



WOW WEEKEND ADVANCEMENTS



Webelos/Arrow of Light - 4th and 5th Gade

Core Adventures

- Have your cub explain what first aid is and how it is given in an accident, put together a simple first aid kit to bring to WOW, have your cub plan an emergency readiness plan for your time at WOW, practice this emergency plan while at WOW.
(*First Responder 1, 6,7*)
- Before playing field games have your cub explain why they should warm up and cool down before these activities, have them record their results doing a 20 yard dash, vertical jump, lifting 5 pound weight, push-ups, jumping rope, try a new field game they have never played, help younger cubs play the field games.
(*Stronger, Faster, Higher 1,2,4,6*)
- Take a 3 mile hike, have your cub plan for this (what to bring, wear, snacks, weather, etc.), execute that plan at WOW, bring their home-made first aid kit on the hike, identify any poisonous plants and dangerous animals and insects you might encounter on your hike, have your cub explain what to do if there is bad weather (rain, thunderstorm, fire) on your hike. (*Webelos Walkabout 1, 2, 3, 5; Outdoor Adventurer Option B 1, 2*)



YOUR CUB DOES NOT HAVE TO COMPLETE ALL THESE ACTIVITIES, THESE ARE MEANT TO BE A GUIDE TO THE POSSIBLE OPPORTUNITIES YOU HAVE AT WOW. FILL OUT THE REPORT FOR THESE, INITIAL BESIDE EACH BULLET COMPLETED AND RETURN TO YOUR CUB'S DEN LEADER.



WOW WEEKEND ADVANCEMENTS



Webelos/AOL WOW Activity Adventure Report

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CUB NAME: _____ PACK NUMBER: _____

PARENT SIGN-OFF OF COMPLETION: _____



WOW WEEKEND ADVANCEMENTS



Webelos/Arrow of Light - 4th and 5th Gade

Elective Adventures

- If you visit the pool, have your cub explain the safety precautions you need to take before swimming, attempt the swim test, demonstrate the precautions you must take before attempting to dive headfirst into the water, attempt a front surface dive, Learn and demonstrate two strokes (crawl, sidestroke, breaststroke, or elementary backstroke). (*Aquanaut 1, 2, 4, 5, 6*)
- Visit the SRAC Museum (*Art Explosion 1*)
- Find four wild creatures (an insect, reptile, bird, or other wild animal) at Wallwood, observe them and their behavior. (*Into the Wild 6*)
- Identify two different trees on your hike, describe the parts of the trees, name four common trees that you find at Wallwood on your hike, on your hike find four plants that animals use for food and figure out the plants name, talk with a Scouting Adult about the importance of the trees at Wallwood. (*Into the Woods 1, 2, 3, 7*)
- Participate in two games at the field games area, explain what good sportsmanship is in these games, role play good sportsmanship for a younger cub, share with a cub when you saw someone having good sportsmanship. (*Sports 2,3*)



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