



Adventure: Bobcat (Character & Leadership) (Required)

Date:

Name:

Contact:

Requirements:

1. Demonstrate the patrol method by choosing a Patrol name and electing a patrol leader. Discuss the benefits of using the patrol method.
2. Get to know members of your patrol.
3. Recite the Scout Oath and Scout Law with your patrol.
4. With your patrol, develop a Code of Conduct.
5. Demonstrate the Scouts BSA sign, Scouts BSA salute, and Scouts BSA handshake. Show how each is used.
6. Learn the Scouts BSA slogan and motto.
7. With your patrol, or with your parent/legal guardian, visit a Scouts BSA troop.
8. At home, with your parent or legal guardian, do the activities in the booklet "How to Protect Your Children from Child Abuse: A Parent's Guide."

Lesson Plan:

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Adventure: Knife Safety (Elective)

Date:

Name:

Contact:

Requirements:

1. Read, understand, and promise to abide by the “Cub Scout Knife Safety Rules.”
2. Demonstrate the knife safety circle.
3. Demonstrate that you know how to care for and use a knife safely.
4. Demonstrate the proper use of a pocketknife to make a useful object on a campout.
5. Choose the correct cooking knife and demonstrate to properly slice, dice, and mince.

Lesson Plan:

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Adventure: Outdoor Adventurer– (Outdoors) (Required)

Date:

Name:

Contact:

Requirements:

1. Learn about the Scout Basic Essentials.
2. Determine what you will bring on an overnight campout including a tent, sleeping bag/gear and how you will carry your gear.
3. Review the four points of the BSA SAFE Checklist and how you will apply them on the campout.
4. Locate the campsite where you will be camping on a map.
5. With your patrol or a Scouts BSA troop, participate in a campout.
 1. Upon arrival at the campout determine where to set up your campsite; kitchen, eating area, tents, and firepit. Help the patrol set up the patrol gear before setting up your own tent.
 2. Explain how to keep food safe and the kitchen area sanitary at the campsite. Demonstrate your knowledge during the campout.
 3. After your campout, discuss with your patrol what went well and what you would do differently next time. Include how you followed the Outdoor Code and Leave Not Trace Principles for Kids.

Lesson Plan:

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Adventure: Into the Woods

(Elective)

Date:

Name:

Contact:

Requirements:

1. Visit an area with trees and plants and conduct a tree inventory. Select one tree and complete the remaining requirements based on that tree.
2. Determine if your tree is deciduous or evergreen.
3. Identify a tree and determine if the tree is native or was introduced to your area.
4. Find out how your tree deals with wildfire.
5. Learn how wildlife uses your tree.

Lesson Plan:

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Adventure: Estimations (Elective)

Date:

Name:

Contact:

Requirements:

1. Estimate food measurements.
2. Estimate the time of day.
3. Estimate the height of a distant object.
4. Estimate the distance between two points.

Lesson Plan:

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Adventure: Personal Fitness – (Personal Fitness) (Required)

Date:

Name:

Contact:

Requirements:

1. Plan a balanced meal that you would eat when camping. Prepare that meal using the gear you would use on a campout.
2. Examine what it is to be physically fit and how you incorporate this in your life. Track the number of times you are active for 30 minutes or longer over a 14-day period. Share with your patrol or family what you enjoyed and if you feel you are living up to the Scout Oath of being physically fit.
3. Be active for 30 minutes with your patrol, a younger den, or at least 1 other person, that includes both stretching and moving.
4. Review your BSA Annual Health and Medical Record with your parent or guardian. Discuss your ability to participate in pack and den activities.

Lesson Plan:

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Adventure: Citizenship - (Citizenship)

(Required)

Date:

Name:

Contact:

Requirements:

1. Identify a community service project that your patrol or pack could accomplish. Use the BSA SAFE Checklist and develop a plan to conduct the service project safely.
2. Participate in a service project for a minimum of 2 hours or multiple service projects for a total of 2 hours.

Lesson Plan:

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Adventure: Champions for Nature

(Elective)

Date:

Name:

Contact:

Requirements:

1. Identify foods grown or processed in your state.
2. Determine the benefits of purchasing food that is locally grown or processed.
3. Explore the concept of a food desert.
4. Explore the concept of a food oasis.
5. Learn how individuals can reduce food waste.
6. Participate in a conservation service project.

Lesson Plan:

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Adventure: First Aid - (Personal Safety) (Elective)

Date:

Name:

Contact:

Requirements:

1. With permission from your parent or legal guardian, watch the Protect Yourself Rules video for the Arrow of Light rank.
2. Explain what you should do if you encounter someone in need of first aid.
3. Demonstrate what to do for hurry cases of first aid: serious bleeding, heart attack or sudden cardiac arrest, stopped breathing, stroke, poisoning.
4. Demonstrate how to help a choking victim.
5. Demonstrate how to treat shock.
6. Demonstrate how to treat the following: cuts and scratches, burns, and scalds, bites and stings of insects and animals, and nosebleeds.
7. Put together a simple home first aid kit. Explain what you included and how to use each item correctly.

Lesson Plan:

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Adventure: Race Time

(Elective)

Date:

Name:

Contact:

Requirements:

1. With adult supervision, build either a Pinewood Derby® car or a Raingutter Regatta™ boat.
2. Learn the rules of the race for the vehicle chosen in requirement 1.
3. Mentor a younger den to prepare for the race.
4. Before the race, discuss with your den how you will demonstrate good sportsmanship during the race.
5. Participate in a Pinewood Derby or a Raingutter Regatta.

Lesson Plan:

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- 2.
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Adventure: High Tech Outdoors

(Elective)

Date:

Name:



Contact:

Requirements:

1. With an adult, use a weather app or website to see the forecast for an outdoor activity and discuss any preparation needed to accommodate the weather.
2. With an adult, find a knot-tying app. Select one knot to learn, and tie it using the app.
3. Discuss how technology has improved camping gear.
4. Think of a way technology can improve camping gear used on one of your outdoor activities.

Lesson Plan:

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 	<h2>Adventure: Engineer</h2> <p>(Elective)</p>
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Date:
Name:
Contact:

Requirements:

1. Learn the focus, related sciences, and products of civil, electrical, and mechanical engineers.
2. Pick one of the engineering fields from requirement 1 to complete the following requirements.
3. Examine a set of blueprints or specifications used by your choice of engineer.
4. Identify a project that you would like to build.
5. Using the engineering process, build your project.

Lesson Plan:

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		<h2>Adventure: Cycling</h2> <p>(Elective)</p>
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Date:
Name:
Contact:

Requirements:

1. Decide on gear and supplies you should bring for a long bike ride.
2. Discover how multi-gear bicycles work and how they benefit a rider.
3. Show how to lubricate a chain.
4. a bicycle lock that you will use. Demonstrate how it locks and unlocks, how it secures your bicycle, and how you carry it while you are riding your bicycle.
5. Repair a flat tire.
6. With your patrol, pack, or family, use a map and plan a bicycle ride that is at least 10 miles.
7. With your patrol, pack, or family and using the buddy system, go on a bicycle ride that is a minimum of 10 miles.

Lesson Plan:

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Adventure: Fishing

(Elective)

Date:

Name:

Contact:

Requirements:

1. Make a plan to go fishing. Determine where you will go and what type of fish you plan to catch. All of the following requirements are to be completed based on your choice.
2. Use the BSA SAFE Checklist to plan what you need for your fishing experience.
3. Describe the environment where the fish might be found.
4. Make a list of the equipment and materials you will need to fish.
5. Determine the best type of knot to tie your hook and tie it.
6. Set up the appropriate type of fishing rod and tackle you will be using.
Have an adult review your gear.
7. Using what you have learned about fish and fishing equipment, spend at least one hour fishing following local guidelines and regulations.

Lesson Plan:

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Adventure: Paddle Craft (Elective)

Date:

Name:

Contact:

Requirements:

1. Before attempting requirements 5, 6, 7, 8, and 9 for this Adventure, you must pass the BSA swimmer test.
2. Pick a paddle craft you'll use to complete all requirements: canoe, kayak, or stand-up paddleboard.
3. Review Safety Afloat.
4. Demonstrate how to identify and properly wear a life jacket that is the correct size
5. Jump feet first into water over your head while wearing a life jacket. Then swim 25 feet wearing the life jacket.
6. Discuss how to enter and exit a canoe, kayak, or stand-up paddle board safely.
7. Discuss what to do if your canoe or kayak tips over or you fall off your stand-up paddleboard.
8. Learn two paddle strokes: power stroke and sweep.
4. Have 30 minutes or more of canoe, kayak, or stand-up paddleboard paddle time.

Lesson Plan:

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- 5.
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Adventure: Into the Wild

(Elective)

Date:

Name:

Contact:

Requirements:

1. Visit a place with a variety of wild animals. Select one of the animals and observe its behavior. Use your selected animal to complete the remaining requirements.
2. Create a model of your animal's ecosystem.
3. Investigate how your animal coexists with other animals in the wild.
4. Describe how humans interact with your chosen animal's ecosystem.
5. Discover how wildlife management benefits your animal.

Lesson Plan:

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- 2.
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Adventure: Swimming

(Elective)

Date:

Name:

Contact:

Requirements:

1. Review Safe Swim Defense.
2. Explain the meaning of "order of rescue" and demonstrate the reach and throw rescue techniques from land.
3. Attempt the BSA Swimmer Test.
4. Have 30 minutes or more of free swim time during which you practice the buddy system and stay within your ability group. The qualified adult supervision should conduct at least three buddy checks per half hour of swimming.

Lesson Plan:

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