PMI NEW Cub Scout Program Advancement Checklist

__Adventures in Science__ Do 1-3

3f) Study night sky. Sketch appearance of North Star & Big Dipper over at least 6 hours. Describe observations, & explain what they mean.

__Aquanaut:__ Do 1-6

1) State safety precautions to take before water activities

2) Recognize purpose & the 3 classifications of swimming ability groups in Scouting

3) Discuss importance of learning skills needed prior to boating

4) Explain “order of rescue, & demo reach & throw techniques

5) __Attempt__ BSA swimmer test

6) Do two of following

   a) __Demo__ precautions of head first dive; attempt front surface dive

   b) Learn/Demo two of: crawl, sidestroke, breaststroke, trudgen

   c) Invite a member of lifeguard team to den, learn what other training/exp they have had.

   d) Properly fasten appropriate PFD, jump into water over head; swim 25 ft; remove and store

   e) If qualified swimmer, select properly sized paddle & canoe w/ adult’s supervision

__Build It__ Do 1-5

1) Learn about basic tools & their proper uses. Understand need for safety when using tools

2) w/adult guidance select carpentry project & build it

3) List tools to use safely to build project; create list of materials needed

4) Check off each tool on list used for first time

__Build My Own Hero__ Do 1-6

5) Learn about a Scout Hero

__Building a Better World** __ Do 1-10

1) Explain history of US flag. Show how to display in public; help lead a flag ceremony

2) Learn & describe rights/duties as a citizen, & explain what it means to be loyal to your country

8) w/adult help, participate in event that’ll help lead others in recycling/conserving resources

9) Show you’re an active leader by planning an activity w/ den leader’s help

__Camper** __ Do 1-7

2) Determine where to set up tent. Demo knowledge of good/bad tent sites. Set up tent w/o adult help

3) Discuss actions to take in case of severe weather (Rainstorm causing flooding; thunderstorm w/lightning/tornadoes; Fire, earthquake, or other disaster). Discuss what you’ve done to minimize danger

4) On campout plan campfire program w/dens/leaders. Include opening, songs, skits, Cubmaster’s minute, & inspiration closing ceremony

5) Show how to tie a bowline. Explain when/why to use this knot. Teach to another non-Webelos Scout.

6) Go on geocaching adventure w/den. Show how you used GPS to locate a geocache

7) Recite Outdoor Cod & LNT for Kids from memory. Talk about how to demo. Them while working on A.O.L. After one outing, list things you did to follow these guidelines.

__Cast Iron Chef* __ Do 1-5

1) Build, light, & extinguish a fire safely & properly.

2) Keep a food journal for a week; try to meet personal nutrition goals

4) Prepare a balanced meal for den; utilizing (e) an open campfire

*Webelos Required; **Arrow of Light Required
5) Demonstrate an understanding of food safety practices while preparing the meal

**Castaway** Do 1-2

1) Do 2 of a-c:
   a) w/ adult supervision demo 1 way to light fire w/o matches
   b) Cook 2 dif. recipes w/o pots and pans

2) Do All of a-h:
   a) Learn what should go in outdoor survival kit. Assemble your own & explain reasoning for items you choose
   b) Minimize electricity use for one week. Keep a log of what you did. Discuss how you adjusted your lifestyle
   c) w/den create game playable w/o electricity & minimal equipment
   d) Name game, write rules, & play on 2 dif. occasions
   e) Teach game to other Scouts
   g) Discuss what to do if lost in woods. Describe STOP acronym. State universal emergency signal. Describe 3 ways to signal for help. Demonstrate one of them. Describe what to do to help rescuers find you
   h) Make a list of 4 qualities a leader should have in emergency and why they’re important to have. Pick 2 & act them out. Describe how they relate to Scout Law. Describe how Castaway has improved your understanding of Scout motto.

**Duty to God & You** Do 1 or 2

1) Earn religious emblem for your faith

2) Complete at least 3 of 2a-2d:
   a) Plan, support, or actively participate in a service of worship/reflection. Be reverent.
   b) Review w/den what you learned about duty to God
   c) Discuss w/ trusted adult how planning/participating in a service helps you live out duty to God

   d) List one thing that will bring you closer to doing duty to God, practice it for one month. Write down what you’ll do each day to remind you

**Duty to God in Action** Do 1 or 2

1) Earn the religious emblem of your faith if you haven’t already done so.

2) Do 2a and any two of 2b-2e:
   a) w/adult, discuss/plan to do two things you think will help you better do your duty to God. Do these for a month.
   b) Discuss w/ family how Scout Oath & Law relate to your beliefs about duty to God
   c) For at least a month pray/meditate each day as taught by family/faith
   d) Read @ least 2 accounts of people in history who’ve done their duty to God. List names & how they showed their duty to God

**Earth Rocks** Do 1-8

1) Explain meaning of term “geology;” importance of this science as part of your world; share w/family/den what you learned about meaning of geology.

2) Look for different kinds of rocks or minerals while on a rock hunt w/ family or den

3) do 3a-3c:
   a) ID rocks seen on rock hunt. Use chart in handbook to determine which types of rocks you have
   b) W/a magnifying glass take a closer look at your collection. Determine difference btwn. specimens.
   c) Share findings w/family or den

4) W/family or den, make a mineral test kit & test rocks according to the Mohs scale of mineral hardness. Record results in handbook

5) W/Den identify on a road map of your state some geological features in your area

*Webelos Required; **Arrow of Light Required*
_6) Do 6a-6c:
   a) Identify some of geological building materials used in building your home
   b) ID some of geological materials used around your community
   c) Record the items you find

_ Fix It Do 1-4
_4) Do 8 of 4a-4u w/adult supervision:
   a) Show how to change a light bulb; determine the type of bulb you’re replacing; learn how to dispose of a compact fluorescent bulb
   j) Make a repair to a bicycle (pedal car) such as adjusting or lubricating the chain, inflating the tires, fixing a flat, or adjusting the seat or handlebars

_ Into the Wild Do 6 of 1-9
_1) Create/care for an “insect zoo.” Study & release; share experience w/den. (DEN TIME)
_3) Watch for birds for one week. ID the birds you see, and write down where/when you saw them
_4) Learn about bird flyways closest to your home. Find out which birds use these flyways.
_5) Watch at least 4 wild creatures in the wild. Describe the kind of place where you saw them. Tell what they were doing
_6) ID an insect reptile, bird or wild animal that is only found in your area of the country. Tell why it survives in your area.
_7) Give examples of at least 2 of 7a-7c:
   a) Producer, consumer, decomposer in food chain of an ecosystem
   b) One way humans have changed balance of nature
   c) How you can help protect balance of nature
_8) Learn about aquatic ecosystems and wetlands in your area. Talk w/den or family about role they play in supporting the life cycles of wildlife & humans, & list 3 ways you can help.
_9) Do either 9a or 9b:
   a) Visit a nature center. Tell what you saw.

_ Into the Woods Do 1-7
_1) ID 2 dif. groups of trees and parts of a tree
_2) ID 6 trees common to the area where you live. Tell whether native to your area & how both wildlife and humans use them.
_3) ID 6 plants common to the area where you live. Tell which animals use them and for what purpose.
_4) Visit a nature center & speak w/someone knowledgeable about trees/plants native to your area. Explain importance of trees/plants to our ecosystem & how they improve environment.
_5) Develop a plan to care for & then plant at least one plant/tree, either indoors in a pot or outdoors. Tell how this plant or tree helps the environment in which it is planted and what the plant or tree will be used for.
_6) Make a list of items in your home that are made from wood & share it w/your den. Or w/your den take a walk and ID useful things made from wood.
_7) Explain how the growth rings of tree tell its life story. Describe dif. types of tree bark and explain what the bark does for the tree.

_ Maestro Do 1-3
_3) Do two of 3a-3e:
   a) Teach your den the words/ melody of a song. Perform w/den @ den/pack meeting
   b) Create original words for a song. Perform...
   c) Collaborate w/den to compose a theme song. Perform...
   e) Perform a musical number by yourself or w/your den in front of an audience

_ Scouting Adventure** Do all of 1-6
_1) Prepare to become a Boy Scout by:
   a) Repeating from memory the Scout Oath, Law, Motto, & Slogan. Explain their meaning in your own words
   b) Explain Scout Spirit. Describe how you’ve shown Scout spirit by practicing the Oath/Law/Motto/Slogan.

*Webelos Required; **Arrow of Light Required 3
c) Give the Boy Scout sign, salute, and handshake. Explain when to use these.
d) Describe the 1st Class Scout badge, and tell what each part stands for. Explain the sig. of this badge.
e) Repeat from memory the Outdoor Code. In own words, explain what it means to you.

5) Do the following:
a) Show how to tie a square knot, two half hitches, and a taut-line hitch. Explain how each knot is used.
b) Show the proper care of a rope by learning how to whip and fuse the ends of dif. kinds of rope

6) Demo. Knowledge of knife safety rules and pledge. Earn Whittling Chip if you haven’t already done so.

Sportsman Do 1-4

4) Do 4a-4c:
a) Explain what good sportsmanship means
b) Role-play a situation that demos. Good sportsmanship
c) Give an example of a time when you experienced or saw a display of good sportsmanship

Webelos Walkabout* Do 1-8

1) Create a hike plan

2) Assemble a hiking first-aid kit.

3) Describe/ID any poisonous plants and dangerous animals/insects you might encounter on your hike

4) Before (during) your hike, plan/prepare a nutritious lunch. Enjoy it on your hike & clean up afterward.

5) Recite the Outdoor Code and LNT Principles for Kids from memory. Talk about how you can demonstrate them on your Webelos adventures

6) W/den hike 3 miles

7) Complete a service project on or near the hike location

8) Perform a leadership role during hike (trail leader, 1st aider, lunch leader, or service project leader) [large dens can trade off throughout hike]

Stronger, Faster, Higher Do 1-3 and one other

1) Understand and explain why you should warm up before exercising and cooling down afterward.

2) Do these activities and record your results: 20 yard dash, vertical jump, lifting a 5 lb weight, push-ups, curls, 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.

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

5) Prepare a fitness course or series of games that includes jumping, avoiding obstacles, weightlifting and running. Time yourself going through the course and try to improve your time over a two week period.

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

*Webelos Required; **Arrow of Light Required 4