



Flagstaff Hill Scout Group

Kaurna Cub Pack

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Cub Scout Leader: Kathryn Affleck

Examples of Achievement and Special Interest Badges.

A full list of Achievement and Special Interest Badges is included in the yellow Cub Scout Record Book, given to all Cub Scouts at their investiture.

If you have any questions please contact Kathryn (Akela), Megan (Hathi) or Heidi (Darzee).

Level One Achievement Badges are the easiest Badges to earn – they require only verbal discussion of any questions.

Level Two Achievement Badges and **Special Interest Badges** are slightly harder to earn – they require written discussion of any questions. **Level Two Achievement Badges** and **Special Interest Badges** require the same amount of effort to earn.

Athlete Achievement Badge

Level One (Green)

The requirements, written in the yellow Cub Scout Record Book, are detailed below along with examples of what must be done to achieve them.

1. **"The requirement of this badge is to show improvement in athletic endeavour. To do this the Cub Scout needs to be recorded doing the best at any five of the following over a three month period show significant improvement at:**
 - a. a run of 50 m
 - b. a run of 200 m
 - c. throwing and catching a hard ball
 - d. being able to hit a thrown ball with a racquet or bat consistently
 - e. a standing long jump
 - f. a running start long jump".

Cub Scout must bring in the times/distances for five of the six athletic activities listed above at the start and end of a three month period. Parent or caregiver can record times/distances. If the Cub Scout is involved in Little Athletics they may bring in certificates to show the above.

Cub Scout Leader may also ask some generic questions about the athletic activities; which activity they prefer, whether they found the activity easier at the end of the three month period, etc..

2. **"Explain why athletes do a range of exercises before and after an activity".**

Cub Scouts may either write this answer down or verbally answer it to the Cub Scout Leader. Cub Scout Leader will discuss the answer with the Cub Scout.

Parent or Caregiver may help Cub Scout to find this answer. However the answer must be written in the Cub Scout's own words or answered verbally without the Parent or Caregivers assistance.

3. "Name five Australian track and field athletes and explain about the sport of one of them".

Cub Scouts may either write this answer down or verbally answer it to the Cub Scout Leader. Cub Scout Leader will discuss the answer with the Cub Scout.

Cub Scout Leader may also ask some generic questions about the sport; why they like the sport, if they have played it before, etc..

Parent or Caregiver may help Cub Scout to find this answer. However the answer must be written in the Cub Scout's own words or answered verbally without the Parent or Caregivers assistance.

Athlete Achievement Badge

Level Two (Red)

The requirements, written in the yellow Cub Scout Record Book, are detailed below along with examples of what must be done to achieve them.

1. **"The requirement of this badge is to show improvement in athletic endeavour. To do this the Cub Scout needs to be recorded doing the best at any five of the following over a three month period show significant improvement at:**
 - a. a run of 100 m
 - b. a run of 400 m
 - c. throwing and catching a hard ball over an increasing distance
 - d. being able to hit a thrown ball with a racquet or bat consistently
 - e. a standing long jump
 - f. a running start long jump
 - g. a triple jump
 - h. a track or field event of their choice".

Cub Scout must bring in the times/distances for five of the six athletic activities listed above at the start and end of a three month period. Parent or caregiver can record times/distances. If the Cub Scout is involved in Little Athletics they may bring in certificates to show the above.

Cub Scout Leader may also ask some generic questions about the athletic activities; which activity they prefer, whether they found the activity easier at the end of the three month period, etc..

2. **"Demonstrate a series of stretching and warm up techniques that should be undertaken before and after a sport".**

A written list of different stretching and warm up techniques, with images and descriptions, should be provided. Cub Scout Leader will ask the Cub Scout to demonstrate and explain some of these techniques.

Cub Scout Leader may also ask some generic questions about stretching; which ones they had used before, which ones would you use to stretch your arms, etc..

Parent or Caregiver may help Cub Scout to find this answer. However the answer must be written in the Cub Scout's own words and questions answered verbally without the Parent or Caregivers assistance.

3. "Pick a track and field event and explain the rules of that sport and if possible demonstrate its techniques".

Cub Scouts must write this answer down, images are highly recommended. Cub Scout Leader will discuss the answer with the Cub Scout.

Cub Scout Leader may also ask some generic questions about the sport; why they like it, if they have played it before, etc..

Parent or Caregiver may help Cub Scout to find this answer. However the answer must be written in the Cub Scout's own words and questions answered verbally without the Parent or Caregivers assistance.

4. "Research the history of the Olympic Games and explain their purpose in modern society".

Cub Scouts must write this answer down. Cub Scout Leader will discuss the answer with the Cub Scout.

Cub Scout Leader may also ask some generic questions about the Olympic Games; have they seen an Olympic Games before, what is your favourite sport in the Olympic Games, etc..

Parent or Caregiver may help Cub Scout to find this answer. However the answer must be written in the Cub Scout's own words and questions answered verbally without the Parent or Caregivers assistance.

Cooking Achievement Badge

Level One (Green)

The requirements, written in the yellow Cub Scout Record Book, are detailed below along with examples of what must be done to achieve them.

- 1. "Discuss the basic rules of hygiene and safety in the kitchen and show you know how to put them into practice".**

Cub Scouts may either write this answer down or verbally answer it to the Cub Scout Leader. Cub Scout Leader will discuss the answer with the Cub Scout.

Parent or Caregiver may help Cub Scout to find this answer. However the answer must be written in the Cub Scout's own words or answered verbally without the Parent or Caregivers assistance.

- 2. "Get your own breakfast consisting of at least one hot dish and including a drink. Wash up and put away the dishes and leave the food preparation area clean and tidy afterwards".**

Parent or Caregiver to certify this has been done. Pictures may be taken of the meal but this is not required.

Cub Scout Leader may also ask some generic questions about the breakfast they cooked; what did it taste like, did you clean up afterwards, etc..

- 3. "Do any three of the following:**
 - a. prepare and cook two vegetables for the family evening meal.**
 - b. cook a batch of scones, pikelets or cakes.**
 - c. cook something on a barbeque.**
 - d. make an uncooked biscuit or slice.**
 - e. prepare and cook a two course lunch for yourself and an adult.**

f. prepare your favourite recipe".

Parent or Caregiver to certify this has been done. Pictures may be taken of the meal and/or samples brought in for the Leaders to try, but this is not required.

Cub Scout Leader may also ask some generic questions about the food they cooked; what did it taste like, did you clean up afterwards, etc..

Pets Achievement Badge

Level One (Green)

The requirements, written in the yellow Cub Scout Record Book, are detailed below along with examples of what must be done to achieve them.

- 1. "Take care of a pet for at least two months and discuss with your examiner what you did. List the food needed to keep your pet healthy".**

Parent or Caregiver to certify that the Cub Scout has looked after a pet for two months. Pictures may be shown of the pet, but this is not required.

Cub Scout Leader may also ask some generic questions about the pet; what is its name, how long have you had it for, etc..

Cub Scout may either write this answer down or verbally answer the food their pet eats. Cub Scout Leader will discuss the answer with the Cub Scout.

Parent or Caregiver may help Cub Scout to find this answer. However the answer must be written in the Cub Scout's own words or answered verbally without the Parent or Caregivers assistance.

- 2. "Find out about two diseases, which could affect your pet. Discuss these and how to prevent them".**

Cub Scout may either write this answer down or verbally answer the food their pet eats. Cub Scout Leader will discuss the answer with the Cub Scout.

Parent or Caregiver may help Cub Scout to find this answer. However the answer must be written in the Cub Scout's own words or answered verbally without the Parent or Caregivers assistance.

3. "List six animals/birds suitable to keep as pets. Give reasons for your choice".

Cub Scouts may either write this answer down or verbally answer it to the Cub Scout Leader. Cub Scout Leader will discuss the answer with the Cub Scout.

Parent or Caregiver may help Cub Scout to find this answer. However the answer must be written in the Cub Scout's own words or answered verbally without the Parent or Caregivers assistance.

Pets Achievement Badge

Level Two (Red)

The requirements, written in the yellow Cub Scout Record Book, are detailed below along with examples of what must be done to achieve them.

- 1. "Take care of a pet for at least six months. Explain what food, exercise, living conditions and regular vaccinations your pet requires ".**

Parent or Caregiver to certify that the Cub Scout has looked after a pet for six months. Pictures may be shown of the pet, but this is not required.

Cub Scout Leader may also ask some generic questions about the pet; what is its name, how long have you had it for, etc..

Cub Scouts must write down what food, exercise, living conditions and regular vaccinations the pet requires. Cub Scout Leader will discuss the answer with the Cub Scout.

Cub Scout Leader may also ask some generic questions about looking after a pet; when do you feed it, where does it sleep, etc..

Parent or Caregiver may help Cub Scout to find this answer. However the answer must be written in the Cub Scout's own words and questions answered verbally without the Parent or Caregivers assistance.

- 2. "Describe the laws in your town, city or State, which apply to the keeping of domestic creatures such as dogs, cats, birds, etc.. ".**

Cub Scouts must write this answer down. Cub Scout Leader will discuss the answer with the Cub Scout.

Parent or Caregiver may help Cub Scout to find this answer. However the answer must be written in the Cub Scout's own words and questions answered verbally without the Parent or Caregivers assistance.

3. "Show your pet and point out its good features. Explain any difficulties that you have experienced with your pet and how you and your family overcame these".

Cub Scouts to answer this in written form, using images of the pet to point out features mentioned. Cub Scout Leader will discuss the answer with the Cub Scout.

Parent or Caregiver may help Cub Scout to find this answer. However the answer must be written in the Cub Scout's own words and questions answered verbally without the Parent or Caregivers assistance.