

PATHFINDER HONOUR WORKSHEETS

RECREATION



Pathfinder Honor Worksheet

Beginners Swimming



1. I retrieved an object from the bottom of the pool
date: _____
2. I bobbed under water 15 times
date: _____
3. I bobbed from deep to shallow water
date: _____
4. I jumped into deep water from the pool side
date: _____
5. I dived into the pool from a compact kneeling position
date: _____
6. I did a 2-length prone push-and-glide
date: _____
7. I did a 2-length supine push-and-glide
date: _____
8. I swam front crawl for 10 yards
date: _____
9. I swam back crawl for 10 yards
date: _____
10. I did elementary backstroke kick for 10 yards
date: _____
11. I reversed direction whilst swimming on my front
date: _____
12. I reversed direction whilst swimming on my back
date: _____
13. Here are some safety rules for diving:



Pathfinder Honor Worksheet Beginners Swimming (cont.)



14. I demonstrated treading water
date:_____
15. I jumped into water with a lifejacket
date:_____
16. I demonstrated the H.E.L.P. position for 1 minute
date:_____
17. I demonstrated the huddle position for 1 minute
date:_____
18. I demonstrated the correct technique for opening an airway for
rescue breathing date:_____

Honor completed on:
Signed:



Pathfinder Honor Worksheet

Advanced Beginners Swimming



1. I demonstrated deep water bobbing date: _____
2. I demonstrated several floating positions date: _____
3. I demonstrated rotary breathing in chest-deep water
date: _____
4. I dived into the pool from stride & standing positions
date: _____
5. I swam elementary backstroke for 10 yards
date: _____
6. I skulled on my back for 5 yards date: _____
7. I swam front crawl with rotary breathing for 25 yards
date: _____
8. I swam back crawl for 25 yards date: _____
9. I did scissor-kick for 10 yards date: _____
10. I did elementary backstroke kick for 10 yards date: _____
11. I reversed direction at the wall date: _____
12. I trod water for 2 minutes date: _____
13. I demonstrated rescue breathing date: _____
14. I watched a CPR demonstration date: _____

Honor completed on:
Signed:



Pathfinder Honor Worksheet

Intermediate Swimming to be done



1. I demonstrated alternate breathing date: _____
2. I demonstrated stride jump entry date: _____
3. I demonstrated a standing dive from a board date: _____
4. I demonstrated a long shallow dive date: _____
5. I swam breaststroke for 10 yards date: _____
6. I swam sidestroke for 10 yards date: _____
7. I swam under water for 15 yards date: _____
8. I swam elementary backstroke for 25 yards date: _____
9. I did dolphin-kick for 10 yards date: _____
10. I swam front crawl for 50 yards date: _____
11. I swam back crawl for 10 yards date: _____
12. I demonstrated an open turn on my front date: _____
13. I demonstrated an open turn on my back date: _____
14. I discussed safety rules for diving from a board
date: _____
15. I discussed how to recognise a spinal injury date: _____
16. I demonstrated hip/shoulder support date: _____
17. I demonstrated a feet-first surface dive date: _____
18. I demonstrated treading water x2mins (2 diff kicks)
date: _____

Honor completed on:
Signed:



Pathfinder Honor Worksheet

Campcraft (cont.)



2. In summer, the clothing that I would take for an overnight camp is:

In winter, the clothing that I would take for an overnight camp is:

3. The safety rules in camping include:

4. The safety rules for using a camp knife include:



Pathfinder Honor Worksheet

Camcraft (cont.)



5. Prepare for an overnight camp with a group by making a list of personal items and group items that will be needed.

What to Bring to Camp

Sleeping

-
-
-

Hygiene

-
-
-
-
-
-

Clothes

-
-
-
-
-
-
-
-
-

Devotional Stuff

-
-
-
-

Misc.

-
-

Eating

-
-
-

Uniform

-
-
-
-
-



Pathfinder Honor Worksheet

Campcraft (cont.)



6. Prepare balanced menus for one cooked breakfast, lunch, and

Breakfast	Lunch	Supper

supper.

7. On our overnight camping trip, I:

- Prepared the ground properly for comfortable sleeping.
- Correctly pitched and struck our tent.
- Prepared a proper safe area for a campfire, showing proper use of wood tools in getting and preparing fuel for a fire.
- Showed how to protect our camp against animals, insects, and wet or bad weather.
- Showed how to take proper care of the environment as we camped and left the area with no trace of having been there.

On _____.

8. When we are lost, we should:

_____	_____
_____	_____
_____	_____
_____	_____

9. On _____ we camped for a continuous three days and two nights, sleeping each night under the stars or in a tent. I was actively involved in cooking at least two of the meals.

Honor completed on:

Signed:



Pathfinder Honor Worksheet

Camping Skills I



1. I am in year 5/I am 10 years old date: _____
2. Here is how we preserve the outdoors when we are in the wilderness:

3. When we are lost, we should:

_____	_____
_____	_____
_____	_____
_____	_____

4. In summer, the sleeping equipment that I would take is:

In winter, the sleeping equipment that I would take is:

5. Here are the items that I would need for a weekend campout:
- | | |
|----------------------|-----------------|
| Sleeping gear/ tent: | Personal items: |
|----------------------|-----------------|

Clothes:

Uniform:

Eating gear:

Worship gear:



Pathfinder Honor Worksheet

Camping Skills I (cont.)



6. I participated in a weekend camping trip date: _____
7. Here is how to pitch a tent:

Here is how to strike a tent:

These are fire precautions that we should follow in a tent:

8. Sanitation in a primitive campsite:

Sanitation in an established campsite:

9. Safety rules for a knife/hatchet:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____



Pathfinder Honor Worksheet

Camping Skills I (cont.)



10. a) How to choose a fire site:
- b) Fire safety precautions:
- c) How to strike a match:
- d) I built a fire with natural materials and only used one match to light it date: _____
- e) You can protect firewood in wet weather by:
11. I baked bread on a stick date: _____
12. Here is how to wash and keep clean the cooking utensils:
13. To keep warm at night, you should wear:
- And sleep in:
- If you are still cold, you can add:
14. My nature spiritual object lesson is:
15. the motto: "Take only pictures and leave only footprints" means:

Honor completed on:
Signed:



Pathfinder Honor Worksheet

Camping Skills II



1. I am in year 6/I am 11 years old date: _____

2. Here is my personal philosophy of outdoor etiquette:

3. The 6 W's for selection of a good campsite are:

_____	_____
_____	_____
_____	_____

4. We can protect the wilderness and our water supply by:

5. Our weekend campout was on: _____

at _____.

6. I took part in our worship service by:

- leading song service
- leading the Sabbath School lesson study
- telling a story
- sharing a thought

7. I showed how to safely light and use a camp stove and lantern

on _____.



Pathfinder Honor Worksheet

Camping Skills II (cont.)



8. Safety rules for cutting firewood include:

I demonstrated my ability to properly cut firewood and break dead wood properly on : _____

9. Using fuzz sticks or shaved sticks, I built a council or criss cross fire (used for _____) and a _____ (cooking fire).

Firebuilding safety rules include:

10. 2 ways to keep camp food cool are:

B

B

11.

Here are the camp cranes that I made:



Pathfinder Honor Worksheet

Camping Skills II (cont.2)



12. I prepared

_____ by boiling,

_____ by frying and

_____ by baking.

13. I selected a site for our tent on _____ and showed how to pitch and strike the tent.

If the tent was wet, we should:

We cleaned, dried and stored our tent after the camp-out.

14. Bedding:

a. I showed how to roll & stuff my sleeping bag for travel,

b. Described how to keep my sleeping bag dry on a camping trip &

c. Described how to properly clean my sleeping bag

On _____.

Honor completed on:

Signed:



Pathfinder Honor Worksheet

Tumbling and Balancing



1. List safety precautions each performer and spotter should follow. _____

2. Describe the basic positions:

a. Tuck: _____

b. Pike: _____

c. Lay-out: _____

d. Hyper-extension (arch): _____

e. Squat: _____

f. Straddle: _____

g. Standing position (extension): _____

3. Perform the following individual stunts with form and poise: Initial

a. Tuck forward roll from squat _____

b. Pike forward roll from standing position _____

c. Dive roll (length equal to one's height) _____

d. Tuck backward roll from squat _____

e. Backward roll from standing position _____

f. Straddle legged backward roll from extension _____

g. Swedish fall _____

h. Frogstand (knee elbow stand) _____

i. Headstand from frogstand _____

j. Headstand _____

k. Handstand _____

l. One handed cartwheel _____



Pathfinder Honor Worksheet

Tumbling and Balancing (cont.)



4. Perform with form and poise any six of the following stunts with a partner:

- a. Chest stand _____
- b. Thigh stand _____
- c. Knee shoulder balance _____
- d. Front angel balance _____
- e. Shoulder stand _____
- f. High planche _____
- g. Low knee support _____
- h. Thigh balance _____
- i. Front angel straddling waist _____

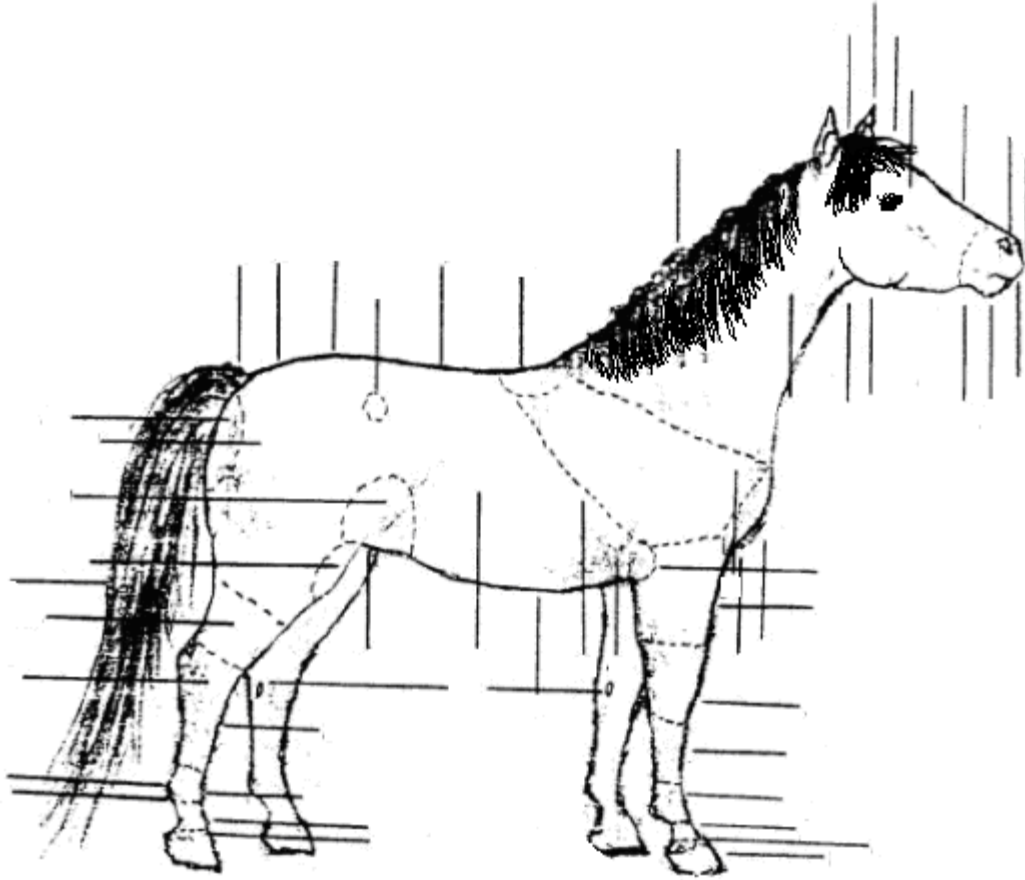
Honor completed on:
Signed:



Pathfinder Honor Worksheet Horsemanship

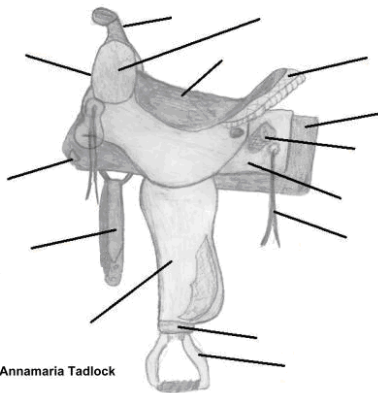


1. Label at least 30 points of the horse:

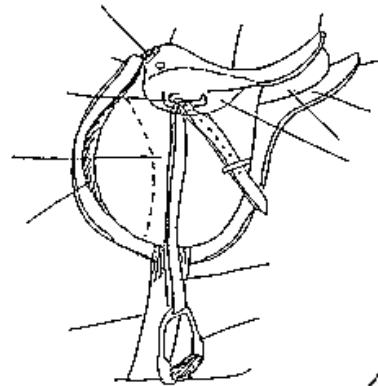


2.

Label 10 parts of a Western saddle:

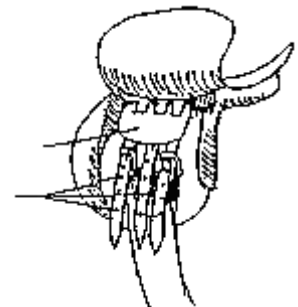


(C) Annamaria Tadlock



and 9 parts of an

English saddle:



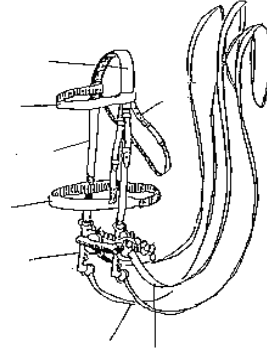
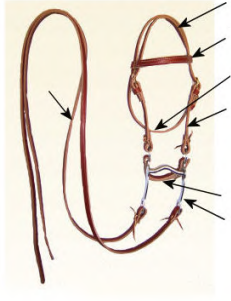


Pathfinder Honor Worksheet Horsemanship (cont.)



2(cont.) Label on an outline drawing, or point out on a real bridle, a minimum of six parts of a Western bridle and seven parts of an English bridle.

PARTS OF THE WESTERN BRIDLE



Explain how to take care of your tack. _____

3. Describe the purpose of, and wear, a riding helmet and boots (or hard soled shoes with a heel) while working around horses and riding. _____

4. Describe and demonstrate three rules of safety in approaching and catching a horse. Demonstrated on _____

a. _____

b. _____

c. _____

5. Describe and demonstrate three rules of safety in leading a horse and show where the safest place is to stand around a horse. Demonstrated on _____

a. _____

b. _____

c. _____

6. Choose a safe place to tie a gentle horse, then demonstrate how to tie a gentle horse with a quick release manger knot, or bowline knot, demonstrating and explaining correct length of rope and height from



Pathfinder Honor Worksheet

Horsemanship (cont.)



the ground to tie.

Demonstrated on _____

7. Demonstrate and explain how to correctly groom a gentle horse.

Demonstrated on _____

8. Demonstrate and explain how to safely and correctly saddle and bridle a gentle horse. Demonstrated on _____

9. Demonstrate and explain how to safely and correctly mount and dismount a gentle horse, and demonstrate a safe, well-balanced seat on a horse that is standing still. Demonstrated on _____

10. Demonstrate and explain how to safely start, stop and turn a gentle horse at walk, using leg, weight, voice, and rein aids. Demonstrated on _____

11. Demonstrate and explain a correct leg-up mounting procedure on a bareback gentle horse that is standing quietly. Ride a gentle bareback horse for a minimum of 30 cumulative minutes at the walk, with good balance.

Demonstrated on _____

12. Demonstrate and explain group safety consciousness while riding a gentle horse with a minimum of one other rider. Demonstrate correct spacing, reversing direction, and passing other riders in an arena set-



Pathfinder Honor Worksheet Horsemanship (cont.)



ting at the walk. Demonstrated on _____

13. Negotiate a simple three element trail obstacle course set up on level ground riding a gentle horse at the walk. Choose from:

i) Step over log or pole, maximum height of 16 inches (42 cm).

ii) Pass between two barrels or hay bales spaced 45 inches (120 cm) apart.

iii) Zig-Zag between poles set at 12-foot (3.6 m) intervals.

iv) Walk into a large key-hole (15-foot >4.5 m= circle,) turn and exit without stepping on or crossing any borderline.

Date completed: _____

14. Trail ride a gentle horse at the walk for a minimum of four cumulative hours.

Date(s): _____

15. Demonstrate and explain a minimum of three safety rules that apply to group trail rides. Demonstrated on _____

a. _____

b. _____

c. _____

Honor completed on:

Signed:



Pathfinder Honor Worksheet Orienteering



1. A topographic map is _____

On it, you would expect to find:


Three uses for it are:


1. _____


2. _____


3. _____


2. Signs and Symbols:


 _____

 _____

 _____

 _____

 _____

 _____

 _____

 _____

 _____

 _____

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 _____

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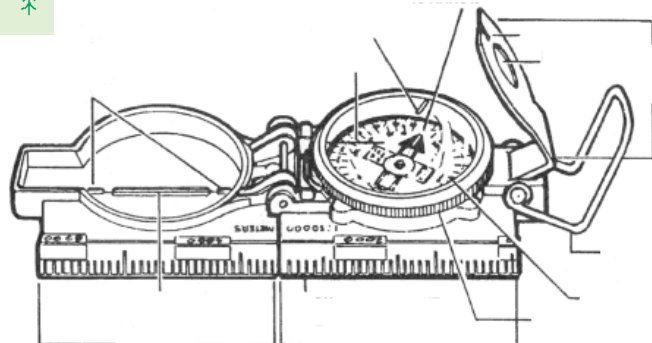
 _____

 1066 _____

 _____

 _____

3. Label this orienteering compass:





Pathfinder Honor Worksheet Orienteering (Cont.1)



4. Definitions:
- a. Elevation _____
 - b. Azimuth _____
 - c. Back azimuth _____
 - d. Contour interval _____
 - e. Magnetic North _____
 - f. Declination _____
 - g. Scale _____
 - h. Measuring _____
 - i. True North _____
 - j. Distance _____
 - k. Ground forms _____

5. I demonstrated how to shoot a magnetic azimuth on _____.

6. I demonstrated how to march on a magnetic azimuth on _____.

7. You can correct for declination by:

And _____
_____.

8. I demonstrated how to orient myself by inspection and by a map on _____.

9. Resection means: _____

_____.



Pathfinder Honor Worksheet

Orienteering (Cont.2)



9. (cont.) The use of resection is: _____

10. I followed a 3 km. cross-country orienteering course on _____.

Honor completed on:
Signed:



Pathfinder Honor Worksheet

Knot Tying



Name: _____ Club: _____

1. Define the following terms:
 - a. Bight _____
 - b. Running End _____
 - c. Standing Part _____
 - d. Underhand Loop _____
 - e. Overhand Loop _____
 - f. Turn _____
 - g. Bend _____
 - h. Hitch _____
 - i. Splice _____
 - j. Whipping _____

2. To care for rope properly, you should: _____

3. Describe Laid rope: _____ Uses: _____ _____ _____	Describe Braided rope: _____ Uses: _____ _____ _____
--	--

4. We identified these types of rope: On: _____
- | | |
|---------------------------------|--|
| <input type="checkbox"/> Manila | <input type="checkbox"/> Nylon |
| <input type="checkbox"/> Sisal | <input type="checkbox"/> Polypropylene |



Pathfinder Honor Worksheet

Knot Tying (cont. 1)



5. Explain some of the properties of synthetic ropes:

Advantages

Disadvantages:

6. I have completed the following tasks with rope:

- Spliced a rope on _____
- Did an Eye Splice on _____
- Did a Back Splice on _____
- Finished the end of the rope with a double-crown whipping/Matthew Walkers knot on _____

7. I made a 2 metre (~6ft) piece of three-strand rope from native materials or twine.

On _____ (optional: attached photograph)

8. Tie from memory at least 20 of the knots below. State their limitations and uses.

Knot Name:

Uses and limitations:

- Anchor Bend _____
- Bowline _____
- Bowline on a bight _____
- Bow or Shoestring _____
- Binder twine band _____
- Blackwall hitch _____
- Butterfly loop or Apline _____
- Carrick bend _____
- Close hitch _____
- Double bow _____
- Double Carrick bend _____
- Figure eight _____
- Fisherman's knot _____
- Halter hitch _____
- Hunter's bend _____
- Lariat or Bowstring knot _____
- Lark's head _____



Pathfinder Honor Worksheet

Knot Tying (cont. 2)



- Man harness knot _____
- Miller's knot _____
- Packer's knot _____
- Pipe hitch _____
- Prusick knot _____
- Running bowline _____
- Sheepshank _____
- Sheet bend _____
- Slip knot _____
- Bowline _____
- Slippery half hitch _____
- Slippery sheet bend _____
- Square knot _____
- Stevedore's knot _____
- Strangle knot _____
- Surgeon's knot _____
- Tautline hitch _____
- Timber hitch _____
- Two half hitches _____
- Wall knot _____

9. I made a knot board showing 25 or more knots, on _____
(Optional: attach photograph)

Honor completed on:
Signed:



Pathfinder Honor Worksheet

Rowing



1. Requirement: Intermediate Swimming Honour.
Date gained: _____ signed: _____
2. With your instructor or counsellor in stern, or on-shore and without assistance, row properly the following:
 - A quarter of a mile on a straight course, stop, make a pivot turn, and return to the starting point.
 - Back water in a straight line 200 yards (182.9 meters). Make a turn under way, still backing water, and return to the starting point. (Feather after each stroke. Pin rowlocks must not be used.)
3. Demonstrate the following:
 - Properly launch and land a rowboat from and to shore.
 - Safely assist a person to and from a rowboat alongside a pier.
 - Tie a rowboat to a pier using each of the following:
 - Clove hitch
 - Round turn
 - Two half hitches
 - Bowline
 - Hitching tie or mooring hitch
4. Alone, or with the assistance of a person who is a swimmer, swamp rowboat, turn it right side up, get in, and with your hands or an oar, paddle it for 30 feet (9.1 meters) or complete qualified instructor—led capsizing training. Date: _____
Tell why you should hang onto or get into a swamped rowboat:

5. If you are alone in a rowboat, tell how you would approach a swimmer, and maneuver so that the swimmer can be safely towed ashore: _____

6. Identify and describe a:
 - dory _____
 - dory skiff _____
 - dinghy _____
 - punt _____
 - pram _____
7. Identify and describe a:
 - tholepin rowlock _____
 - box rowlock _____
 - ring rowlock _____
 - open top rowlock. _____Tell why pin-type rowlocks are not recommended: _____



Pathfinder Honor Worksheet

Rowing (cont. 2)



8. What is the advantage of feathering oars while rowing? _____

9. How would you handle a rowboat in a sudden storm or high wind? _____

10. How would you calculate the weight that can be safely carried under normal conditions in any given boat under oars? _____

11. What lights are required on a rowboat at night?
with outboard motor: _____
without outboard motor: _____
12. Describe how to properly fit out a rowboat, and maintain and care for it during the boating season: _____

Tell how to prepare and store the rowboat when not in use: _____

Honor completed on:
Signed: