing three campfire songs with others. 	<ul style="list-style-type: none"> Participate in traditional dancing or rhythmic body exercises. 	<ul style="list-style-type: none"> Make and play a simple musical instrument 	
<p>6. Knotting</p>	<p>6. Knotting</p>	<p>6. Knotting</p>	<p>4. Knotting</p>
<ul style="list-style-type: none"> Make and use the following knots correctly – reef and slip reef. Hank a short rope. 	<ul style="list-style-type: none"> <u>Make and use the following knots:</u> <ul style="list-style-type: none"> <u>Round turn and two half hitches</u> <u>Figure of eight</u> 	<ul style="list-style-type: none"> <u>Make and use the following knots:</u> <ul style="list-style-type: none"> <u>Sheet bend</u> <u>Hank a long rope</u> 	<ul style="list-style-type: none"> <u>Make and use the following knots:</u> <ul style="list-style-type: none"> <u>Clove Hitch</u> <u>Bowline</u> <u>Sheep shank</u>

<p>7. Sensations</p> <ul style="list-style-type: none"> Know the story of Kim. Play Kim's game using ONE of the five senses and succeed in identifying five out of ten objects. 	<p>7. Sensations</p> <ul style="list-style-type: none"> Play TWO different Kim's games using TWO of the five senses and succeed in identifying seven out of ten objects, sounds or tastes in each one. 	<p>7. Sensations</p> <ul style="list-style-type: none"> Play THREE different Kim's games with THREE of the five senses, scoring at least ten out of fifteen in each one. 	<p>5. Sensations</p> <ul style="list-style-type: none"> Play FIVE different Kim's games using each of the five senses, scoring at least fifteen out of twenty in each one.
<p>8. Helping Ourselves and Others</p> <ul style="list-style-type: none"> 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. 	<p>8. Helping Ourselves and Others</p> <ul style="list-style-type: none"> Do at least one good turn everyday at school and tell a Scouter what you did. Demonstrate how to keep your shoes clean and explain what to do when they are wet. 	<p>8. Helping Ourselves and Others</p> <ul style="list-style-type: none"> Carry out a good turn in your community as a Six or with your Pack. Do simple repairs at home or at your Pack meeting place. 	<p>6. Helping Ourselves and Others</p> <ul style="list-style-type: none"> Discuss with an adult at home and then carry out any task that needs to be done, over and above your normal duties. In urban areas, this could include painting of a fence or wall, carpentry etc., while in rural areas, the carving of wooden utensils for use in the home would be a worthwhile activity.
<p>9. Feats of Skill</p> <ul style="list-style-type: none"> 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. 	<p>9. Feats of Skill</p> <ul style="list-style-type: none"> Climb a tree or 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. 	<p>9. Feats of Skill</p> <ul style="list-style-type: none"> 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. 	<p>7. Feats of Skill</p> <ul style="list-style-type: none"> Run 'Scouts Pace' over a 1 km course in eight minutes. Swim 25m and then tread water for 60 seconds if in fresh water or 120 seconds if in sea water. <p>OR</p> <ul style="list-style-type: none"> Do 35 sit-ups and 3 pull-ups.
<p>10. Time</p> <ul style="list-style-type: none"> Show an adult that you know how to tell the time by a watch or clock to the 	<p>10. Time</p> <ul style="list-style-type: none"> Show a Scouter you can tell the time accurately to the nearest five minutes 	<p>10. Time</p> <ul style="list-style-type: none"> Show a Scouter you can tell the time accurately to the nearest minute using a 	<p>8. Time</p> <ul style="list-style-type: none"> Know how the 24-hour clock system of recording time works.

nearest hour.	using a watch or clock.	watch or clock.	<ul style="list-style-type: none"> Using the 24-hour clock, give correctly the times of the main events of your day.
11. Be Creative	11. Be Creative	11. Be Creative	
<ul style="list-style-type: none"> Make and send a simple greetings card. 	<ul style="list-style-type: none"> Make a useful article from odds and ends. 	<ul style="list-style-type: none"> Make an article which is either useful or decorative: <ul style="list-style-type: none"> Beadwork Weaving Wirework Pottery 	
12. Safety	12. Safety	12. Safety	9. Safety
<ul style="list-style-type: none"> Demonstrate safety on the road as a pedestrian and know the safety rules to follow when in or near water. 	<ul style="list-style-type: none"> Be aware of possible dangers at your home, school or pack meeting place. 	<ul style="list-style-type: none"> Organise a road safety activity for younger Cubs. <p>OR</p> <ul style="list-style-type: none"> Demonstrate safety on the road for a cyclist. 	<ul style="list-style-type: none"> Explain how to avoid getting lost in the veld. Demonstrate three ways of making distress signals. Demonstrate how to purify water.
13. First Aid	13. First Aid	13. First Aid	10. First Aid
<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> 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. 	<ul style="list-style-type: none"> Know how to behave in an emergency situation. <u>Use your scarf or a triangular bandage as an arm sling.</u> 	<ul style="list-style-type: none"> <u>Show how to maintain an open airway, how to place the victim in the coma/recovery position, and how to alert the emergency services.</u>

<p>14. Conservation</p> <ul style="list-style-type: none"> Explain to a Pack Scouter what conservation means. 	<p>14. Conservation</p> <ul style="list-style-type: none"> Name three natural resources which are important to conserve. Show a Pack Scouter how you can help to conserve them. 	<p>14. Conservation</p> <ul style="list-style-type: none"> Identify everyday activities which waste or consume energy. 	<p>11. Conservation</p> <ul style="list-style-type: none"> <u>Heat water using solar energy.</u> <p>OR</p> <ul style="list-style-type: none"> <u>Use solar energy to cook something.</u>
<p>15. People and Places</p> <ul style="list-style-type: none"> Make contact with other Cubs. Visit a place of interest in your community and tell a Pack Scouter about it. 	<p>15. People and Places</p> <ul style="list-style-type: none"> Meet or visit someone who lives or works in your area and tell your Six about it. Make and serve a hot drink. 	<p>15. People and Places</p> <ul style="list-style-type: none"> Talk to someone involved in a service organisation in your community and tell the Pack how this organisation helps the community. 	<p>12. People and Places</p> <ul style="list-style-type: none"> Give some of your own time to help other people. This may be done either on your own or as a Six or a Pack.
<p>16. Flags and Countries</p> <ul style="list-style-type: none"> Behave correctly during flag ceremonies and during the singing of national anthems. Colour in the South African flag correctly. 	<p>16. Flags and Countries</p> <ul style="list-style-type: none"> 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. 	<p>16. Flags and Countries</p> <ul style="list-style-type: none"> Prepare, hoist, break and lower the flag correctly. Using a sheet bend join the flag to the halyard. 	<p>13. Flags and Countries</p> <ul style="list-style-type: none"> Be able to recognise our five national symbols.
<p>17. Communications</p> <ul style="list-style-type: none"> Know how to answer the telephone correctly in your home language. 	<p>17. Communications</p> <ul style="list-style-type: none"> Know how to make a telephone call and relay a message politely and correctly. Greet others in four out of the eleven official languages. 	<p>17. Communications</p> <ul style="list-style-type: none"> 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. 	<p>14. Communications</p> <ul style="list-style-type: none"> <u>Write an article for your Pack log book/ newsletter or Pack/School notice board.</u>

18. Faith	18. Faith	18. Faith	15. Faith
<ul style="list-style-type: none"> ▪ Be able to say the Cub prayer. 	<ul style="list-style-type: none"> ▪ Find a prayer and read it at a Pack meeting or other Cubbing activity. 	<ul style="list-style-type: none"> ▪ Say a prayer of your own. 	<ul style="list-style-type: none"> ▪ Help to organise and take part in a Cubs Own service.
19. Trails	19. Trails	19. Trails	16. Trails
<ul style="list-style-type: none"> ▪ Follow a simple trail. 	<ul style="list-style-type: none"> ▪ Take part in a scavenger hunt. 	<ul style="list-style-type: none"> ▪ Know how to make and recognise at least 10 woodcraft signs. ▪ Follow a woodcraft trail. 	<ul style="list-style-type: none"> ▪ Lay a woodcraft trail where 20 signs are used for others to follow.
20. Stranger Danger	20. Stranger Danger	20. Stranger Danger	
<ul style="list-style-type: none"> ▪ Explain the dangers of talking to strangers. 	<ul style="list-style-type: none"> ▪ Know and understand the importance of saying "NO" to any adult who wants to do something that makes you feel uncomfortable. 	<ul style="list-style-type: none"> ▪ Know what to do when you are alone at home. 	
21. Healthy Living	21. Healthy Living	21. Healthy Living	
<ul style="list-style-type: none"> ▪ Explain the importance of washing your hands before handling food, before eating, and after using the washroom. 	<ul style="list-style-type: none"> ▪ Show that you understand why you should keep your body, hands, nails and teeth clean. 	<ul style="list-style-type: none"> ▪ Know and understand the importance of good eating habits. 	
22. Recycling	22. Recycling	22. Recycling	17. Recycling
<ul style="list-style-type: none"> ▪ Name four things that can be recycled. 	<ul style="list-style-type: none"> ▪ Reuse three different items that you would normally throw away. 	<ul style="list-style-type: none"> ▪ With your family plan ways of reducing the waste in your home. 	<ul style="list-style-type: none"> ▪ 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.

23. The Jungle Book	23. The Jungle Book	23. The Jungle Book	
<ul style="list-style-type: none"> Know the names and characters of 8 animals from the Jungle Book. 	<ul style="list-style-type: none"> Participate in a jungle dance. 	<ul style="list-style-type: none"> Make a jungle character mask and use it in a jungle play. 	
24. Promise and Law	24. Promise and Law	24. Promise and Law	18. Promise and Law
<ul style="list-style-type: none"> Show that you are keeping your Promise and Law and that you have a growing understanding of your duty to God and your duty to your country. 	<ul style="list-style-type: none"> Show that you are keeping your Promise and Law and explain different ways that you show appreciation of the love of God. 	<ul style="list-style-type: none"> Show that you are keeping your Promise and Law and setting a good example to younger Cubs in the Pack. 	<ul style="list-style-type: none"> <u>Carry out a Promise and Law activity with younger Cubs.</u>

LEAPING WOLF CHALLENGE

1. Complete the Lion badge.
2. Greening our Community <ul style="list-style-type: none">Plan and carry out a planting project at your Scout Hall or in your community. <p>OR</p> <ul style="list-style-type: none">Earn the Food for Life badge.
3. Scout Craft <ul style="list-style-type: none">Make a knotting display showing all ten knots you have learnt.
4. Personal Challenge <ul style="list-style-type: none">Undertake a personal challenge in connection with your school or home of social life.
5. <u>Technology in Action</u> <ul style="list-style-type: none"><u>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.</u>
6. <u>Global Awareness</u> <ul style="list-style-type: none"><u>Find out about a global issue such as poverty, conservation or water and sanitation and what you can do to help.</u>
7. <u>My Challenge</u> <ul style="list-style-type: none"><u>Complete a log book recording your Leaping Wolf Challenge.</u>
8. Interest Badges <ul style="list-style-type: none">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.<ul style="list-style-type: none">Civil EmergencyWorld FriendshipLinguistOutdoorsmanReligion and LifeWorld Conservation