

# **JUNIOR RESOURCE MANUAL**

## **Pathfinder Specialty Program**

Jun-97



***FRIEND***

**ACTIVITIES**

**Resource Material**

# FRIEND

## Activities

1. Memorise and explain the Pathfinder Pledge and Law.
2. Know how to purify water and consider Jesus as the water of life.
3. Discuss the temperance principles in the life of Daniel, or participate in a presentation or role play on Daniel 1. Sign an appropriate pledge card.
4. Learn the principles of a healthful diet and prepare a chart on the basic food groups.
5. Complete one of the following honours: cats, dogs, mammals, seeds, bird pets.
6. Identify 10 wildflowers and 10 insects in your area.
7. Know how ropes are made and demonstrate how to care for ropes in the correct manner.
8. Tie and know the practical use of the following knots: overhand, granny, square, slip, double bow, two half hitches, figure of 8 and a bowline.
9. Pass a test in general safety.
10. Know 10 hiking rules.
11. Know what to do when lost.
12. Learn the signs of track and trail. Be able to lay a 2 km trail that others can follow, and be able to track a 2 km trail.
13. Know how to properly use a knife or axe, and know 10 safety rules in their use.
14. Watch a demonstration on how to build a camp shelter and consider Jesus as our refuge place.
15. Hike 3 kms in one hour.
16. Demonstrate baking, boiling and frying of camp food.
17. Participate in a one hour nature appreciation walk and observe nature objects that relates to a Bible passage.
18. Pitch and strike a tent.
19. As a group make a camp bed from natural materials.
20. Know how to build and light a basic fire, using natural materials, and keep it going.
21. Memorise the New Testament books of the Bible and know the four areas into which the books are grouped. Demonstrate your ability to find a given book.
22. Participate in at least 4 club campouts.

## **Activity 1.**

Memorise and explain the Pathfinder Pledge and Law.

---

**Activity Periods** One

### ***Resource Material***

Refer Requirement 3, pg 51 Teacher's Resource Manual Junior

---

---

## **Activity 2.**

Know how to purify water and consider Jesus as the water of life.

---

**Activity Periods** One

### ***Resource Material***

Refer BS Advanced, pg 70 Teacher's Resource Manual Junior

---

---

## **Activity 3.**

Discuss the temperance principles in the life of Daniel, or participate in a presentation or role play on Daniel 1. Sign an appropriate pledge card.

---

**Activity Periods** One

### ***Resource Material***

Refer Requirement 1, pg 107 Teacher's Resource Manual Junior

---

---

## Activity 4.

Learn the principles of a healthful diet and prepare a chart on the basic food groups.

---

**Activity Periods** One

***Resource Material***

Refer Requirement 2, pg 109 Teacher's Resource Manual Junior

---

---

## Activity 5.

Complete one of the following honours: cats, dogs, mammals, seeds, bird pets.

---

**Activity Periods** Four

***Resource Material***

Refer Requirement 2, pp 115-117 Teacher's Resource Manual Junior

---

---

## Activity 6.

Identify 10 wildflowers and 10 insects in your area.

---

**Activity Periods** One + Three on camp out

***Resource Material***

---

---

## Activity 7.

Know how ropes are made and demonstrate how to care for ropes in the correct manner.

---

**Activity Periods** One

### *Resource Material*

Refer Requirement 1, pg 119 Teacher's Resource Manual Junior

---

---

## Activity 8.

Tie and know the practical use of the following knots: overhand, granny, square, slip, double bow, two half hitches, figure of 8 and a bowline.

---

**Activity Periods** Four

### *Resource Material*

Refer Requirement 1, pp 120-122 Teacher's Resource Manual Junior

### The Figure of 8

The Figure Eight

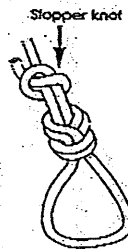
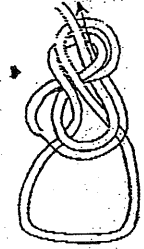
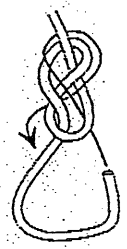
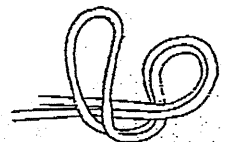
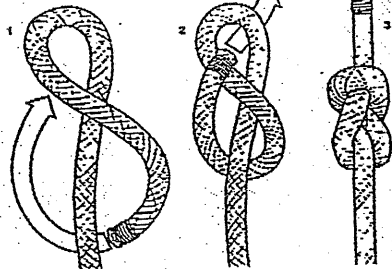


Figure of Eight threaded (for tying on)

## Activity 9.

Pass a test in general safety.

---

**Activity Periods** Two

***Resource Material***

Refer Requirement 3, pp 125-132 Teacher's Resource Manual Junior

---

---

## Activity 10.

Know 10 hiking rules.

---

**Activity Periods** One

***Resource Material***

Refer Requirement 5, pp 138-140 Teacher's Resource Manual Junior

---

---

## Activity 11.

Know what to do when lost.

---

**Activity Periods** One

***Resource Material***

Refer Requirement 5, pp 140-141 Teacher's Resource Manual Junior

---

---



## Activity 12.

Learn the signs of track and trail. Be able to lay a 2 km trail that others can follow, and be able to track a 2 km trail.

---

**Activity Periods** One + Two on camp out

### *Resource Material*

Refer Requirement 6, pp 142-143 Teacher's Resource Manual Junior

---

---

## Activity 13.

Know how to properly use a knife or axe, and know 10 safety rules in their use.

---

**Activity Periods** One

### *Resource Material*

Refer Requirement 2, pp 146-147 Teacher's Resource Manual Junior

---

---

## Activity 14.

Watch a demonstration on how to build a camp shelter and consider Jesus as our refuge place.

---

**Activity Periods** One on camp out

### *Resource Material*

Refer BS Advanced Requirement, pp 70-72 Teacher's Resource Manual Junior

---

---

## Activity 15.

Hike 3 kms in one hour.

---

**Activity Periods** One on camp out

---

---

## Activity 16.

Demonstrate baking, boiling and frying of camp food.

---

**Activity Periods** One on camp out

### *Resource Material*

Refer HF Advanced Requirement, pg 113 Teacher's Resource Manual Junior

---

---

## Activity 17.

Participate in a one hour nature appreciation walk and observe nature objects that relates to a Bible passage.

---

**Activity Periods** One on camp out

### *Resource Material*

Refer Requirement 1, pg 114 Teacher's Resource Manual Junior

---

---

## Activity 18.

Pitch and strike a tent.

---

**Activity Periods** One on camp out

### *Resource Material*

Refer Requirement 4, pp 133-135 Teacher's Resource Manual Junior

---

---

## Activity 19.

As a group make a camp bed from natural materials.

---

**Activity Periods** One on camp out

### *Resource Material*

Refer Requirement 4, pp 136-137 Teacher's Resource Manual Junior

---

---

## Activity 20.

Know how to build and light a basic fire, using natural materials, and keep it going.

---

**Activity Periods** One on camp out

### *Resource Material*

There is only one kind of fire! This is the fire that is easy to light and will continue to burn. This is the basic fire. Climatic conditions determine where or how the basic fire is to be built, which gives rise to the different types of fires. For example, trench or hunters fire for windy conditions, or the alter fire for wet or marshy country. The basic fire is the basis for all types of fires.

For a fire to light and keep burning it requires three things, fuel - this is the combustible material that you build the fire from, oxygen - supplied from the air, and heat - the match. If any of these things are in short supply the fire will not light.

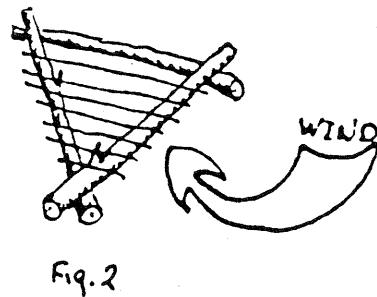
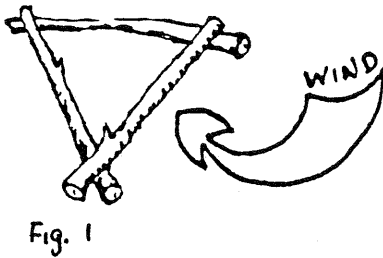
The basic fire is prepared by first clearing the site on which the fire is to be made, from all debris and burnable substances. Next the foundation of the fire is laid by gathering three

sticks, about the thickness of your thumb and between 15 and 20 cm long. These sticks are placed in the cleared site to form a triangle so that one stick is held off the ground by the other two. This stick is placed so that it faces the wind. (see figure.)

Next overlay the triangle with a platform of small twigs which are about the thickness of a straw. (see figure.)

On top of the platform, carefully place the highly combustible material that you wish to use to start the fire. This material can be crumpled paper, pine needles, or crumpled, dried eucalyptus leaves or whatever is available. Over the combustible material build a pyramid structure, starting with extremely thin twigs, and gradually progressing to large twigs about the thickness of your figure. It is important to use lots of small twigs next to the combustible material. With a supply of secondary timber standing by, the fire can be lit.

This is achieved by placing the lighted match under the front stick of the triangle and up through the platform to ignite the combustible material. The triangle and platform, apart from giving access to the centre of the fire with your match, keeps the fire off the ground and allows the air to draw up through the fire to fan it. If there is no wind, gently blowing under the front of the triangle is just as effective. The basic fire is made entirely from primary timber (small and extremely small). Once the fire is started, secondary and tertiary timbers may be added. If this procedure for the basic fire is followed, a successful fire is guaranteed in only a couple of minutes, using only one match.



## **Activity 21.**

Memorise the New Testament books of the Bible and know the four areas into which the books are grouped. Demonstrate your ability to find a given book.

---

**Activity Periods** Four on camp out

### ***Resource Material***

Refer Requirement 1, pp 165-169 Teacher's Resource Manual Junior

---

---

## **Activity 22.**

Participate in at least 4 club campouts

---

---



***COMPANION***

**ACTIVITIES**

**Resource Material**

# COMPANION

## Activities

1. Learn about the detrimental effect of smoking on health and fitness, and write your own pledge of commitment to abstaining from the use of tobacco.
2. Learn how to keep a log.
3. Complete one of the following honours: Birds, Domestic Animals, Ferns, Insects, Poultry, Shells, Trees or Shrubs.
4. Complete section 1. - **the Map**, of the Map and Compass honour.
5. Complete section 3. - **Direction without the aid of a compass**, of the Map and Compass honour.
6. Know at least six points for the selection of a good camp site.
7. Review the Friend knots.
8. Tie and know the practical use of the following knots: sheet bend, sheepshank, fisherman's knot, timber hitch, taut line hitch.
9. Pass a test in Companion First Aid.
10. Discuss the safety rules in lighting a fire.
11. Discuss with your leader physical fitness and regular exercise as they relate to healthful living.
12. Hike 8 kms and keep a log.
13. Participate in a nature game or participate in a one hour nature appreciation walk.
14. Identify and describe ten birds and ten trees.
15. Learn the four basic lashings; square, diagonal, sheer and continuous, and as a group build an article of camp furniture.
16. Build five different fires and describe their use.
17. Cook a camp meal without the aid of utensils.
18. Read the gospel of Matthew in any translation, and commit to memory the Lord's Prayer. Matthew 6:9-13
19. Memorise the Old Testament books and know the five areas into which the books are grouped. Demonstrate your ability to find any given book.
20. Participate in at least 4 club campouts.



# Activity 1

Learn about the detrimental effect of smoking on health and fitness, and write your own pledge of commitment to abstaining from the use of tobacco.

---

**Activity Periods** One

## *Resource Material*

Refer Requirement 3, pp 195-196 Teacher's Resource Manual Junior

---

---

# Activity 2

Learn how to keep a log.

---

**Activity Periods** One

## *Resource Material*

A log is a personal written record of the information obtained about a camp, expedition or day hike. The log contains detailed information about routes, equipment, camp site, distances, terrain, scenery, etc. and any personal remarks that the writer would like to make that they consider would be helpful for themselves or for others in the future.

Logs for expedition type camping are usually the most comprehensive and therefore we will only discuss this type of log.

The log consists of three main sections. The pre-log, 'diary' and the post-log.

Pre-log. The pre-log is completed by the camper before the camping trip starts and is generally of standard format for all camps and should contain the following information:

- \* Camp leader
- \* Name of campers in group
- \* Map name and number, or numbers, to be used on the camp
- \* Personal list of all equipment taken
- \* Copy of personal food menu for the camp
- \* List of all the weights of the food and equipment taken on the camp
- \* Basic outline of the camp program

Diary. The 'diary' section of the log is the part completed during the actual camp and is the

most comprehensive part of the log, and should contain all the personal information and impressions of the writer. In this section the writer should include such information as grid references for all camp sites, detailed information about the routes travelled, distances between rest stops, giving grid references for the stop locations, information about the terrain between rest stops, the time between rest stops etc.

As mentioned the 'diary' section of the log should also contain any impressions or feelings that the writer might have about the particular section of the camp they are writing. They may wish to include personal difficulties they had with parts of the route or parts of the route that they found easy. Difficulties with equipment taken, or equipment they wish they had taken. It can also contain information about the flora and fauna observed.

Post-log. The post-log is probably the most neglected part of the log but it is just as important as the other two sections. The post-log is the summing up of the camp and is completed when the camp is over. In this part of the log the writer makes recommendations to him/herself to help him/herself with any future camp. In this section the writer might make the following types of comments; 'Really needed an extra pair of soaks, must take them next time'; or 'Took 24 weet-bix, but brought 20 of them home, need to cut down next time'; or 'Carried that axe with me all week-end, didn't use it once - can stay home next time'.

---

---

## Activity 3

Complete one of the following honours: Birds, Domestic Animals, Ferns, Insects, Poultry, Shells, Trees or Shrubs.

---

**Activity Periods** Four

### *Resource Material*

Refer Requirement 2, pp 200-204 Teacher's Resource Manual Junior

---

---

# Activity 4

Complete section 1. - the Map, of the Map and Compass Honour.

---

**Activity Periods** Three

## *Resource Material*

Map and Compass Honour notes.

---

---

# Activity 5

Complete section 3. - Direction without the aid of a compass, of the Map and Compass Honour.

---

**Activity Periods** Two + one on camp out

## *Resource Material*

Map and Compass Honour notes.

---

---

## Activity 6

Know at least six points for the selection of a good camp site.

---

**Activity Periods** One

### *Resource Material*

Refer Requirement 2, pp 211-212 Teacher's Resource Manual Junior

---

---

## Activity 7

Review the Friend knots.

---

**Activity Periods** Two

### *Resource Material*

Refer Requirement 1, pp 120-122 Teacher's Resource Manual Junior

---

---

## Activity 8

Tie and know the practical use of the following knots: sheet bend, sheepshank, fisherman's knot, timber hitch, taut line hitch.

---

**Activity Periods** Three

### *Resource Material*

Refer Requirement 3, pp 213-214 Teacher's Resource Manual Junior

---

---

## Activity 9

Pass a test in Companion First Aid.

---

**Activity Periods** Two + two on camp out

### *Resource Material*

Refer Requirement 4, pp 217-221 Teacher's Resource Manual Junior

---

---

## Activity 10

Discuss the safety rules in lighting a fire.

---

**Activity Periods** One

### *Resource Material*

Refer Advanced Requirement 1, pp 223-224 Teacher's Resource Manual Junior

---

---

## Activity 11

Discuss with your leader physical fitness and regular exercise as they relate to healthful living.

---

**Activity Periods** One on camp out

### *Resource Material*

Refer Requirement 2, pp 194-195 Teacher's Resource Manual Junior

---

---

## Activity 12

Hike 8 kms and keep a log.

---

**Activity Periods** One on camp out

---

---

## Activity 13

Participate in a nature game or participate in a one hour nature appreciation walk.

---

**Activity Periods** One on camp out

### *Resource Material*

Refer Requirement 1, pp 114,1115 Teacher's Resource Manual Junior

---

---

## Activity 14

Identify and describe ten birds and ten trees.

---

**Activity Periods** Three on camp out

---

---

# Activity 15

Learn the four basic lashings; square, diagonal, sheer and continuous, and as a group build an article of camp furniture.

---

**Activity Periods** Three on camp out

## *Resource Material*

Refer Requirement 3, pp 214-216 Teacher's Resource Manual Junior

---

---

# Activity 16

Build five different fires and describe their use.

---

**Activity Periods** Two on camp out

## *Resource Material*

Refer CS Advanced, pp 222-223 Teacher's Resource Manual Junior

---

---



## Activity 17

Cook a camp meal without the aid of utensils.

---

**Activity Periods** One on camp out

### *Resource Material*

Refer Requirement 2, pp 224-226 Teacher's Resource Manual Junior

---

---

## Activity 18

Read the gospel of Matthew in any translation, and commit to memory the Lord's Prayer.  
Matthew 6:9-13

---

**Activity Periods** Two on camp out

---

---

## Activity 19

Memorise the Old Testament books and know the five areas into which the books are grouped. Demonstrate your ability to find any given book.

---

**Activity Periods** Four on camp out

### *Resource Material*

Refer Requirement 1, pp 57-61 Teacher's Resource Manual Junior

---

---

## Activity 20

Participate in at least four club campouts.

---

---

***EXPLORER***

**ACTIVITIES**

**Resource Material**

# EXPLORER

## Activities

1. Be able to identify Achernar, the Southern Cross, the Pointers, and Orion. Know the significance of Orion as told in 'Early Writings'.
2. View an audio/visual or participate in a discussion on the physical effects of the drug alcohol on the body. Write and sign a pledge card choosing a life style free from alcohol.
3. Identify three planets, five stars, and five constellations.
4. Complete one of the following honours; Amphibians, Birds, Flowers, Stars, or weather.
5. Review the points of a good camp site.
6. Pass a test in Explorer First Aid.
7. Complete one recreational honour not previously earned, or one nature honour in addition to activity 4.
8. Review the Friend and Companion knots, and learn the Tape knot.
9. Plan a menu for a three day camping trip for four people.
10. Have a basic knowledge of the use of a two way radio.
11. Complete section 2 - **The Compass**, of the map and compass honour.
12. Complete section 4 - **Practical**, of the map and compass honour., and keep a log.
13. Identify six tracks of animals or birds. Make a plaster cast of two tracks.
14. Plan and cook two camp meals.
15. Review the four basic lashings and build one article of camp furniture.
16. Read the gospel of John in any translation, and discuss in your group any one of the following:

Humility	John 13:12-17
Lord's Promise	John 14:1-3
Vine and Branches	John 15:5-8
17. Understand and be able to explain the meaning of Proverbs 20:1 and Proverbs 23:29-32
18. Become familiar with the use of a Concordance.
19. Participate in at least four club campouts.

# Activity 1.

Be able to identify Achernar, the Southern Cross, the Pointers, and Orion. Know the significance of Orion as told in 'Early Writings'.

---

**Activity Periods** One + one on camp out

## *Resource Material*

Refer Advanced Requirement pp 252 Teacher's Resource Manual Junior

---

---

# Activity 2.

View an audio/visual or participate in a discussion on the physical effects of the drug alcohol on the body. Write and sign a pledge card choosing a life style free from alcohol.

---

**Activity Periods** One

## *Resource Material*

Refer Requirement 1. pp 279 Teacher's Resource Manual Junior

---

---

## Activity 3.

Identify three planets, five stars, and five constellations.

---

**Activity Periods** Two + one on camp out

### *Resource Material*

Refer Requirement 1. pp 282-288 Teacher's Resource Manual Junior

---

---

## Activity 4.

Complete one of the following honours; Amphibians, Birds, Flowers, Stars, or weather.

---

**Activity Periods** Four

### *Resource Material*

Refer Requirement 2. pp 289-292 Teacher's Resource Manual Junior

---

---

## Activity 5.

Review the points of a good camp site.

---

**Activity Periods** One

### *Resource Material*

Refer Requirement 1. pp 294-295 Teacher's Resource Manual Junior

---

---

## Activity 6.

Pass a test in Explorer First Aid.

---

**Activity Periods** Four

### *Resource Material*

Refer Requirement 2. pp 296-301 Teacher's Resource Manual Junior

---

---

## Activity 7.

Complete one recreational honour not previously earned, or one nature honour in addition to activity 4.

---

**Activity Periods** One + two on camp out

### *Resource Material*

---

---

# Activity 8.

Review the Friend and Companion knots and learn the Tape knot.

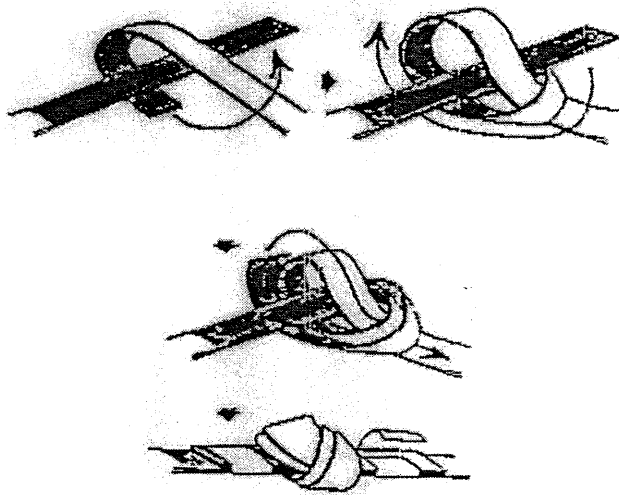
---

**Activity Periods** Two

## *Resource Material*

Refer Requirement 1. pp 120-122 Teacher's Resource Manual Junior  
Refer Requirement 3. pp 213-214 Teacher's Resource Manual Junior

**Tape Knot**





## Activity 9.

Plan a menu for a three day camping trip for four people.

---

**Activity Periods** One

### *Resource Material*

Refer Requirement 2. pp 310-312 Teacher's Resource Manual Junior

---

---

## Activity 10.

Have a basic knowledge of the use of a two way radio.

---

**Activity Periods** One + one on camp out

### *Resource Material*

## Activity 11.

Complete section 2 - **The Compass**, of the map and compass honour.

---

**Activity Periods** Two + one on camp out

### *Resource Material*

Map and Compass honour notes

---

---

## Activity 12.

Complete section 4 - **Practical**, of the map and compass honour, and keep a log.

---

**Activity Periods** Two on camp out

### *Resource Material*

Map and Compass honour notes

---

---

## Activity 13.

Identify six tracks of animals or birds. Make a plaster cast of two tracks.

---

**Activity Periods** Three on camp out

### *Resource Material*

Refer Advanced Requirement pp 292-293 Teacher's Resource Manual Junior

---

---

## Activity 14.

Plan and cook two camp meals.

---

**Activity Periods** One on camp out

### *Resource Material*

---

---

## Activity 15.

Review the four basic lashings and as a group build one article of camp furniture.

---

**Activity Periods** One on camp out

### *Resource Material*

Refer Advanced Requirement 1. pp 307-309 Teacher's Resource Manual Junior

---

---

## Activity 16.

Read the gospel of John in any translation, and discuss in your group any one of the following:

John 13:12-17	Humility
John 14:1-3	Lord's Promise
John 15:5-8	Vine and Branches

---

**Activity Periods** Two on camp out

### *Resource Material*

Refer Requirement 3. pp 247-248 Teacher's Resource Manual Junior

---

---

## Activity 17

Understand and be able to explain the meaning of Proverbs 20:1 and Proverbs 23:29-32

---

**Activity Periods** One on camp out

---

---

## Activity 18

Become familiar with the use of a Concordance.

---

**Activity Periods** One on camp out

### *Resource Material*

Refer Requirement 1. pp 244-245 Teacher's Resource Manual Junior

---

---

## Activity 19

Participate in at least four club campouts.

---

---