



A GUIDE TO THE CUB SCOUT TESTS

Compiled By
Madelene Seow



Scout PROMISE

*On my Honour I promise that
I will do my best -*

*To do my duty to God and
to the Republic of Singapore*

*To help other people and
to keep the Scout Law*

Scout LAW



A Scout is to be trusted.

A Scout is loyal.

*A Scout makes friends, establishes and
maintains harmonious relations.*

A Scout is disciplined and considerate.

A Scout has courage in all difficulties.

Scout MOTTO

"Be Prepared"

Scout HYMN

*Now as I start upon my chosen way
In all I do - my thoughts, my work, my play
Grant as I promise, courage new for me
To be the best - the best that I can be*

*Help me to keep my honour shining bright
May I be loyal in the hardest fight
Let me be able, for my task and then
To earn a place, among my fellow men*

*Open my eyes to see things as I should
That I may do my daily turn of good
Let me be ready, waiting for each need
To keep me clean, in thought and word and deed*

*So as I journey, on my chosen way
In all I do - my thought, my work, my play
Grant as I promise, courage new for me
To be the best - the best that I can be*

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Cub Scout Proficiency Guidebook

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FOREWORD

Scouting could claim that it is one of the first youth organizations to award badges to its members for their achievements. It is a simple, yet effective, form of recognition and encouragement. In fact the collection of badges has become an integral part of the scout culture. However this practice could become a mere hobby, or even obsession, without any educational value if adult leaders do not provide the required guidance.

The Proficiency Badge scheme is a unique educational approach that was perhaps ahead of its time. This scheme recognizes that each individual has his own interests and talents that should be recognized and nurtured. This book alone contains 44 different areas of interests that a scout can pursue. More badges could even be developed if there is a need. The real challenge facing the adult leader is not the lack of choice, but how to avoid two pitfalls that will undermine the educational value of this scheme. The first pitfall is to operate from an efficiency-driven paradigm where the whole pack is "trained" for the same badges through common courses or training. This leads to the second pitfall which is to then require every scout to sit for the same test and attain the same rigid standards.

The use of this efficient approach is perhaps understandable. It is easy to organize; ensures that as many scouts attain as many proficiency badges as possible; and avoid accusations of favoritism or lack of objectivity. Furthermore many adult leaders feel that they are not competent enough to be the "tester" for most of the badges.

However these practices will negate the fundamental conceptual framework behind the Proficiency Badge Scheme.

As such I would strongly recommend that adult leaders consider the following questions when they use this book:

1. Our Promise requires each one of us "to do my best". Is it necessary that every scout must attain the same exact objective standards regardless of his cognitive and physical abilities or stage of development? Or is evidence that the scout has tried his best a more important criterion?
2. How many of the badges require common standard "training" or could each scout be encouraged to seek out the information and learn the skills through self-learning?
3. Is the unit or the adult leader the only source of knowledge and learning for the scout?
4. Are there other organizations, friends or colleagues who can help in certifying that the scout has acquired the necessary knowledge and skills?

I believe that the Proficiency Badge Scheme can only achieve the goals it was designed for if we keep our focus on the growth of the individual scout – to believe that each and every scout is an unique individual who will lead a happy and successful life because he is driven by a set of values and interests and who will do his best to develop his God given talents to the fullest.

NICHOLAS TANG
Chief Commissioner
14 November 2007

PREFACE

Within this book, you will find the test requirements for all 44 Cub Scout Proficiency Badges which Cub Scouts can achieve while working on the Arrow Progress Badges concurrently. The book can also be used as a reference for the members of the Extension Cub Scouts who are following the Cub Scout Training Scheme and may be adapted according to their needs and requirements.

The National Campaign Proficiency Badges are organised by the respective Government Agencies in collaboration with Singapore Scout Association and a badge will be issued to a Cub Scout who has completed the necessary requirements. The recognised proficiency badge courses are Crime Prevention, Healthy Lifestyle, Mozzie Buster, Food Watch, and I'm OK. While Road Safety and Community Living proficiency badges have been revised and can now be organised through the school or at the community based open units.

Certificates are recognised by the National Programme Council (Cub Scout Section) and a Cub Scout will be exempted from the taking the tests and a badge will be issued to a Cub Scout. The recognised certificates are National Physical Fitness Award (Bronze, Silver, Gold), Swimmer (Bronze, Silver, Gold), Swimming Survival (Bronze, Silver, Gold), Life Saving (1, 2, 3) and Science Club Activities (Young Scientist for Astronomer, Botanist, Chemist, Ecologist, Entomologist, Environmentalist, Food Scientist, Ornithologist, Physicist, IT Whiz and Zoologist).

Upon passing the requirements for World Scout Badge Admission Test, a Cub Scout may embark on any one of the Proficiency Badges while working on the Bronze Arrow Progress Badge. Cub Scouts are encouraged to earn as many as at least six badges or more by the time he or she completes the Gold Arrow Progress Badge. A Cub Scout will need his or her Akela's (Cub Scout Leader's) guidance with the badge work. Parents, teachers or any other qualified person may also provide advice and render the relevant assistance.

If a Cub Scout is aiming to work for the Gold Arrow and Akela Award, he or she needs to pass the test requirements for the First Aider Proficiency Badge. The examiner for the First Aider must be a certified person by the Singapore Red Cross or St John's Ambulance Brigade or any recognised organisation by the Singapore Scout Association. Cub Scouts who passed the Junior First Aid (Red Cross) or Basic First Aid (St John) or Basic First Aid (Civil Defence) will be allowed an exemption.

This book contains all the necessary information to help Cub Scouts understand the requirements and guide them to pass the tests. I am certain that all Akelas (Cub Scout Leaders) and Pack Assistants will find this book useful.

Yours in Scouting,

Madelene Seow
Cub Scout Programme Commissioner
1 September 2007



Animal Lover

Choose four of the following activities:-

1. Visit the Singapore Zoological Garden or Night Safari or Jurong Bird Park and find out about some of the feeding habits and natural habitats of the animals and creatures you see.
2. Help to take care of a pet. Know the correct food to give it, how to recognise and prevent common illnesses, and how to treat them.
3. Help to care for a farm animal, know the correct food to give it and how to look after it. Know how to recognise common illnesses and what special care is needed before and after the birth of farm animals.
4. Keep a record over two weeks, in pictures, sketches, photographs or tape recordings, of a bird, an animal and/or insect life in your garden or local area/park.
5. Know six different freshwater, sea-water or tropical fish and the types of foods they eat.
6. Belong to an animal, bird or wildlife society. Either take part in one of its activities or make progress in any award scheme offered.
7. Make a poster, collage or drawing about the dangers in the country that threaten wildlife and talk to the examiner about it.

(Note: A Young Zoologist Badge certificate will qualify for the above badge.)



Artist

1. Know the primary colours and demonstrate how to mix paints to make other colours.
2. Choose three other activities from the list below, one of these activities must be done in the presence of the examiner:-
 - (a) Draw with pencil, brush, pen or crayon an original illustration of any incident, character or scene.
 - (b) Design and make a greeting card.
 - (c) Make a poster advertising Cub Scouting or a Cub Scout event.
 - (d) Make a design and print it on paper or fabric e.g. using potato cuts or lino cuts.
 - (e) Design and make a decorated book cover.
 - (f) Draw or paint a picture from observation.
 - (g) Any other suitable activity agreed with the examiner.



Astronomer

1. Make a model or draw a diagram of the solar system.
2. Explain the differences between a star and a planet.
3. Identify and find the Pole Star and at least three other constellations.
4. Find out and present some information about two of the following:- Comets, Meteorites, Asteroids, Northern Lights, Sun Spots, Light years, Eclipses, Black Holes, Space Exploration
5. Observe the moon, using a pair of binoculars or a telescope, and describe some of its features. (Warning: Never look at the sun with binoculars or telescope, as it will damage your eyes.)

(Note: A Young Astronomy Badge certificate will qualify for the above badge.)



Athlete

Badges for successive stages may be worn at the same time.

1. You must gain the following points for each stage:
 - Bronze - 5 points
 - Silver - 8 points
 - Gold - 10 points

Event	3 Points	2 Points	1 Point
1,000 metres run	5 min	6 min	10 min
50 metres Skipping with rope turning overhead	12 sec	13 sec	14 sec
50 metres Sprint	9 sec	10 sec	11 sec
High Jump	96 cms	86 cms	76 cms
Long Jump	3 m	2.5 m	2 m
Sergeant Jump measurements refer to height on target	35 cms	30 cms	25 cms
Shuttle Run individual runs 6 x 10m	18 sec	19 sec	20 sec
Throwing a Cricket ball using a 135 gm ball	25 m	22 m	18 m

2. You should add up the scores from your best four events.

(Note: A certificate from NAPFA will qualify for the respective above badge for Bronze, Silver, Gold.)



Book Reader

1. Produce a list of at least 6 books you have read or used recently, name their authors and be able to tell the examiner something about three of the books. The three books you choose to talk about must include at least one story and at least one factual book. All the books read must be of a reasonable standard, taking the Cub Scout's age and development into account.
2. Show that you understand how to care for books.
3. Show that you can use a dictionary, encyclopaedia and an atlas.
4. Explain to the examiner how the books in a library are set out and how you would find fiction and non-fiction books.



Camper

1. With other Cub Scouts, camp under canvas for at least three nights (not necessarily on the same occasion).
2. Help pack your Pack Equipment for a Cub Scout camp.
3. Help to pitch and strike a tent and know how to take care for it.
4. At camp, help to prepare, cook, serve and clear away a simple meal, if possible out of doors.
5. Know the basic health and safety rules for camp and how to prepare for tent and kit inspection.
6. Take part in at least one of the following activities while at camp:
 - (a) Campfire.
 - (b) Scout's Own.
 - (c) Wide Game.
 - (d) Joint activity with other Cub Scouts on site or from a local group.
 - (e) A Good Turn for the site.
 - (f) Help to tidy up the campsite before you leave.
 - (g) Any other suitable activity agreed with the examiner.



Civics

1. Get a copy or search through the internet and print a map of the constituency in which you live and name the Member(s) of Parliament for that constituency.
2. List the full names of all the Presidents of Singapore, past and present, and the period of their terms of office.
3. List all the current Cabinet Ministers and their portfolios.
4. Display the history of the Republic of Singapore from 1955 to the present.
5. Explain the functions of one of the following:
 - (a) Housing and Development Board (HDB)
 - (b) Post of Singapore Authority (PSA)
 - (c) Public Utilities Board (PUB)
 - (d) Singapore Tourist Board (STB)
 - (e) Infocomm Development Authority of Singapore (IDA)
 - (f) National Environment Agency (NEA)



Collector

1. Make a collection over a period of three months of a number of similar items (e.g. stamps, postcards, matchboxes or fossils).
2. Arrange your collection neatly in an album or box and in a suitable order, labelling items correctly and clearly.
3. Talk about items in your collection that particularly interest you.
4. Visit or look at a collection made by someone else and explain what you like or dislike about the presentation of the collection, choice of venue, etc. This could be a personal or public collection.



Communicator

1. Demonstrate how to use a private and public telephone and if possible use a phone card.
2. Know how to make an emergency telephone call.
3. Choose any three of the following activities:-
 - a) Find out about and make use of at least two of the following:
Facsimile machine (FAX), answering machine, walkie talkie, teletext, cellular phone, electronic mail, Citizen Band (C.B.) radio or any other telecommunication system.
 - b) Make a verbal or taped report of a local event either past or present.
 - c) Write and decipher three simple messages using codes, ciphers or invisible ink.
 - d) Hold a simple conversation in another language.
 - e) Make and maintain a link over a short time with another Cub Scout from a different Pack using electronic means, videos or letters, etc.
 - f) Find out how other people with a visual or hearing impairment communicate, e.g. Braille, sign language, etc.
 - g) Memorise a message and deliver it 20 minutes later.
 - h) Pass a message to someone else using Amateur Radio or send an SMS using a handphone.



Community Living

Compulsory Section (Use a A4 Exercise Book for the assignments)

1. Keep a daily journal and write a few lines on what you have done for the day. You need only to do for a period of 2 weeks.
2. Print or draw a map of your neighbourhood and mark on your map the location of your house and the location of the following (nearest your home):
 - (a) Community Centre or Community Club.
 - (b) Post Office Box
 - (c) Fire Hydrant
 - (d) Hospital or Outpatient Clinic or Private Clinic
 - (e) Fire Station or Civil Defence Post
 - (f) HDB Area Office
 - (g) Town Council
 - (h) Post Office or Singapore Post
 - (i) Police Station or Neighbourhood Police Post

- (j) Wet Market or Supermarket
 - (k) School
 - (l) A Place of Worship (Church, Mosque, Temple, etc.)
3. Find out the following:
- (a) Get a list of emergency telephone numbers including your father's work place, mother's work place, neighbour, Police, Civil Defence, Ambulance, HDB Maintenance Service etc.)
 - (b) Collection Times for the mail at the Post Box on weekdays, weekends and public holidays.
 - (c) Bus Services that serve your neighbourhood, example, SBS / TIBS / CSS etc.
4. Visit a family of a different race.
- Number of members in the family (Name, age, occupation and place of work/study).
 - Write a brief description about "My Neighbour".
5. Do a log book of about 10 pages of A4 size papers.
- Find and collect pictures from newspapers or magazine cuttings about Community and Family Life.
 - Paste them in the logbook and give a brief description about your articles.
 - Stick a photograph or draw and colour a picture of your family.
 - Draw and provide a short description of the following scenes:-
 - (a) Greeting – greet your friends and teacher when you meet them.
 - (b) A Happy Family.
 - (c) Getting Along With Friends.
 - (d) Helping Around The House.
 - (e) A Happy Occasion.

Choose only ONE assignment from the following:

1. Visit the Community Centre or Community Club near your home.
 - (a) Find out some of the activities and courses being organised including the duration, day and time.
 - (b) Highlight one activity or course you are interested in joining.
2. Visit a Police Post near your home.
 - (a) Find out how the Police Officers can help you and your family.
 - (b) Write down what you have found out.
3. Find out about the Resident's Committee in your neighbourhood.
 - (a) The numbers of members in the Committee.
 - (b) The names of the important members in the Committee.
 - (c) Write down how the Resident's Committee serves your neighbourhood.
4. Find out about the Neighbourhood Watch Zone Scheme operating in your block or estate.
 - (a) The numbers of members in the scheme.
 - (b) The names of the important members in the Committee.
 - (c) Write down how the members help one another.



Cook

1. Discuss with the examiner the advantages and disadvantages of different methods of cooking food (baking, boiling, frying, grilling, roasting, simmering, steaming) and the importance of a balanced diet.
2. Plan, cook, serve and clear away a two-course meal for at least two people. The following dishes are given as suggestions. You may produce your own menu which must be approved by the examiner in advanced.
 - (a) Main Courses
 - A meat dish (e.g. scrambled eggs, spaghetti bolognese, curry)
 - A fish dish (e.g. fried fish fingers, fish ball soup, fish porridge)
 - A vegetable dish (e.g. vegetable salad, roast corn, vegetarian pasta)
 - (b) Desserts
 - Agar-Agar or Fruit Cocktail
 - Baked apple and custard
 - Fruit crumble
 - Fresh fruit salad
 - Trifle
 - Banana split Sundae
3. Prepare and cook fresh vegetables, either stir fried or boiled.
4. Make either 'kueh-kueh', small cakes, biscuits or tarts.
5. Make and serve a hot drink.
6. Know the basic rules of safety and hygiene in the kitchen and the reasons for them.
(Note: Cubs who completed Foodwatch proficiency badge by NEA may be exempted from item 6.)



Craftsman

Choose any three of the following activities and complete them to a high standard. One of which must be completed in the presence of the examiner.

1. Make a model out of clay and fire it in a kiln if appropriate.
2. Make a decorative article from cane, raffia, wool, leather, wood or any other suitable material approved in advanced by the examiner.
3. Design a print on fabric or paper, e.g. screen printing, fabric print, lino print, etc.
4. Make a toy, puppet or model of your own design.

5. Make a collage using a variety of materials (e.g. cloth, felt, wool).
6. Find a natural object such as a piece of wood or a stone that has an interesting shape. Clean, rub down and varnish it, then mount it to make an ornament.
7. Undertake a project, having agreed it with the examiner, involving the use of a plastic or metal construction kit such as Meccano. The standard expected should demand a high quality of workmanship.
8. Complete a project in a craft such as marbling, origami, string work, macramé, papier mache, plaster casts, weaving or other craft agreed with the examiner.



Crime Prevention

Organised by Scout HQ

(*Leaders attend briefing to be certified to conduct the programme)

Have knowledge of:-

- Crime Prevention and concept of self-help to prevent crime.
- Simple measures that would protect their homes, property and person against crime.
- The role of the National Crime Prevention Council.
- Locations of Police Stations and Neighbourhood Police Posts – how and when to report crimes/suspicious situations in the neighbourhood.
- The Neighbourhood Watch Zone Scheme.

To earn a Crime Prevention Badge, a Cub Scout must complete the following activities within two months of his start date:

1. Attend a lecture conducted by a NCPC Certified Cub Scout Leader or Akela.
2. Visit to Police Centre and attend an introduction talk by the Police Officer.
3. Personal assignments:-
 - (a) Actively participate and persuade parents to form and/or join Neighbourhood Watch Zone Scheme.
 - (b) Bring handouts of crime prevention leaflets/checklist to the attention of the parents.
 - (c) Regularly practise simple crime prevention measures at home, school and on the street.
 - (d) Make identification by marking personal valuables.
 - (e) Visit a crime prevention exhibitions held at any public housing estate.
4. Pass a written test.

A Cub Scout who passed the written test and completed the personal assignments will receive a certificate and badge from the Singapore Scout Association.



Cyclist

1. Own or have the regular use of a bicycle of suitable size.
2. Be able to mount and dismount properly.
3. Understand the need for keeping the bicycle in a road worthy condition, and help to do this.
4. Be able to clean and oil a bicycle. Show how to pump up the tyres and mend a puncture.
5. Understand the need for keeping a bicycle locked when leaving it unattended.
6. Show knowledge of the proper use of those signals and rules applicable to cyclists as set out in the Highway Code in the Sections for the "Road User on Wheels" and "Extra Rules for Cyclists".
7. Understand the need for lights and reflective clothing. Talk about the safety measures necessary for riding in poor light.
8. Under observation go for a short ride in a safe place to show that you can ride safely and confidently.

(Note: Cycling safety helmets should be worn by all cyclists in all organised events or tests for Cub Scouts.)



Entertainer

Carry out any two of the following activities either with a group of other Cub Scouts or by yourself.

1. Help to make up a mime or skit and perform it.
2. Perform a puppet or shadow play using puppets which you have made.
3. Help to plan and make an entertainment recorded on video or audio tape.
4. Sing a programme of songs, carols or hymns.
5. Perform some folk or traditional dances.
6. Make a selection of simple rhythm instruments and use them as accompaniments.
7. Take part in a gymnastic display.
8. Make up and perform a dance to a piece of music of your own choice.
9. Help plan and perform a series of magic tricks.
10. Take part in a gang show, concert or band performance.
11. Any other suitable activity agreed with the examiner.



Explorer

1. Know the preparations required for a one-day expedition in the countryside, e.g. cost, correct clothing, footwear, first aid kit, food, etc.
2. Take part in two Cub Scout expeditions outdoors, one of which should include a hike of at least 10 kilometres.
3. Build and light a fire outdoors and use it to make a hot drink.
4. Build a simple shelter.
5. Find your way along a route of at least 1 kilometre using one of the following methods: compass, maps, landmarks, tracking signs, clues and codes.



First Aider

Compulsory requirements for the Gold Arrow Award and Akela Award.

1. How to pack a standard 1st Aid Kit
2. Know the limits of first aid and when a first-aider would need to get adult help.
3. Know how to control bleeding by direct pressure on a wound.
4. Know the importance of cleanliness and show how to dress minor cuts and grazes with gauze and a roller bandage; apply and remove adhesive dressings.
5. Demonstrate the use of a triangular bandage as an arm sling, knee and head bandage.
6. Know how to treat burns and scalds and how to put out burning clothing.
7. Know how to treat a wasp or bee sting and how to remove a splinter.
8. Have knowledge of cardiopulmonary resuscitation (CPR) and where possible demonstrate this method by use of a mannequin or other approved aid.
9. Demonstrate how to make a patient comfortable.

(Note: Passed the Junior 1st Aid (Red Cross) or Basic 1st Aid (St John) allows exemption.)



Fisherman

1. Hold the Swimmer Proficiency Badge.
2. Know the dates of the Monsoon season (of the current year).
3. Know the names & identify at least 3 types of fish sold in the local market.
4. Make a fishing rod and tackle or show how to fix up a fishing hook & bait.
5. Keep a log book over a period of three months of fishing trips undertaken. The log to contain a note of water conditions, weather, wind direction and speed, species and numbers of fish caught and baits which prove successful.



Food Watch

Organised by Scout HQ

(*Leaders attend briefing to be certified to conduct the programme)

- Knowledgeable about food hygiene.
- Able to use knowledge to ensure food is properly handled.
- Able to impart good personal and food hygiene practices to others.

To earn a Food Watch Badge, complete the following activities within two months:

1. Attend a lecture conducted by an NEA Certified Cub Scout Leader or Akela.
2. Optional to attend a half-day visit to Food Court on food hygiene organised by the NEA on food handling practices, food preparation at homes as well as at food stalls and restaurants, and impart good personal and food hygiene practices to others.
3. Personal Assignments:-
 - (a) Give a talk at a school assembly or pack meeting and display self-made creative informative posters on their school notice boards.
 - (b) Do a power-point presentation to classmates in class or a pack meeting and show your work to your classmates or fellow Cub Scouts.
4. Complete the workbook.

A Cub Scout who completes the workbook and personal assignments will receive a certificate and a badge from the Singapore Scout Association.



Gardener

1. Do one of the following:-
 - (a) Look after a patch of garden, know what tools are needed and how to use and look after them.
 - (b) Grow something in your garden suitable for the time of year.
 - (c) Grow a variety of plants indoors and know the conditions under which they must be kept.
2. Choose any two of the following activities:
 - (a) Grow vegetables or flowers from seed; know how to pick out and transplant the seedlings into a plot.
 - (b) Know about hazards to plants and flowers (e.g. diseases, pests) and understand what preventative measures can be taken and what can be done to aid growth.
 - (c) Know how to store vegetables and how long they may be stored.
 - (d) Show how to prepare flowers for display.
 - (e) Make a compost heap.
 - (f) Carry out a soil test using a standard test kit.
 - (g) Help plan and plant a rocky garden, a fern or herb garden, herbaceous border, hanging basket, garden tub, etc.
 - (h) Help maintain a lawn and understand why it needs constant attention.

(Note: A Young Botanist Badge certificate will qualify for the above badge.)



Handyman

1. Demonstrate the safe use of tools and how to take care of tools such as hammer, saw, screwdriver, spanner and pliers.
2. Demonstrate how to prepare and paint a vertical surface with paint-brushes, roller or pad and show how to clean them.
3. Choose any two of the following activities:
 - Help design and make
 - (a) a nesting box or window box
 - (b) a box for storing tools, pencils, tapes, etc.
 - (c) a rack for keys, mugs or coats
 - (d) book ends or bookstand
 - (e) a shoe rack

- (f) notice board for camp
 - (g) letter holder
 - (h) towel rail
4. Any other suitable activity agreed with the examiner.



Hobbies

1. Show a continuing interest in your chosen hobby for at least three months.
2. Demonstrate to the examiner how you pursue your hobby and what equipment, materials and background information you have used.
3. Discuss with the examiner how you plan to develop your hobby or skill in the future.



Healthy Lifestyle

Organised by Scout HQ.

- Know the importance of being healthy and fit.
- A person who is healthy often enjoys life better than someone who is not. He is able to study, work and play better.
- A person who takes care of his health also falls ill less often. He will also reduce his risk of getting serious health problems such as heart attacks, high blood pressure and many types of cancer.
- Know four basic guidelines to a healthy lifestyle:
 1. Eating wisely
 2. Exercising regularly
 3. Not smoking
 4. Coping with stress

To earn a Healthy Lifestyle Badge, complete the following activities within two months:

1. Attend a half-day talk at Health Promotion Board, and visit HealthZone to answer a quiz on the followings:
 - Physical Funhouse – Keeping fit through exercise.
 - Exciting Eatery – The art of healthy eating.
 - Addiction Mall – The harmful nature of cigarette smoking and drug abuse.
 - Tooth Terrain – Practicing good oral hygiene.
 - Vision Vista – Taking care of our eyes
 - Puberty Passage – Coping with the changes
 - Seniors Spot – Growing old healthily
 - Happiness Mall – A healthy mind is as important as healthy body.
2. Personal Assignments:-

- (a) Create a design based on a healthy lifestyle theme (to be used on bookmark, t-shirt, badge, poster etc).
 - (b) Plan an exercise schedule and follow it for one week.
 - (c) Make a plan for a healthier diet and use it to eat wisely for one week.
 - (d) Explain to your Cub Scout Leader why you feel it is important to stay smoke-free and how you can do so.
 - (e) Explain to two school-friends or an adult relative why it is important to remain smoke-free.
 - (f) Demonstrate ways to say 'No' when pressured to do something harmful.
 - (g) List 4 of your strengths and 4 of your weaknesses. Suggest ways to improve/use your strengths and overcome your weaknesses.
3. Complete the workbook.
 4. Pass a written Test.

A Cub Scout who passed the written test and completed the personal assignments will receive a certificate and badge from the Singapore Scout Association.



I'm OK

Organised by Scout HQ

(*Leaders attend briefing to be certified to conduct the programme)

- Loves and cares for the environment.
- Encourage others to keep the environment and public places clean and healthy.

To earn the I'm OK Badge, complete the following activities within two months:

1. Attend a lecture conducted by an NEA Certified Cub Scout Leader or Akela.
2. Work in a group of three to submit a poster, bookmark, poem, rap or song on "Clean and Healthy Singapore" to the National Environment Agency (NEA). Best entries will receive exclusive prizes and have their work featured on NEA's website.
3. Complete the workbook.
4. Pass a written test.

A Cub Scout who passed the written test and completed the personal assignments will receive a certificate and badge from the Singapore Scout Association.



Information Technology

Choose any four of the following activities:-

1.
 - (a) Draw a diagram to show the various parts of a computer system such as monitor, mouse, printer and CD-ROM.
 - (b) Show on your diagram three ways in which information can be downloaded into the computer and copy from the computer.
2.
 - (a) Demonstrate the ability to scan for viruses using the virus software.
 - (b) Select a software application and install it onto the computer.
 - (c) Create a word document or file and save it on the hard disk.
3. Using a commercially available software package, do one of the following and demonstrate to the examiner, preferably using printed output or on-screen if a printer is not available.
 - (a) Design an original picture.

- (b) Draw a map layout of your own community, showing local services, such as police station, doctor's surgery, shops, Scout Headquarters and so on.
 - (c) Using a simple database, show how it is possible to enter, store and retrieve names and addresses of your relatives or members of your Six.
 - (d) Design a poster advertising a forthcoming event at your Pack or school, using both text and graphics to make it eye catching for the people you wish to attract to the event.
 - (e) Create an A4 newsletter for your Cub Scout Pack. This should include graphics or scanned photographs and cover both past and future events.
 - (f) Write a simple tune using a programme that can play it back to you. Show that you can modify the tune and play it to your examiner.
5. (a) Find out what copyright law is for and how you think it might apply to computers.
(b) How sharing disks with other people can lead to virus infected and damage your computer system?
 6. Show the examiner some of the programmes that you have used recently and explain which you enjoy using the most.

(Note: A Young IT Whiz Badge certificate will qualify for the above badge.)



Life Saver

1. Hold the Swimmer (Silver) Proficiency Badge.
2. Swim 100 metres continuously in any recognised stroke.
3. Swim 25 metres by any stroke other than the back stroke, using your legs only, and 25 metres on the back, showing ability to change direction left and right. During the swim on the back, your arms must be folded on the chest, the full distance of 50 metres must be done without pause as one continuous swim. You must wear a shirt and shorts for this test.
4. Demonstrate correctly the mouth-to-mouth expired air resuscitation for 5 minutes.
5. Show how to reach out to a non-swimmer fallen into water using at least 2 non-direct contact methods of rescue. List at least 5 basic water safety rules.

- Note: a) Passed Swimming Survival Silver Award (Singapore Sports Council / Swimming Teachers Association) allows exemption from items 1 to 3.
b) Passed Life Saving 1, 2, 3 or higher (Singapore Life Saving Society) allows exemption.



Linguist

1. Be able to read a given passage fluently and be able to answer questions on it in your second or foreign language.
2. Be able to speak in your second or foreign language for ten minutes on any topic chosen by the Examiner.
3. Write a letter of at least 100 words in your second or foreign language.



Local Historian

Choose any three of the following activities:

1. Find out about someone famous who lived in or near your town or visit and find out about a famous old building, monument, earthwork or other place of historical interest. Make a logbook or scrapbook and discuss what you have found out with the examiner.
2. Find out the meaning of, and collect pictures of your district or the Singapore coat of arms. Tell the examiner about some of the places you have seen the coat of arms being displayed.
3. Talk to someone who has lived in your area for a long time and find out about what they did at your age, and what changes they have seen in your area over the years.
4. Choose two different locations in your area such as a road, park, field, hill, lake, streams and find out how they got their names.
5. Draw a map of your area and mark on it places of historical interest for visitors.
6. With your examiner, go on a short walk of your choice in your local area and describe to him local points of historical interest.



Map Reader

1. Understand the principal signs and symbols used on a 1:50 000 scale Ordnance Survey map of your locality. Be able to pin-point your home and The Singapore Scout Association. Explain how well-known local features of your choice are represented on the map.
2. Make a scale model of an 80 metre hill -- showing the contour layers at regular intervals.
3. Describe what you would see along a 5 kilometre stretch of road set by the examiner on any 1:50 000 Ordnance Survey map.
4. Know how to use 6-figure map grid references.
5. Know how to use a compass and set a map.
6. Know how to use a local street directory.



Mozzie Buster

Organised by Scout HQ

(*Leaders attend briefing to be certified to conduct the programme)

- Knowledgeable about mosquitoes.
- Able to spot mosquito breeding sites and get rid of them.
- Able to educate others in order to enable them to keep their own homes and neighbourhoods mosquito-free.

To earn a Mozzie Buster Badge, complete the following activities within two months:

1. Attend a lecture conducted by an NEA Certified Cub Scout Leader or Akela.
2. Personal Assignments:-
 - (a) Perform mosquito breeding habitats surveys at 3 locations using the equipment (pipettes and vials) provided. Create a bar graph to display the findings.
 - (b) Share the knowledge and findings about mosquitoes with classmates, school and neighbourhood in a creative way. Educate them about mosquitoes and show them how to keep their surroundings mosquito-free.
 - (c) Give talks at a school assembly or pack meeting and display self-made creative informative posters on their school or pack notice boards.
 - (d) Do a power-point presentation to classmates in class or a pack meeting and show your work to your classmates or fellow Cub Scouts.
3. Complete the workbook.

A Cub Scout who completes the workbook and personal assignments will receive a certificate and a badge from the Singapore Scout Association.



Musician

1. Explain the meanings of common musical terms and major symbols on a musical score.
2. Sing or play (with a musical instrument) two songs or two pieces of your choice which show different styles or tempos.
3. Choose any two of the following activities:
 - (a) Sight read a simple piece of music chosen by the examiner.
 - (b) Demonstrate some musical exercises which improve your playing and singing.
 - (c) Name the parts of your musical instrument or know how your voice works.
 - (d) Know how to look after your instrument or voice.
 - (e) Clap out the rhythm of three pieces played by the examiner.
 - (f) Listen to a piece of music and name some of the musical instruments heard.
 - (g) Know the storyline of an opera, ballet or folk song.

(Note: Passed ABRSM Grade 5 allows exemption.)



My Faith

1. Collect over a period of three months, all you can about being a member of your religious faith. The collection can be a scrap book which may include pictures, photographs, tapes, etc. or may be of anything to do with the life at your place of worship. Before you start making your collection, talk about it with your Cub Scout Leader, someone at home and at your place of worship. You might include:
 - Pictures of important objects at your place of worship
 - Tape-recordings of favourite religious songs
 - Names of people and what they do at your place of worship
 - Special festivals / celebrations
 - Stories you have heard or read from your religious book(s)
 - Some of your favourite prayers
 - A record of any special activity that you take part in, at your place of worship
 - Ways in which you have helped others
 - Any other suitable activity agreed with the examiner.
2. When you have finished your collection show it to your Religious Leader. Tell him/her about all you have done for this badge. Get him/her to endorse your scrapbook.



Naturalist

Choose any three of the following activities:

1. Make a survey of a nature reserve or park area and be able to identify at least six species of wild flowers, grasses or ferns.
2. Keep a record of birds you have spotted over one week and be able to identify at least six wild birds.
3. Make a survey of a pond, river, stream or seashore and be able to identify some animal, insect or plant life you find.
4. Explore the insect life of a particular area and be able to identify some of the types of insects you find.
5. Identify six different trees or shrubs from their leaves, shape, fruit or nuts and make a bark rubbing.
6. Identify six butterflies and or moths and talk to the examiner about their life cycle.

(Note: A Young Botanist / Entomologist / Environmentalist / Ornithologist Badge certificate will qualify for the above badge.)



Navigator

1. Go for a walk or car journey with an adult around your local area, using one or more of the following methods of navigation
 - a. written instructions
 - b. taped instructions
 - c. road signs
 - d. tracking signs
2. Find a number of routes between two given places and choose the most practical and safe for a blind or physically handicapped person. Explain your choice and tell the examiner what could be done to make the route safer.
3. By drawing a map, direct someone from your meeting place to a local railway or bus station, hospital, doctor or post office.
4. Using a local street directory, find certain roads and places of interest as requested by the examiner.
5. Help plan, or take part in, a treasure hunt using clues, directions and signs to reach a secret destination.



Optimist

Organised by Scout HQ

Bronze

To formulate a step-by-step guide for all interested young Cub Scouts to enjoy and fully develop their potentials in sailing the Optimist.

1. Able to swim 50 metres with the aid of life-vest.
2. Attend a lecture on the following topics:
 - Introduction to sailing
 - Parts of the Optimist boat
 - Safety precautions
 - Rigging / De-rigging
 - Points of sails
 - Tacking / Gybing
 - Heave-to
 - Capsize demonstration & drill
 - Basic rules of the sea
 - Rope work.
 - Getting out of irons
 - Weather / Tide / Current
 - Introduction to Troangles & Sausage course
 - Launching / Recovery.

Silver

To assign the young Cub Scout sailors to training classes which measures up to their individual sailing abilities.

Attend a lecture on the following topics:

- Rigging / De-rigging
- Rope work
- Emergencies
- Reading the wind
- Sail trimming
- Short races
- Launching / Recovery

Gold

To maintain and monitor the sailing history of all young Cub Scout sailors.

Attend a lecture on the following topics:

- Boat handling
- Boat tuning
- Racing rules
- The elements
- Racing / Tactics
- Starts / Finishes

A Cub Scout who completes the course will receive a certificate and a badge from the Singapore Scout Association.



Photographer

1. Understand the features of the camera you are using and show that you know about lens focusing and apertures and their use in taking good photographs.
2. Be able to identify good practices and common mistakes in taking photographs.
3. Understand the different types of film available for different types of camera, video or digital camera.
4. Use the above skills and take a set of 12 photographs, or a short movie or video clip on a theme of your choice.
5. Present a display of photographs or a film/video show.



Road Safety

1. Attend and take a Practical Test at the Road Safety Park (2 hours).
 - (a) Identify at least ten traffic signs.
 - (b) Know how to behave as a pedestrian, cyclist or driver.

- (c) Know how to walk safely on roads with no footpaths and knowledge of the unsafe & discourteous acts.
- (d) Know how to cross the road safely and how to use zebra-crossing and railway-crossings.
- (e) Know the dangers of crossing the road.
2. Demonstrate the use of a public telephone and know how to make an emergency telephone call.
 3. Know how to behave safely as a passenger in a car.
 4. Make a poster to promote road safety to pedestrians.
 5. Personal Assignments:-
 - Draw a sketch map of a road with at least 2 traffic signs or signals. Name the road and signals or signs used and why they are used.
 - Keep a scrap book of accident articles and photographs published in a local newspaper.

(Note: A certificate from Road Safety Park or Shell Traffic Game Card will qualify for the above badge.)



Scientist

Choose any three of the following activities from each section (six in total) and demonstrate the experiment to the examiner. Where appropriate explain any conclusions you have made.

The Physical World

1. Make a simple switch from household items and demonstrate how it can be used to control a light bulb and battery.
2. Demonstrate that electrical currents produce magnetic, chemical and heating effects, and explain what happens.
3. Show that hot air rises.
4. Make an artificial rainbow by splitting up a beam of white light.
5. Make a pin-hole camera and understand principles of operation, e.g. size of hole.
6. Keep simple weather records over a month (e.g. rainfall, temperature, cloud cover, wind direction).
7. Make a simple compass and show the effects of metallic and magnetic materials upon it.
8. Make a simple periscope.
9. Demonstrate how to recover dissolved substances from sea water or river water.

The Living World

1. Make some yoghurt and find out how living creatures are involved in the process.
2. Grow cress (or a similar plant) and investigate what happens when light and water are excluded from it.
3. Use a net and jar to find out how many different creatures live in the water and mud at the edge of a pond.
4. Set up a wormery or ant colony and record activity over a few weeks.
5. Grow a bean or pea. When the root and shoot are visible, investigate what happens when the seed is turned upside down and left to continue growing

6. Collect seeds from various plants and discover how these are protected and dispersed.
7. Investigate what happens to your pulse rate before and after exercise.

(Note: A Young Botanist / Chemist / Ecologist / Food Scientist / Physicist Badge certificate will qualify for the above badge.)



Sportsman

1. Show a good sportsmanship in all games and sports in which you take part.
2. Be able to tell the examiner the aims and rules of two sports whether individual or team, indoor or outdoor, e.g. rugby, soccer, cricket, hockey, rounders, horse-riding, judo, archery, basketball, tennis, badminton, squash, gymnastics, golf, snooker, tenpin bowling, table tennis, athletics or any other suitable sport. Knowledge of a junior version sport such as mini rugby is acceptable.
3. Show reasonable proficiency and take part actively in at least one of the above sports on a regular basis.
4. Show that you know the equipment and clothing necessary for the sport selected in part 3 and explain how to look after it.
5. Tell the examiner what training and preparation you take part in for your chosen sport and when you practice.



Swimmer

Bronze

Perform the following:

1. A jump or dive from the side of the swimming pool.
2. Breathing exercise.
3. Front glide.
4. Back glide.
5. Front paddle 10 metres.
6. Back paddle 10 metres.
7. Backstroke, without the use of arms, hands on hips, 10 metres.
8. 25 metres of either breaststroke, front crawl or back crawl.
9. Know the water safety rules and where it is safe to swim locally.

Silver

Perform the following:

1. Tread water for a 1 minute in a vertical position.
2. A surface dive to touch the bottom with both hands in at least shoulder depth water.
3. Mushroom float for 5 seconds.
4. Swim across the width of the pool using any front stroke. At the halfway mark turn over on to the back and finish the distance on any back stroke of your choice.
5. Plunge (dive and glide) as far as possible.
6. Commencing with the appropriate racing start, swim 25 metres front or back crawl.
7. Commencing with the appropriate racing start, swim 25 metres breast or butterfly stroke.

(Note: Requirements 1 to 4 to be performed in shirt and shorts or pyjamas.)

Gold

Perform the following in the order set out:

1. Where possible, dressed in trousers and shirt or pyjamas, enter the water from the side of the pool by a straddle or tuck jump, swim 45 metres.
2. Tread water for 2 minutes in a vertical position.
3. Using any floating object for support, take up and hold the Heat Exposure Lessening Position (H.E.L.P.) for 2 minutes.
4. Swim 400 metres, surface diving once during the swim, and swimming at least 5 metres completely submerged.
5. Climb out from deep water without assistance or the use of steps.
6. Swim 25 metres to the shallow end and tow a conscious casualty on a float back to start point.

(Note: Passed Swimmer (Bronze, Silver and Gold) / Swimming Survival (Bronze, Silver and Gold) / Life Saving (1,2 and 3) will qualify for the respective badge for Bronze, Silver and Gold).



World Faiths

With the help of a leader and the agreement of somebody at home, do either requirements 1 (a) or (b) and requirements 2 and 3.

1. Do one of the following:-
 - (a) Make arrangements and visit a place of worship other than your own and find out some information about the building, its contents and the form of worship performed there
 - (b) Meet someone who belongs to a faith or denomination other than your own and discover how they put their faith into practice in their daily life.
2. Find out about a faith other than your own and tell the examiner about its sacred books, holy places, religious customs and the dates of special festivals.
3. Find out the role of Inter-Religious Consultative Committee in Singapore.



World Friendship

Choose any three of the following activities:-

1. Be a pen friend to a child from another country and write or email to them for at least three months.
2. Recognise the flags from ten countries in the world, five of which must be from outside the Asean Region.
3. Collect at least three coins, stamps and postcards from three different countries in the Asean Region and then discuss with the examiner what you know about the Asean Region. You will need to find out, for example: which countries are in the Asean Region and what the flag looks like.
4. Write a short essay about how Scouts can contribute to world peace.
5. Make a collage, model or chart of the work of the United Nations (UN).
6. Do something to help another country in need at the moment. Perhaps it could be a country that has had severe floods, famine, disease or an earthquake.
7. Draw six National Scout Emblems of Scout Associations in other countries.
8. Mark a world map to show where all the World Jamborees have been held.



World Conservation

Carry out these projects as a member of a group of Cub Scouts (not by yourself). This group may be your Pack, Six or other small group.

1. Maintain a scrapbook on one of the following:-
 - (a) Find some examples showing how man has damaged nature and others showing how man has improved nature;
 - (b) Find examples of where a Country environment is being affected by nature disaster and the results of this.
2. Take part as a group in two projects such as:
 - (a) Clearing a pond or mangrove swamp;
 - (b) Making, setting up and maintaining a bird feeder, bird table, bird nesting box or bird bath.
 - (c) Cultivating and maintaining a garden and compost heap;
 - (d) Tidying up a coastal or seashore area;
 - (e) Organise an anti-litter campaign;
 - (f) Planting a tree or shrub and taking care of it;
 - (g) Any other suitable activity agreed with the examiner.

3. Choose one of the following:
- Make a display to inform others about an animal, bird, plant, fish, etc. which is in danger of extinction:
 - Organise a 'save it' campaign to encourage others to conserve energy (e.g. home insulation, fuel efficient engines, etc.)
 - Take part in or start a re-cycling scheme e.g. bottles, cans, waste paper, plastic, etc.
 - Visit a forest, woods or camp site to take part in a project on tree conservation to discover any trees have been lost and if so, whether any replacement efforts made. With expert help, find out how trees can be cared for.

(Note: Where Cub Scouts are encouraged to carry out a project anywhere near water, for example, clearing a pond or mangrove swamp or tidying up a coastal or seashore area. Cub Scout Leaders must ensure adequate arrangements being made for the safety of the Cub Scouts and the activity is properly supervised.)



Writer

- Make and present a collection of stories and/or poems you have written on a variety of themes.
- Write a report on a recent Cub Scout event for use in a newspaper or magazine and read it to others.
- Write a letter and address an envelope neatly, and show knowledge of postal codes and letter postage rates (e.g. a thank you letter, an invitation, a request for help, a letter to a friend, or any other suitable subject).

Upon completion of the above requirements, get your Akela to endorse your record book. Your Akela will award you with a Proficiency Badge Certificate (see diagram below).



THE SINGAPORE SCOUT ASSOCIATION

Proficiency Badge

This is to certify that

_____ of the _____ Cub Scout Pack

has successfully completed the requirements for the

Proficiency Badge as laid down by the Association

on _____

Number _____

_____ Cub Scout Leader

