

Pathfinder Name \_\_\_\_\_

Pathfinder Class \_\_\_\_\_

## Castle Hill Pathfinders 2020 Revised Curriculum - Juniors

Pathfinders 2020 is looking a little different as we deal with the effects of COVID19. As such we are going to be missing a few Pathfinder events for the year. At this stage we are unsure when we will be able to meet again as a club. So, in the meantime and in order to be invested, we need you to complete some requirements at home.

Below is a list of activities / honours with links on how to complete them (make sure you keep all your evidence to be submitted). We have allocated hours against each activity. You can pick and choose activities that are interesting to you, or that you wish to learn about. We need you to complete a **total of 15 hours** until we can meet again in person. Remember, take photos, keep logs, make notes and fill in worksheets in order to provide enough evidence to your Pathfinder Leaders and ultimately District Directors that you have adequately completed each activity.

	Activity	Links	Hours counted	Information on how to record evidence
1	Tie and know the practical use of the following knots: - square - granny - slip double bow 	<a href="https://www.youtube.com/watch?v=rdCCQOc7-j0">https://www.youtube.com/watch?v=rdCCQOc7-j0</a> <a href="https://www.youtube.com/watch?v=6Bb6MeVQuwY">https://www.youtube.com/watch?v=6Bb6MeVQuwY</a> <a href="https://www.youtube.com/watch?v=niEvBoixvGM">https://www.youtube.com/watch?v=niEvBoixvGM</a>	30 min	Take a photo of yourself with each knot
2	Use the Chart and Prepare a Healthy Food Pyramid	<a href="http://www.nourishinteractive.com/system/assets/free-printables/6/kids-food-servings-food-groups-servings-pictures-kids-printable-guidelines-food-portions.pdf?1340218562">http://www.nourishinteractive.com/system/assets/free-printables/6/kids-food-servings-food-groups-servings-pictures-kids-printable-guidelines-food-portions.pdf?1340218562</a>	1 hour	Design a Healthy Food Pyramid on an A4 sheet of paper and keep in your portfolio for handing in
3	Help someone in need; Letterbox help cards to people in your neighbourhood	<a href="https://disciple.org.au/resources/calling-cards/">https://disciple.org.au/resources/calling-cards/</a>	30 min to 2 hrs depending	Keep a copy of one of the cards you handed out and write a few sentences on what you did to help someone
4	Read Matt 28 :18-20 and then watch the video on sharing Jesus with others	<a href="https://www.youtube.com/watch?v=1VUyn9SBS4I">https://www.youtube.com/watch?v=1VUyn9SBS4I</a>	30 min	Write out one verse of Matt 28:18-20 and keep in your portfolio for handing in

	<b>Activity</b>	<b>Links</b>	<b>Hours counted</b>	<b>Information on how to record evidence</b>
5	Pitch a tent in your backyard. If you don't have a tent - make a cubby house in your lounge with sheets and chairs - you could even spend the night there (bonus 1 hour) - check with mum and dad first		1.5 hours (+1bonus)	Take a photo of you in your tent / cubby house
6	Know 10 hiking rules and know what to do when lost.	<a href="https://www.dropbox.com/s/u4lf4vz92rabdc6/Hiking%20Rules%20-%20Pathfinders.pdf?dl=0">https://www.dropbox.com/s/u4lf4vz92rabdc6/Hiking%20Rules%20-%20Pathfinders.pdf?dl=0</a>	1.5 hours	Make a video of yourself explaining these rules to mum or dad. Don't forget to write them down for your portfolio - you'll need to know these rules when we go hiking soon !
7	Cook a Healthy Meal for your family that you would have on a hike camp. Cook it on your camp stove - you could even roast some marshmallows		1 hour	Take some photos of you and your family enjoying the meal together, put them in your portfolio
8	Memorise the Old Testament books of the Bible	<a href="https://www.youtube.com/watch?v=5piOhn0nt0A">https://www.youtube.com/watch?v=5piOhn0nt0A</a>	1 hour	We will test you on this when we meet again - try learning the books to a song
9	Create a Log Book of your exercise routine	<a href="https://snsw.adventist.org.au/wp-content/uploads/2020/04/Physical-Activity-Log-1.pdf">https://snsw.adventist.org.au/wp-content/uploads/2020/04/Physical-Activity-Log-1.pdf</a>	2 hours	Add your log to your portfolio
10	Read through this Story of the 4 minute mile and see how long it takes you to run a Mile (1 mile = 1.6km)	<a href="https://www.dropbox.com/s/zd3tveybxbe68xs/4%20Minute%20Mile.pdf?dl=0">https://www.dropbox.com/s/zd3tveybxbe68xs/4%20Minute%20Mile.pdf?dl=0</a>	1 hour	Get your parent to time you doing this 3 times (on different days), then record your fastest time
11	Play this jigsaw game with your parents	<a href="https://www.dropbox.com/s/moiajxy34bjmc0/Jigsaw%20game.pdf?dl=0">https://www.dropbox.com/s/moiajxy34bjmc0/Jigsaw%20game.pdf?dl=0</a>	1 hour	Answer this question by writing 2 sentences in your portfolio - "How can we sometimes be mixed up about God ?"
12	Participate in the ANZAC dawn service at the end of your driveway		1 hour	Take a photo in your Full Dress uniform
13	Make a list of things to pack in your pack for a Hike - how do these things differ from what you would pack for a Base Camp?	<a href="https://castlehillpathfinder.club/wp-content/uploads/sites/2/2015/09/hiking-equipment1.pdf">https://castlehillpathfinder.club/wp-content/uploads/sites/2/2015/09/hiking-equipment1.pdf</a>	1 hour	Put the list in your portfolio
14	Complete any arts / craft honour of your choosing - check with your parents that it is ok before you start	<a href="https://www.pathfindersonline.org/honors/arts-crafts-and-hobbies">https://www.pathfindersonline.org/honors/arts-crafts-and-hobbies</a>	2- 4 hours each (max)	Take photos along the way of what you did and the final product. Record how long you spent on working on the art/craft

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15	Complete one of the honours that Pr Yates has been preparing on You Tube	<p style="text-align: center;"><u>Coral Reef Honour -</u>  <a href="https://www.youtube.com/watch?v=Kua1yUdYSbA&amp;t=195s">https://www.youtube.com/watch?v=Kua1yUdYSbA&amp;t=195s</a></p> <p style="text-align: center;"><u>Prayer Honour (part 1) -</u>  <a href="https://www.youtube.com/watch?v=c9E7_Z7LvNw&amp;t=16s">https://www.youtube.com/watch?v=c9E7_Z7LvNw&amp;t=16s</a></p> <p style="text-align: center;"><u>Bible Marking Honour -</u>  <a href="https://www.youtube.com/watch?v=H7o2skOMItI&amp;t=71s">https://www.youtube.com/watch?v=H7o2skOMItI&amp;t=71s</a></p> <p style="text-align: center;"><u>The Waterfall Honour -</u>  <a href="https://www.youtube.com/watch?v=wSztI_lqRLg&amp;feature=youtu.be&amp;fbclid=IwAR1S7DYzc09ZWaLMklf_bKl_gSziXLkMcBiFmb2-kSLpiYpc1i5awrypoCI">https://www.youtube.com/watch?v=wSztI_lqRLg&amp;feature=youtu.be&amp;fbclid=IwAR1S7DYzc09ZWaLMklf_bKl_gSziXLkMcBiFmb2-kSLpiYpc1i5awrypoCI</a></p> <p style="text-align: center;"><u>Camp Safety Honour -</u>  <a href="https://www.youtube.com/watch?v=CKseOEd-T44">https://www.youtube.com/watch?v=CKseOEd-T44</a></p>	2 hours each	<p>Worksheets are available here - print off worksheet, complete and send to Pr Yates for certificate, then put certificate in portfolio OR submit worksheet in portfolio</p> <p><b>Coral Reef Honour Worksheet</b>  <a href="https://www.dropbox.com/s/gn9dcb7a9q7pclm/The%20Reef%20Honour%20Worksheet%20copy.pdf?dl=0">https://www.dropbox.com/s/gn9dcb7a9q7pclm/The%20Reef%20Honour%20Worksheet%20copy.pdf?dl=0</a></p> <p><b>Prayer Honour Worksheet</b>  <a href="https://www.dropbox.com/s/dkax21zsnig9myj/The%20Prayer%20Honour%20Worksheet%20copy.pdf?dl=0">https://www.dropbox.com/s/dkax21zsnig9myj/The%20Prayer%20Honour%20Worksheet%20copy.pdf?dl=0</a></p> <p><b>Bible Marking Worksheet</b>  <a href="https://www.dropbox.com/s/s41vndd5siwlb47/The%20Bible%20Marking%20Honour%20Worksheet%20copy.pdf?dl=0">https://www.dropbox.com/s/s41vndd5siwlb47/The%20Bible%20Marking%20Honour%20Worksheet%20copy.pdf?dl=0</a></p> <p><b>Camp Safety Honour Worksheet</b>  <a href="https://www.dropbox.com/s/v3y7oggtunfoglw/The%20Camp%20Safety%20Honour%20Worksheet.pdf?dl=0">https://www.dropbox.com/s/v3y7oggtunfoglw/The%20Camp%20Safety%20Honour%20Worksheet.pdf?dl=0</a></p> <p><b>The Waterfall Honour Worksheet</b>  <a href="https://www.dropbox.com/s/ouhez0i1cqoozcn/The%20Waterfall%20Honour%20Worksheet.pdf?dl=0">https://www.dropbox.com/s/ouhez0i1cqoozcn/The%20Waterfall%20Honour%20Worksheet.pdf?dl=0</a></p>