

# Activity Badge Book

51<sup>st</sup> Dennyloanhead Scouts

# SCOUTS



**Scouts**

**51st Dennyloanhead**

Updated April 2020

This booklet contains the badge requirements of some of the Staged Activity Badges that can be completed at home.

You can complete as many of them as you want, at any time, during your time in Scouts.

Other Activity Badges can be completed at home although some will be completed at Scout meetings and some may have to be done with other Scouts so please check with Leaders first.

For the full list of Activity Badges please see:  
<https://www.scouts.org.uk/scouts/activity-badges/>

# Digital Citizen Staged Activity Badge



**Complete every task to achieve Stage 1, showing that you have thought about the potential risks and how to stay safe for each activity.**

- 1. Show that you can:**
  - a. turn on and log into a computer
  - b. use a piece of software, for example email or a game
  - c. name the main parts of a computer system
  - d. connect a peripheral (for example a scanner or printer) to your computer and use it.
- 2. Create a piece of digital media. It could be artwork, a photograph, music or animation.**
- 3. Use the internet for research:**
  - a. decide on an area of interest
  - b. find three websites with content that matches your area of interest
  - c. collect relevant information by printing or saving as files
- 4. Using your internet research, design a presentation and tell others about what you have found out.**

This could be an electronic or paper based presentation.

**Complete every task to achieve Stage 2, showing that you have thought about the potential risks and how to stay safe for each activity.**

- 1. Plan and then create a piece of digital media.**

It could be music, animation, video, CAD (Computer Aided Design) or a 3D sculpture.

- 2. Show that you can:**
  - a. send or reply to someone with a short email and include an attachment
  - b. download photos or other media from a camera or smart card
  - c. open and save a document then share it using a cloud service (like Google Docs or Microsoft Sharepoint) or a USB stick
  - d. create a document that includes media that you've downloaded or copied from another source.
- 3. Demonstrate how information online can be viewed and used by others once it has been posted/uploaded and how it is hard to remove.**

### **Stage 3 - How to earn your badge:**

- 1. Show that you know how to:**
  - a. use anti-virus software
  - b. set up or adjust settings for accessibility and security
- 2. Use the internet for research:**
  - a. decide on a specific area of interest
  - b. use at least two different search engines, using operators like AND, NOT and OR in the search box
  - c. collect information by using bookmarks
  - d. select specific, reliable information relevant to your area of research
  - e. create a structured display of the information you have gathered. You could do this in a document, on a website or using a social tool such as Pinterest.
- 3. Plan, make, edit and share a piece of digital media based on your research.**

Share your research with other people, for example by email, on the web, by Multimedia Messaging Service or social media.

- 4. Create a multi-page website or social network group with your information.**

Present your information in a variety of ways. For example, you could use infographics, images or graphs. You should then:

- a. share your website with a wider audience
- b. explain your sources of information and why you selected the details you chose
- c. get some feedback on what you have done and make changes to improve your website based on that feedback

### **Complete every task to achieve Stage 4, showing that you have thought about the potential risks and how to stay safe for each activity.**

- 1. Create a portfolio of digital media.**

It might include artwork or a photograph that you alter using creative tools, music, animation, CAD (Computer Aided Design) or 3D sculpture.

- 2. Create a film, video, stop-motion animation or podcast and share it using a suitable media sharing tool.**
- 3. Create a social network profile for your section, a band, local interest group or something similar.**

Alternatively you could make a small website that can host content, such as photos, poetry or information about your local area.

**4. Use the internet for research:**

- a. Choose a local, national, community or Scouting issue, or something from the news or current affairs.
- b. Collect information from different sources, such as spreadsheets, databases, online news services and 'open access' data sources.
- c. Put your information together in a structured way, for example grouping similar information. Make sure you know where each piece of information comes from.
- d. Select the information you think is most appropriate and reliable.

Once you have completed these tasks (for any complete stage), ask your parent/carer to let us know. It would be great if you could talk about it to the other Scouts, and show us anything you have produced.

There are some activities at the bottom of the page here:

<https://www.scouts.org.uk/staged-badges/digital-citizen/stage-1>

There are more activities here:

<https://www.scouts.org.uk/supporters/nominet/>

# Digital Maker Staged Activity Badge



In stage 1 you will learn what digital making is and how it fits with Scouting and the wider world.

## How to earn your badge:

1. **Show that you know what a computer is and understand that there are lots of uses for digital technology in everyday life.**

Think about where you see computer systems and technology in your day-to-day life, and about how digital technology helps make things better or easier.

2. **Create a graphic for a computer game, app, or website.**

This could be a background scene, character, or other image.

3. **Write clear instructions for a computer or person to follow to complete a task.**

In stage 2 you will demonstrate that you can complete digital projects which can be used in Scouting activities or in the wider world.

## How to earn your badge:

1. **Create a piece of interactive or animated digital art using software.**
2. **Create a simple computer program to help with a scouting activity, and try it out.**
3. **Make a simple digital creation that uses code to interact with the wider world through inputs (such as buttons or typing on a keyboard) and outputs (such as a computer screen, sound, or lights).**

In stage 3 you will demonstrate that you can use and combine a variety of digital making skills to complete projects that can be used in Scouting activities or in the wider world.

## How to earn your badge:

1. **In a coding language of your choice, create a basic program to meet a need of Scouting or your section.**
2. **Use a programmable device (such as Arduino, Raspberry Pi, or micro:bit) with electronic components, code, and appropriate materials to create an electronic gadget and use it in a Scouting activity.**
3. **Design and create digital graphics for use as part of one of the above.**

The elements of the project should all fit within the project's specific purpose.

4. **Show and present your digital making project, explaining the challenges that you encountered while creating it and how you addressed them.**

In stage 4 you will demonstrate that you can combine a variety of digital making skills to solve a problem or meet a challenge related to Scouting

### **How to earn your badge:**

- 1. Using a combination of programming, digital art, digital devices, electronic components, and other appropriate materials, create something that could serve a purpose in a Scouting activity.**
- 2. Attend a digital making event and show your work, or help somebody else in your section or another section to work towards a Digital Maker Staged Activity badge.**
  - a. You could take part in a Raspberry Jam, attend a Code Club, attend a hackathon, or visit a Coderdojo.

In stage 5, you will combine your digital making skills to identify and solve a real problem in the local or global community. You will go through the process of project design from concept, to testing and implementation, and finally to sharing your new knowledge with others.

### **How to earn your badge:**

- 1. Identify a real-life local or global problem and design, build, test, and improve a solution by combining your digital making skills and selecting appropriate software tools, digital devices, components, and materials.**
- 2. Create and share a resource that would allow someone else to replicate your project with minimal previous knowledge.**

This resource should be digital, and it can be any format you like: a video (or a series!), an online (printable) document, an entry on a tutorials website such as Instructables, a blog post...Or meet with people who could benefit from your solution to share how you created it and explain how it can help them.

Once you have completed these tasks (for any complete stage), ask your parent/carer to let us know. It would be great if you could talk about it to the other Scouts, and show us anything you have produced.

There are some activities at the bottom of the page here:

<https://www.scouts.org.uk/staged-badges/digital-maker/stage-1>

There are more activities here:

<https://www.scouts.org.uk/supporters/raspberrypi/>

# Musician Staged Activity Badge



## Stage 1 - How to earn your badge:

1. **Skill**
  - a. Listen to a short tune of a couple of lines and then sing it back.
  - b. Listen to another tune and then beat or clap out the rhythm.
2. **Performance**

Sing or play two different types of song or tune on your chosen instrument – remember your voice is an instrument too. You must perform in front of other people, either in Scouting or at a public performance such as a group show or school concert.
3. **Knowledge**
  - a. Demonstrate some of the musical exercises that you use to practice your skills.
  - b. Talk about your instrument and why you enjoy playing it. Alternatively, you could talk about the songs you sing and why you enjoy singing them.
4. **Interest**

Tell your assessor about the music that you most like to listen to.

## Stage 2 - How to earn your badge:

1. **Skill**

Reach Grade One standard for the Associated Board of the Royal School of Music (or similar). It can be on an instrument of your choice or by singing.
2. **Performance**

Sing or play two different types of song or tune on your chosen instrument. You must perform in front of other people either in Scouting or at a public performance.
3. **Knowledge**
  - a. Demonstrate some of the musical exercises that you use to practice your skills.
  - b. Talk about one of these:
    - Your instrument and why you enjoy playing it
    - The songs you sing and why you enjoy singing them.
  - c. Name a piece of music associated with your instrument.
  - d. Name several musicians who you have heard.
4. **Interest**

Talk about your own interests in music, including what you listen to most and how it's similar or different to the music you play or sing.

### **Stage 3 - How to earn your badge:**

**1. Skill**

Reach Grade Two standard for the Associated Board of the Royal School of Music (or similar). It can be on an instrument of your choice or by singing.

**2. Performance**

Sing or play, as a solo or with others, two different types of song or tune on your chosen instrument. You must perform in front of other people, either in Scouting or at a public performance such as a group show or school concert.

**3. Knowledge**

- a. Demonstrate some of the musical exercises that you use to practice your skills.
- b. Talk about one of these:
  - Your instrument and why you enjoy playing it.
  - The songs you sing and why you enjoy singing them.
- c. Talk about three well known pieces of music or songs associated with your instrument.

**4. Interest**

Talk about your own interests in music, including what you listen to most and how this is similar to or different from the music you play or sing.

### **Stage 4 - How to earn your badge:**

**1. Skill**

Reach Grade Three standard for the Associated Board of the Royal School of Music (or similar). It can be on an instrument of your choice or by singing.

**2. Performance**

Sing or play three different types of song or tune on your chosen instrument. One should be a solo and one should be played with other musicians in an arrangement of your choice. Your performance should be public, such as at a Group show, school concert or church service.

**3. Knowledge**

- a. Demonstrate some of the musical exercises that you use to practice your skills.
  - Talk about one of these:
- b. Talk about one of these:
  - Your instrument and why you enjoy playing it.
  - The songs you sing and why you enjoy singing them.

**4. Interest**

Talk about your own interests in music, including what you listen to most and how it's similar or different to the music you play or sing.

## Stage 5 - How to earn your badge:

### 1. Skill

Reach Grade Five standard for the Associated Board of the Royal School of Music (or similar) on the instrument of your choice or by singing.

### 2. Performance

Sing or play three different types of song or tune on your chosen instrument. One should be a solo and one should be played with other musicians in an arrangement of your choice. Your performance should be public such as at a group show or church service.

### 3. Knowledge

- a. Demonstrate some of the musical exercises that you use to practice your skills.
- b. Talk about one of these:
  - Your instrument and why you enjoy playing it.
  - The songs you sing and why you enjoy singing them.
- c. Name several well known pieces of music associated with your instrument.
- d. Name several musicians associated with your instrument.

### 4. Interest

Talk about your own interests in music, including what you listen to most and how it's similar or different to the music you play or sing.

Name of Scout: \_\_\_\_\_

Once you have completed these tasks, ask your music teacher/tutor to sign below and then return to the Scout Leaders. It would be great if you could talk about your knowledge or interest to the other Scouts and let us hear what you can play or sing.

Stage Completed: \_\_\_\_\_

Signature of Music Teacher/Tutor: \_\_\_\_\_

There are some activities at the bottom of the page here:

<https://www.scouts.org.uk/staged-badges/musician/stage-5>

# Sailing Staged Activity Badge



## Stage 1 - Choose 1 of the following options:

### 1. Complete the following badge requirements:

- a. Identify different types of sailing crafts.
- b. Name three places you could safely go sailing.
- c. Take part in a warm up activity to prepare you for a sailing activity.

You could try tacking and gybing, hiking out or syncro-jump to cross the boat together in a tack or gybe.

- d. Dress properly for a sailing activity, showing you know the importance of buoyancy aids and how to put one on correctly.
- e. Take part in a taster session that covers:
  - Being able to name equipment used and parts of the boat.
  - Getting into and out of a boat safely.
  - Balancing a boat.
  - Manoeuvring your boat in different directions, including moving forward.

### 2. Complete the RYA Youth Sailing Scheme Stage 1.

You can find out more about the Scheme on the [RYA website](#).

Before you attempt Stage 2, you need to have completed all the steps for Sailing Stage 1.

## Stage 2 - Choose 1 of the following options:

### 1. Complete the following badge requirements:

- a. Launch and recover your dinghy.
- b. Control the direction and speed of your dinghy to steer around a course.
- c. Stop your dinghy safely.
- d. Capsize and get to the shore safely, and recover the dinghy.
- e. Show you can moor your dinghy.

### 2. Complete the RYA Youth Sailing Scheme Stage 2.

You can find out more about the Scheme on the [RYA website](#).

Before you attempt Stage 3, you need to have completed all the steps for Sailing Stage 2.

**Stage 3 - Choose 1 of the following options:**

**1. Complete the following badge requirements:**

If you're using a keelboat, you don't have to complete steps 1-3.

- a. Prepare, launch and recover your boat in an onshore wind.
- b. Show the correct way to store your boat ashore.
- c. Show you can right a capsized dinghy as helm or crew.
- d. Show you know how to recover a man overboard.
- e. Demonstrate ability in the following:
  - Sail setting
  - Balance
  - Trim
  - Course made good
  - Centreboard
  - Taking upwind
  - Gybing from a training run
  - Coming alongside a moored boat
  - Picking up a mooring
- f. Learn how a sail works and its basic aerodynamics.
- g. When sailing, show you can understand and use basic terminology, such as windward, leeward, and bear away.

**2. Gain a Personal Activity Permit for Dinghy Sailing.**

Find out more about the [Adventurous Activity Permit Scheme](#).

**3. Complete the RYA Youth Sailing Scheme Stage 3.**

You can find out more about the Scheme on the [RYA website](#).

Before you attempt Stage 4, you need to have completed all the steps for Sailing Stage 3.

**Stage 4 - Choose 1 of the following options:**

1. **Complete the following badge requirements:**
  - a. Launch and recover your boat in any wind direction.
  - b. Set up your boat according to weather conditions, using sail and rig controls.
  - c. Show that you're able to recover a man overboard.
  - d. Show that you know about:
    - International Regulations for Preventing Collision at Sea (IRPCS)
    - Beaufort Scale
    - Synoptic charts
    - Tidal ebb and flow
    - Spring and neap tides
2. **Complete the RYA Youth Sailing Scheme Stage 4.**

You can find out more about the Scheme on the [RYA website](#).

Name of Scout: \_\_\_\_\_

Once you have completed these tasks, ask your teacher/coach to sign below and then return to the Scout Leaders. It would be great if you could talk about it to the other Scouts.

Stage Completed: \_\_\_\_\_

Signature of Teacher/Coach: \_\_\_\_\_

# Snowsports Staged Activity Badge



## Stage 1 - How to earn your badge:

1. Identify different types of snowsports.
2. Name three places you could safely take part in snowsport activities.
3. Take part in a warm up activity to prepare you for a snowsport activity such as skiing or snowboarding.

This should be an appropriate warm up for your upper, middle and lower body.

4. Dress properly for your chosen activity.

Show you know the importance of helmets and how to put one on correctly.

5. Take part in a taster session that covers:
  - a. Naming equipment used
  - b. How to get in and out of your skis or snowboard
  - c. Balancing on your skis or snowboard
  - d. Moving around on your skis or snowboard including;
    - Moving in a straight line
    - Controlling your speed
    - Stopping

**Before you attempt Stage 2, you need to have completed all the steps for Snowsports Stage 1. You then need to complete all the steps outlined below.**

1. Identify the equipment you require and know how to carry it safely.
2. Climb and then ski or snowboard down a short run, or go on a short cross country ski.
3. Show you can make wide and narrow turns.
4. Show you can stop and wait safely on a run avoiding other users of the slope, or stop safely if doing cross country skiing.
5. Know how to safely fall and get back up onto your feet.

## Choose 1 of the following options:

1. Demonstrate how to safely use a drag lift or magic carpet for downhill skiing or snowboarding.
2. Demonstrate your ability to identify a suitable cross country skiing route.

**Before you attempt Stage 3, you need to have completed all the steps for Snowsports Stage 2. You then need to complete all the steps outlined below.**

**Stage 3 - Choose 1 of the following options:**

- 1. Complete the following badge requirements:**
  - a. Identify hazards of the mountain environment.
  - b. Show you understand what to do in the event of an accident.
  - c. Show you know and understand the 'Ski Way Code' published by the International Ski Federation (The F.I.S.)
  - d. Understand the effects of extreme temperature in cases of frostbite, hypothermia, sunstroke, heat exhaustion and dehydration. Explain how they are avoided and treated.
  - e. Choose and complete two of the following:
    - Demonstrate a sequence of 10 linked turns
    - Complete a free run down a moderate to hard slope (red) showing balance, control, good choice of line and awareness of other people on the slope
    - Complete a 3km cross country ski route on a prepared track
    - Complete a 500m cross country ski route on varied terrain
- 2. Gain a Personal Activity Permit for Snowsports.**

Find out more about the [Adventurous Activity Permit Scheme](#).

**Before you attempt Stage 4, you need to have completed all the requirements to gain Snowsports Stage 3 in your chosen discipline. You then need to complete the following:**

- 1. Show you understand what equipment to carry for the different two types of activity you may undertake:**
  - a. A single lesson
  - b. A day on the hill
  - c. An expedition in the woods
  - d. An off-piste experience
  - e. A session at a snow park
- 2. Show how to look after yourself and others in the event of not being able to return down the mountain, or being stranded on a route.**
- 3. Show your ability to use a ski map or resort map and identify where you are on the map.**
- 4. Plan a half-day's activity, considering the following:**
  - a. Location
  - b. Group size and ability
  - c. Equipment
  - d. A plan B in case of bad weather etc.
- 5. Participate in a snowsport activity different from that which the other requirements have been completed in.**

This could be something completely new or an activity you've not done for a while such as skiing, snowboarding, cross country skiing, ski touring and slalom.

**6. Choose and complete two of the following:**

- a. Demonstrate your ability to safely descend a black run
- b. Perform a sequence of turns in fresh snow, leaving even tracks behind
- c. Complete a day's cross country ski trip, planning your route before you go
- d. Complete a cross country timed route and then improve your time over a two further attempts

Name of Scout: \_\_\_\_\_

Once you have completed these tasks, ask your teacher/coach to sign below and then return to the Scout Leaders. It would be great if you could talk about it to the other Scouts.

Stage Completed: \_\_\_\_\_

Signature of Teacher/Coach: \_\_\_\_\_

There are some activities at the bottom of the page here:

<https://www.scouts.org.uk/staged-badges/snowsports/stage-1>

# Swimmer Staged Activity Badge



## Stage 1 - How to earn your badge:

1. Learn the general safety rules for swimming (such as not diving into shallow water or not swimming on your own) and where it is safe to swim locally.
2. Show you know how to prepare for exercises such as taking part in a warm up.
3. Demonstrate a controlled entry, without using the steps, into at least 1.5 metres of water.
4. Swim 10 metres on your front.
5. Tread water for 30 seconds in a vertical position.
6. Using a buoyancy aid, float still in the water for 30 seconds.
7. Demonstrate your ability to retrieve an object from chest-deep water.
8. Perform a push and glide on both your front and back.
9. Swim 25 metres without stopping.
10. Take part in an organised swimming activity.

## Stage 2 - How to earn your badge:

1. Learn the general safety rules for swimming (such as not diving into shallow water or not swimming on your own) and where it is safe to swim locally.
2. Show you know how to prepare for exercises such as taking part in a warm up.
3. Demonstrate a controlled entry or dive from the side of the pool, into at least 1.5 metres of water.
4. Swim 10 metres on your front, 10 metres on your back and 10 metres on your back using only your legs.
5. Tread water for three minutes in a vertical position.
6. Surface dive into at least 1.5 metres of water and touch the bottom with both hands.
7. Mushroom float for ten seconds.
8. Enter the pool and push off from the side on your front, gliding for five metres.
9. From the side of the pool, push off on your back and glide for as far as possible.
10. Swim 100 metres without stopping.
11. Take part in an organised swimming activity.

### **Stage 3 - How to earn your badge:**

- 1. Learn the general safety rules for swimming (such as not diving into shallow water or not swimming on your own) and where it is safe to swim locally.**
- 2. Show you know how to prepare for exercises.**

You could do this by leading a warm up.

- 3. Demonstrate a controlled entry or dive from the side of the pool into at least 1.5 metres of water.**
- 4. Swim 50 metres in shirt and shorts.**
- 5. Tread water for three minutes, with one hand behind your back.**
- 6. Surface dive into 1.5 metres of water and recover an object with both hands from the bottom. Return to the side of the pool, holding the object in both hands.**
- 7. Enter the water from the side of the pool by sliding in from a sitting position. Using any floating object for support, take up and hold the heat escape lessening posture for five minutes.**
- 8. Swim 400 metres without stopping.**
- 9. Take part in a different organised swimming activity to the one on your previous swimming badge.**

### **Stage 4 - How to earn your badge:**

- 1. Learn the general safety rules for swimming (such as not diving into shallow water or not swimming on your own) and where it is safe to swim locally.**
- 2. Show you know how to prepare for exercises. You could do this by leading a warm up.**
- 3. Demonstrate a racing dive into at least 1.8 metres of water and straddle jump into at least 2 meters of water.**
- 4. Swim 100 metres in less than four minutes.**
- 5. Tread water for five minutes.**
- 6. Surface dive into 1.5 metres of water, both head first and feet first and swim at least 5 metres under water on both occasions.**
- 7. Enter the water as you would if you didn't know the depth. Swim 10 metres to a floating object. Use the object to take up and hold the heat escape lessening posture for five minutes.**
- 8. Swim 800 metres using any of the four recognised strokes without stopping. You should swim 400m on your front and 400m on your back.**
- 9. Take part in an organised swimming activity that's different to the one on your previous swimming badge.**

## Stage 5 - How to earn your badge:

1. Learn the general safety rules for swimming (such as not diving into shallow water or not swimming on your own) and where it is safe to swim locally.
2. Show you know how to prepare for exercises. You could do this by leading a warm up.
3. Demonstrate a racing dive into at least 1.8 metres of water and a straddle jump into at least 2 meters of water.
4. Swim 100 metres in shirt and shorts. When you've finished, remove the shirt and shorts and climb out of the pool unaided. Your time limit is three minutes.
5. Tread water for five minutes, three of which one arm must be held clear of the water.
6. Scull on your back, head first, for ten metres, then feet first for ten metres. Move into a tuck position and turn 360 degrees, keeping your head out of the water.
7. Swim 10 metres, perform a somersault without touching the side of the pool, then carry on swimming in the same direction for a further 10 metres.
8. Demonstrate the heat escape lessening posture.
9. Demonstrate a surface dive, both head and feet first, into 1.5 metres of water.
10. Swim 1,000 metres using any of the four recognised strokes, for a minimum distance of 200 metres per stroke. This swim must be completed in 35 minutes.
11. Take part in an organised swimming activity that's different to the one on your previous swimming badge.

Name of Scout: \_\_\_\_\_

Once you have completed these tasks, ask your swimming teacher/coach to sign below and then return to the Scout Leaders. It would be great if you could talk about it to the other Scouts.

Stage Completed: \_\_\_\_\_

Signature of Swimming Teacher/Coach: \_\_\_\_\_

There are some activities at the bottom of the page here:

<https://www.scouts.org.uk/staged-badges/swimmer/stage-1>