



*Spiritual*

- \_\_\_\_\_ \*Recite the Apostles Creed, 7 Sacraments, and Act of Contrition from Memory.
- \_\_\_\_\_ \*Make your First Confession.
- \_\_\_\_\_ \*Receive your First Communion.
- \_\_\_\_\_ \*Explain in your own words to your Troop Captain the difference between mortal sin, venial sin, and original sin.
- \_\_\_\_\_ \*Explain in your own words to your Troop Captain how the Body and Blood of Christ after the consecration is different from normal bread and wine.

*Physical*

- \_\_\_\_\_ Learn how to throw a football and baseball.
- \_\_\_\_\_ Learn how to score a basket in basketball.
- \_\_\_\_\_ Learn how to dribble a soccer ball.
- \_\_\_\_\_ Record how high and far you can jump.
- \_\_\_\_\_ Learn how to Greco-Roman wrestle with your fellow cadets.
- \_\_\_\_\_ Swim 25 feet.
- \_\_\_\_\_ Tread water for 10 seconds.
- \_\_\_\_\_ Run 1 kilometer (0.62 miles).
- \_\_\_\_\_ Learn how much you weigh and keep track of it for one month.
- \_\_\_\_\_ Learn the basic food groups.

*Patriotic*

- \_\_\_\_\_ \*Learn about the symbolism of your nation's flag.
- \_\_\_\_\_ \*Learn your nation's patriotic pledge.
- \_\_\_\_\_ \*Participate in a flag ceremony for your patrol.
- \_\_\_\_\_ \*Know how to properly fold and store a national flag.

*Manly Skills*

- \_\_\_\_\_ Point out and name the following tools: Pliers, Crescent wrench, Screwdriver, Bench vise, Coping saw, Drill bit, Hammer, Hand saw, Hand drill, C-clamp, Wood plane.
- \_\_\_\_\_ Hammer a nail into a board (without bending it) and then remove it with the claw.
- \_\_\_\_\_ Show how to use pliers.
- \_\_\_\_\_ Know the difference between the Philips head and a flathead screw.
- \_\_\_\_\_ Help an adult prepare a meal on a grill outside.