












# 2015 Camp Wheeler Advancements - Week 1



Aquatics	<p style="text-align: center;">Spirit of the Water</p> <div style="text-align: center;">  </div> <p style="text-align: center;">Character Development Leadership Outdoor Skills &amp; Awareness Participatory Citizenship Personal Fitness</p>	<p style="text-align: center;"><b><i>Wolf Elective Adventure: Floats and Boats</i></b></p> <ol style="list-style-type: none"> <li>1. Explain to your den leader why swimming is good exercise. (All)</li> <li>2. Explain the safety rules that you need to follow before participating in swimming or boating. (All)</li> <li>3. Show how to do a reaching rescue. (Red and Blue Fish)</li> <li>4. Visit a local pool or public swimming area with your family or Wolf den. With qualified supervision, jump into water that is at least chest-high, and swim 25 feet or more. (Red and Blue Fish)</li> </ol>
Camping	<p style="text-align: center;">Call of the Wild</p> <div style="text-align: center;">  </div> <p style="text-align: center;">Character Development Leadership Outdoor Skills &amp; Awareness Participatory Citizenship</p>	<p style="text-align: center;"><b><i>Wolf Required Adventure: Call of the Wild</i></b></p> <ol style="list-style-type: none"> <li>1. With your family or den, make a list of possible weather changes that might happen on your campout according to the time of year you are camping. Tell how you will be prepared for each one.</li> <li>2. Show that you are ready to be a Wolf Scout by demonstrating what to do for the following:             <ol style="list-style-type: none"> <li>a. A stranger approaches you, your family, or your belongings.</li> <li>b. A natural disaster such as an earthquake or flood happens.</li> <li>c. Before eating, you wash your hands properly to keep yourself safe.</li> </ol> </li> <li>6. On the campout, participate with your family or den in a campfire show. Prepare a skit or song, and then present it at the campfire for everyone else.</li> </ol>
Games	<p style="text-align: center;">Code of the Wolf</p> <div style="text-align: center;">  </div> <p style="text-align: center;">Character Development</p>	<p style="text-align: center;"><b><i>Wolf Elective Adventure: Code of the Wolf</i></b></p> <ol style="list-style-type: none"> <li>1. With the members of your den or family, make a game with simple materials that requires math to keep score.</li> <li>2. With other members of your den or family, identify three different types of shapes that you see in nature.</li> </ol>

Health, Safety, & First Aid	<p>Germ's Alive!</p>  <p>Character Development</p>	<p><b>Wolf Elective Adventure: Germ's Alive!</b></p> <ol style="list-style-type: none"> <li>1. Wash your hands while singing the "germ song."</li> </ol>
Hiking	<p>Paws on the Path</p>  <p>Character Development Outdoor Skills &amp; Awareness Participatory Citizenship Personal Fitness</p>	<p><b>Wolf Required Adventure: Paws on the Path</b></p> <ol style="list-style-type: none"> <li>1. Tell what the buddy system is and why we always use it in Cub Scouts.</li> <li>2. Describe what you should do if you get separated from your group while hiking.</li> <li>3. Choose the appropriate clothing to wear on your hike based on the expected weather.</li> </ol>
Scouting Skills	<p>Finding Your Way</p>  <p>Character Development Outdoor Skills &amp; Awareness Personal Fitness</p>	<p><b>Wolf Elective Adventure: Finding Your Way</b></p> <ol style="list-style-type: none"> <li>1. Do the following:       <ol style="list-style-type: none"> <li>a. Identify what a compass rose is and where it is on the map.</li> <li>b. Use a compass to identify which direction is north. Show how to determine which way is south, east, and west.</li> </ol> </li> <li>2. Go on a scavenger hunt using a compass, and locate an object with a compass.</li> <li>3. Using a map and compass, go on a hike with your den or family.</li> </ol>
Sports & Physical Fitness	<p>Running with the Pack</p>  <p>Character Development Personal Fitness</p>	<p><b>Wolf Required Adventure: Running with the Pack</b></p> <ol style="list-style-type: none"> <li>1. Play catch with someone in your den or family who is standing 10 steps away from you. Play until you can throw and catch successfully at this distance. Take a step back, and see if you can improve your throwing and catching ability.</li> <li>2. Practice balancing as you walk forward, backward, and sideways.</li> <li>3. Play or sport or game with your den or family, and show good sportsmanship.</li> </ol>

Sports & Physical Fitness	<p>Paws of Skill</p>  <p>Character Development Outdoor Skills &amp; Awareness Personal Fitness</p>	<p><b>Wolf Elective Adventure: Paws of Skill</b></p> <ol style="list-style-type: none"> <li>1. Talk with your family and den about what it means to be physically fit. Share ideas of what you can do to stay in shape.</li> <li>2. With your family or your den, talk about what it means to be a member of a team. Working together, make a list of team sports, and talk about how the team works together to be successful. Choose one and play for 30 minutes.</li> <li>3. With your den, talk about sportsmanship and what it means to be a good sport while playing a game or a sport. Share with your den how you were a good sport or demonstrated good sportsmanship in Requirement 2.</li> </ol>
	STEM	<p>Air of the Wolf</p>  <p>Character Development</p>
<p>Digging in the Past</p>  <p>Character Development</p>		<p><b>Wolf Elective Adventure: Digging in the Past</b></p> <ol style="list-style-type: none"> <li>1. Make a dinosaur dig.</li> <li>2. Be a paleontologist, and dig through the dinosaur digs made by your den. Show and explain the ways a paleontologist works carefully during a dig.</li> </ol>
Visual & Performing Arts	<p>Howling at the Moon</p>  <p>Character Development Outdoor Skills &amp; Awareness</p>	<p><b>Wolf Required Adventure: Howling at the Moon</b></p> <ol style="list-style-type: none"> <li>1. Work with your den to create an original skit.</li> <li>2. Work together with your den to plan, prepare, and rehearse a campfire program to present to your families at a den meeting.</li> <li>3. Practice and perform your role for a pack campfire program.</li> </ol>