



2020 Cub Scout Backyard Challenge



Fitness in the Backyard

Category: Health & Fitness

Difficulty: Intermediate

Description:

Keeping physically fit is important. Try some of the below. For an extra challenge practice every day and keep track of it on the last page. Send us a picture or video of you doing your favorite one!

BE CAREFUL! IF ANY PART OF YOUR BODY STARTS TO HURT, STOP IMMEDIATELY!

- How fast can you complete a 20-yard dash?
- How high can you jump straight up? Can you tap a 5' mark? a 6' mark? Higher?
- How many times can your arm curl a 5-pound weight in one minute? Is your right arm stronger than your left?
- How many push-ups can you do in one minute?
- How many sit-ups or crunches can you do in one minute?
- How many times can you jump rope without missing?
- Practice balancing as you walk forward, backward, and sideways along a 10-foot chalk line.

Try doing the following:

- front roll - How many can you do?
- frog stand - How many seconds can you hold it?
- frog leap - How many can you do in one minute?
- inchworm walk - How far can you go in one minute?

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- kangaroo hop - How many can you do in one minute?
- crab walk - How far can you go in one minute?

Play catch with someone in your family who is standing 10 steps away from you. Take a step back and see if you can improve your throwing and catching ability.

Physical Activities Tracker

		Week 1	Week 2	Week 3	Week 4
		Date:	Date:	Date:	Date:
20-Yard Dash	Time:				
Vertical Jump	Height:				
Lifting a 5 lb. Weight	Reps in 1 minute	R: L:	R: L:	R: L:	R: L:
Push Ups	How Many In 1 Minute:				
Sit Ups	How Many In 1 Minute:				
Jumping Rope	Jumps Without Missing:				
Balancing	How Many Seconds:				
Rolls	How Many:				
Frog stand	How Many Seconds:				
Frog Leap	How Many in 1 Minute:				
Inchworm Walk	How Far in 1 Minute:				
Kangaroo Hop:	How Many in 1 Minute:				
Crab Walk	How Far in 1 Minute:				
Catch	Distance from Your Partner				





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Sports Skills

Category: Health & Fitness

Difficulty: Intermediate

Description:

Let's have some fun with sports! Maybe your team hasn't practiced together in a while, but here are some drills you can do to improve your skills!

Use chalk on a sidewalk or driveway to mark cones or lines on a field.

Send us a video!

Basketball

Baseball

Soccer

Tennis

Fencing

(Use a pool noodle)

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Running

Football

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Make a Cookbook

Category: Nutrition & Cooking

Difficulty: Intermediate

Description:

Here are some recipes you can use to create your cookbook. Pick one and try it out!

Dutch Oven Apple Pie: <https://youtu.be/wpWp74eM8cY>

Peach Cobbler: <https://youtu.be/PGYGMLCN4f0>

Dutch Oven Mountain Man Breakfast Recipe: <https://www.allrecipes.com/recipe/216742/dutch-oven-mountainman-breakfast/>

Homemade Ice Cream recipe – fun and simple fun recipe: <https://youtu.be/N4ztYjFwxmI>

Trail mix-you can combine cheerios, nuts, raisins, plain m&m's chocolate (if it is going on a hot hike so it will melt), Chex cereal.

How to make butter. All you need is heavy cream and a baby jar, mason jar or any size container with a secure lid: <https://youtu.be/3a750bmDsYM>

How to hard boil eggs recipe: <https://youtu.be/Pjo1qpQ7efk>

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Dutch Oven Cornbread Recipe: <http://www.dutchovendude.com/recipes/cornbread-1344.php>

Dutch Oven Monkey Bread recipe-simple, easy, fun and mouthwatering:
<https://50campfires.com/dutch-ovenmonkey-bread/>

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Make a Hard Boiled Egg

Category: Nutrition & Cooking

Difficulty: Intermediate

Description:

How to hard boil eggs recipe:

<https://youtu.be/Pjo1qpQ7efk>

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2020 Cub Scout Backyard Challenge



Plan, Shop & Prepare Lunch

Category: Nutrition & Cooking

Difficulty: Intermediate

Description:

Walking Tacos:

We always try to fit these tacos into every camp week because they are a fan favorite. Not only are these tacos delicious, they are fun to shop for, easy to prepare and quick for cleanup.

Ingredients:

- Single serve bag of Doritos (or Fritos) - one person
- 2 lbs of taco meat ready (we use our homemade taco seasoning mix)
- Favorite taco toppings (chopped lettuce, tomatoes, homemade guacamole, shredded cheese, or sour cream)

IMAGE

How to make Walking Tacos:

1. Prepare your taco meat. We like to use our Homemade taco seasoning mix recipe and I even like

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to add in 1/4 cup of salsa to our taco meat. (A parent will need to help you with this part, but you can prepare over the stove, over a fire or even in a crock pot)

2. Prepare the taco toppings.

3. You will need at least one bag of single serve Doritos for every person. We buy ours in bulk at Sam's or online on Amazon.

4. Each person will crush their bag of chips to crunch up the Doritos.

5. Cut open the bag of Doritos

6. Spoon the Taco meat inside and then top with your favorite taco toppings.

7. Stir with a spoon and eat straight from a bag!

IMAGE

Change up the classic Walking Tacos Recipe:

This Walking Tacos recipe is easy to change up, just by changing your chips.

We have eaten them with regular Doritos, but you can try the Cool Ranch Doritos, or even Fritos. One of my kids wanted to make them with some Flamin' Hot Cheetos, which I bet would be good too.

The fun thing about this Walking tacos recipe is that everyone will love it and they can make it their way just by changing the chips and by adding in what they want.

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Intermediate First Aid

Category: Scout Skills

Difficulty: Intermediate

Description:

Please read the following and go to the next page

When to Call 911

You should only call 911 if there is an emergency and you need help right away from the police, fire fighters or an ambulance

So how do you know if there is an emergency?

There are two questions you can ask yourself to help determine if the situation is an emergency and you should call 911.

The first question you should ask yourself is:

Do I need help fast from the police, fire department or ambulance?

The second question you can ask is:

Is there a danger to anyone's health, safety or property?

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If you answer yes to either or both of these questions then you need to call 911 right away!

Please read the following and go to the next page

CALLING 911

If you have time, it is best to write down the following information before calling 911:

- Location of the victim
- Description of the injury or illness
- Time the injury or illness occurred
- Treatment the victim has received
- Number of people with the victim and their general skill level of first aid
- Requests for special assistance or equipment, including food, shelter, or care for nonvictims

When you call, do not hang up until the operator tells you it's OK to do so.

IMAGE

TABLE/CHART

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Scout Oath & Law

Category: Scout Skills

Difficulty: Intermediate

Description:

Here are a few videos to help you learn the Scout Oath and Law. See if you can memorize both the Scout Oath and Law.

Watch this video <https://youtu.be/iajE6-kh9wY> with a game memorizing the Scout Law.

Watch this on the scout oath: <https://youtu.be/A1e9oWYo4tU>.

Watch this video on the Scout Law, Scout Oath, Scout Motto and Scout Slogan:
<https://youtu.be/Zy2MIAYHSUg>.

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Learn the Outdoor Code

Category: Scout Skills

Difficulty: Intermediate

Description:

The Outdoor Code is one of the most important foundations of Scouting. Similar to the Scout Oath or Scout Law, the Outdoor Code is your promise to care for the environment and leave no trace. You will need to know and understand the Outdoor Code to earn adventures in Cub Scouting, yet too many scouts forget the meaning behind this promise later on in their Scouting careers. Every Scout who is spending time outdoors should be familiar with the Outdoor Code. It is equally important if you are just spending a few hours in your backyard or spending the weekend hiking or camping.

What is the Outdoor Code? Take a moment now to learn or re-familiarize yourself with the code. Read it aloud if that helps you better remember:

IMAGE

When was the outdoor code established? The Outdoor Code was first publicized in March of 1954. Premiering in an edition of Boys' Life magazine, the Outdoor Code actually served as a replacement to the Outdoor Life Magazine Conservation Pledge (Shown below).

IMAGE

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The Conservation Pledge was included in the Boy Scout Handbook (now BSA Scouts Handbook) from 1948-1954. However, following February 1955, the Outdoor Code replaced the Conservation Pledge in the handbook, becoming an official requirement the very same year. Although the Outdoor Code never achieved the same popularity as the Scout Oath or Scout Law, it has remained a cornerstone of Scouting and has seen very few revisions over the years. In fact, only the descriptions behind the code have been changed. Below is the current Outdoor Code, as published in your Scout Book:

The Outdoor Code

As an American, I will do my best to-

Be clean in my outdoor manners

- I will treat the outdoors as a heritage.
- I will take care of it for myself and others.
- I will keep my trash and garbage out of lakes, streams, fields, woods, and roadways.

Be careful with fire

- I will prevent wildfire.
- I will build my fires only where they are appropriate.
- When I have finished using a fire, I will make sure it is cold out.
- I will leave a clean fire ring or remove all evidence of my fire.

Be considerate in the outdoors

- I will treat public and private property with respect.
- I will use low-impact methods of hiking and camping.

Be conservation minded

- I will learn how to practice good conservation of soil, waters, forests, minerals, grasslands, wildlife, and energy.
- I will urge others to do the same.

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What the Outdoor Code Means to You...

Let us go a little deeper into each of the principles of the Outdoor Code. There are some questions to help you apply them to your own pack's activities. Hopefully, this will help you to better understand the concepts, and more easily use them the next t

1) As an American, I will do my best to be clean in my outdoor manners: This means to leave no trace. Literally no one should be able to tell you were even there. By being clean in the outdoors, you are making sure never to leave a mess, whether it's food scraps, environmental damage, or human waste. Here are some questions on ways of incorporating this first principle into your next outing:

- Why should you carry out all your garbage? “We want to leave no trace. Animals will dig it up”
- Are you allowed to burry or burn trash? “No! pack it in, pack it out”
- Should we pick up trash left behind by other people? “Yes, always carry a trash bag on any outing”

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Backyard Camping

Category: Scout Skills

Difficulty: Intermediate

Description:

That's right! Turning your backyard into your own personal campsite, it's a fun and pretty easy way to experience the great outdoors.

Make a plan for activities and plan a menu that could be prepared ahead or cooked outside at a fire, which adds to the experience. The more we make this like a real camping trip, the more of an adventure it will be. Once you've got a plan for activities and meals ...

IMAGE

Grab your tent and the rest of your family if they want to join you and head out the great backyard! Look around and pick the best spot in your yard.

If you have a fire pit of some sort having this near your camp sight, adds to the fun, what's more fun than cooking over the fire on a camping trip.

Set up your sight including a spot to prepare and eat your meals. Remember, just like camping anywhere else, having food in your tent is never a good idea unless you want uninvited guests to come through in the middle of the night looking for food.

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Once you have a sight plan, set up your tent. If you have access to electricity at your sight you could string some lights around your sight or even inside your tent to add to the fun.

IMAGE

After your tent is up and your sight is prepared you could enjoy some outside activities, like a scavenger hunt or Camping Bingo.

After a few outside games or activities, start to prepare your meal, enjoy it, and clean up. Let's not forget our Leave No Trace principals.

If you hadn't lit a fire to cook dinner now is a great time to light a fire, make some s'mores, tell some stories or jokes, sing a few songs and possibly even perform a simple skit.

IMAGE

Catch some fireflies and put them in a mason jar for a short time to observe the light show. Remember: Once the light show is over, it's time for the fireflies to return to the wild.

Time to settle in for a peaceful night sleep as you dream of the fun you had with Backyard Camping!

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Flag Etiquette

Category: Scout Skills

Difficulty: Intermediate

Description:

Here are some basic rules and guidelines for caring for, flying, and folding the US Flag

Information courtesy of http://www.scoutingbsa.org/council_info/misc/flag_regulations.html and <https://www.almanac.com/content/us-flag-etiquette-rules-and-guidelines#:~:text=The%20flag%20should%20never%20touch,or%20damaged%20in%20any%20way.>

Caring for the Flag

- The flag should never touch anything beneath it, such as the ground, the floor, water, or merchandise.
- The flag should never be carried flat or horizontally, but always aloft and free.
- The flag should never be fastened, displayed, used, or stored so that it might be easily torn, soiled, or damaged in any way
- The flag should never be used as covering for a ceiling.

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- The flag should never have anything placed on it.

Flying the Flag

- The flag should never be displayed with the union (stars) down, unless as a signal of dire distress.
- It is the universal custom to display the flag only from sunrise to sunset on buildings and on stationary flagstaffs in the open. However, when a patriotic effect is desired, the flag may be displayed twenty-four hours a day if properly illuminated during the hours of darkness.
- The flag should not be displayed on days when the weather is inclement, except when an all-weather flag is displayed.
- The flag should never be used as covering for a ceiling.
- The flag should never have anything placed on it.
- The flag should never be used for any advertising purpose, nor embroidered on cushions or handkerchiefs, printed on paper napkins or boxes, nor used as any portion of a costume.

IMAGE

Folding the Flag

Pictures courtesy of ushistory.org

IMAGE

IMAGE

IMAGE

IMAGE

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Backyard Scavenger Hunt

Category: Just For Fun

Difficulty: Intermediate

Description:

Print and Go!

FREE TO BE

SCAVENGER HUNT

Can you find them all?

Table/Chart w/pictures

IMAGE

IMAGE

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Clean Something Rusty

Category: STEM

Difficulty: Intermediate

Description:

The best way to deal with rust is to prevent it by keeping metal surfaces dry. Of course, this is not always possible. You could buy rust removal products containing toxic chemicals that are both bad for the environment and dangerous to keep around young children and pets. But there are many safer solutions, and you probably already have everything you need for them at home. Here are six safe and easy rust removing tricks to get you started.

6 Easy Ways to Remove Rust:

1. **Scrub.** A good place to begin is simply scrubbing the rusty surface with steel wool, sandpaper, a wire brush, or even a crumpled ball of tin foil. If the metal hasn't rusted too deeply, a little elbow grease will go a long way. But even if the rust is deep, it's a good idea to eliminate outer flakes of rust first before using other methods.
2. **White vinegar.** For more stubborn rust, try using white vinegar. The acetic acid in this common household product is acidic enough to dissolve rust. You can soak smaller things like earrings, wipe vinegar onto a surface with an old cloth, or just pour it directly over rust spots or bolts and screws that have rusted together. Be sure to rinse items thoroughly after the rust has dissolved, since vinegar left on the metal could damage the surface.

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3. Baking soda is great for cleaning lots of household messes, but have you ever tried it on rust? Make a paste by mixing it with water, making sure it is thick enough to stick to the rusted surface. Let it sit for a while and then scrub it off with steel
4. Spuds to the rust rescue. Have an extra potato lying around? You can use a slice of it to scrub rusted surfaces—this works especially well for knife blades, pots, and pans. Sprinkle a little salt or baking soda onto the potato and then rub it over the rust spot, or just insert the knife into a potato and let it sit. The oxalic acid in the potato helps to dissolve the rust.
5. Lemon juice can also dissolve rust—sprinkle some coarse salt onto the rust, then add lemon juice. Don't let it sit too long, or it might cause damage. Wipe off the juice and rinse. Try mixing lemon juice with a little vinegar for an extra strong solution. Not only will you be rust-free, but whatever you are cleaning will smell like citrus!
6. Does cola really remove rust? If you've ever dropped a penny in a glass of Coke, you were probably impressed (or alarmed) that the penny came out clean. Cola and other soft drinks contain high levels of phosphoric acid (a common ingredient in store-bou

Once you've finished, rinse and dry all surfaces completely—if you leave items wet, they'll just rust again! You may want to prime and repaint things like bicycles, lawn furniture, or any surface that will face continuous exposure to wet weather. Also be sure to check bikes (especially the chains) for any damage deep rust might have caused before you start using them again.

Now, get your gloves and go find something rusty. Make that crumpled up ball of tin foil and rub off all the loose, flaky bits. Now find a container big enough to hold your object, go outside and soak it in white vinegar. Watch the little bubbles start

I bet you are really curious to put a dirty penny some Coke. What are you waiting for?

Do the other methods clean pennies too?

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Popsicle Stick Catapult

Category: STEM

Difficulty: Intermediate

Description:

Design 1: Catapult with Popsicle Sticks, Rubber Bands, and Spoon

Materials:

1. Popsicle Sticks or Craft Sticks
2. Rubber Bands
3. Plastic Spoon
4. Soft Ammunition – Styrofoam Balls or Marshmallows

IMAGE

Directions:

1. Make a stack of 7 popsicle sticks and use rubber bands to tie them together on both ends.

IMAGE

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2. Make a stack of 2 popsicle sticks and use a rubber band to tie them together on one end only.

IMAGE

3. Pull the 2 popsicle sticks apart and wedge the stack of 7 popsicle sticks between them.

IMAGE

4. Use two rubber bands, secure the plastic spoon to the upper popsicle stick.

IMAGE

5. Place the ball onto the spoon.

6. Hold the catapult with one hand, use the other hand to push down the spoon.

IMAGE

7. Release the spoon and watch the ball fly!

Design 2: Catapult with Popsicle Sticks, Rubber Bands, and Bottle Cap

This popsicle stick catapult design is very similar to the one above, except you are replacing the spoon with the bottle cap. To do this, you need a hot glue gun and a cap from a water bottle or sports drink bottle.





2020 Cub Scout Backyard Challenge



Make a Boat & Make it Float

Category: Crafts

Difficulty: Intermediate

Description:

Your first mission, if you decide to accept it, is to build a Rain Gutter Regatta boat out of recycled materials. The object is to take items that can be reused and recycled to make your model boat. How hard can that be? Remember, your boat has to be wind powered and be buoyant enough to float. No one said anything about having to go straight, but you can work on that.

Your second mission, if you dare to attempt, is to build a Rain Gutter Regatta boat made out of organic items like banana peels, eggshells and hull shaped ingredients. Don't call me crazy! I would never ask you to do something I have not tried myself. What is a hull shaped ingredient? Hint: What can you cut in half, hollow out and make into a boat?

Best Part! You need to devise a way to float and sail your creations.

Even better if you post pictures on your council's Facebook forum site.

Please dismantle your boat and recycle the parts that are not trash.

After we get back to meeting with the Pack again, how about telling your Cubmaster how much fun you had making your own Rain Gutter Regatta boats and convince your Pack to hold a Reduce, Reuse, and Recycle Rain Gutter Regatta.

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Good Luck and Have Fun!

Fair Seas and Following Winds...

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Make a Mask

Category: Crafts

Difficulty: Intermediate

Description:

Here we go! What scouts don't like making and wearing masks?

Not the kind for safety...but the kind for fun!

Let's make a mask of your favorite barnyard animal or vegetable. Yes, a vegetable! It may seem a little corny but don't be a coward.

Gather some craft supplies:

- construction paper
- paper plates
- some string and or elastic
- colored pencils markers or crayons
- poster paints

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- craft sticks

Start by creating the face piece with either a paper plate and or construction paper and use the string or elastic to hold it on.

Next, decorate and/or color it to resemble your favorite thing in the barnyard. When you're done send us a picture and we'll post it if you'd like.

IMAGE

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2020 Cub Scout Backyard Challenge



Make a Neckerchief Slide

Category: Crafts

Difficulty: Intermediate

Description:

What scout doesn't like making and wearing unique neckerchief slides?

Here's an opportunity to make one around the barnyard theme. It can be anything you'd find in the barnyard.

- a piece of farm equipment, like a tractor
- a fruit or vegetable
- your favorite barnyard animal

You could use any materials you'd like. Just keep in mind you'll need to have a backer that you could slide onto your neckerchief. Backers could be either a small piece of 1" pvc tubing, a pipe cleaner, or some other ring type material.

The only real limit is your imagination. Once it's done send us photo with you wearing it and if you'd like we'll post it.

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