

# Cub Scout Academics & Sports Requirements



Art



Astronomy



Chess



Citizenship



Collecting



Communicating



Computers



Geography



Geology



Heritages



Language and Culture



Map and Compass



Mathematics



Music



Science



Weather



Wildlife Conservation



Archery\*



Badminton



Baseball



Basketball



BB-Gun Shooting\*



Bicycling



Bowling



Fishing



Flag Football



Golf



Gymnastics



Ice Skating



Marbles



Physical Fitness



Roller Skating



Snow Ski and Board Sports



Soccer



Softball



Swimming



Table Tennis



Tennis



Ultimate



Volleyball

## ACADEMIC/SPORT BELT LOOP/PIN REQUIREMENTS SUMMARY ver 2.1

### **Summary of the Academic and Sports Belt Loop/Pin/Letter program**

As Pack librarian, I want to bring you up to speed on a cub scout recognition program. My goal is not to explain the reasons for the program, but to educate you on how to achieve the rewards of this program.

Cub scouts has a recognition program separate from the rank program (Tiger, Bobcat, Wolf, Bear, Webelos, etc.), called the Academics and Sports program. Through it, all levels of Cub Scouts (Tiger to Webelos II) can earn belt loops (by fulfilling three basic requirements), and pins (after earning the belt loop and considerably more rigorous requirements). The program requirements may be modified for scouts with disabilities. There is also a "Participation Emblem" for those boys who participate and earn their first Belt Loop. The Academics and Sports letter (C) is earned with the first pin and is used to display the academics and sports pins.

The 17 Academics loops/pins include: Art, Astronomy, Chess, Citizenship, Collecting, Communicating, Computers, Geography, Geology, Heritages, Language and Culture, Map and Compass, Mathematics, Music, Science, Weather, and Wildlife conservation.

The 23 Sports loops/pins include: Archery\*, Badminton, Baseball, Basketball, BB Gun Shooting\*, Bicycling, Bowling, Fishing, Flag football, Golf, Gymnastics, Ice Skating, Marbles, Physical fitness, Roller Skating, Snow Ski and Board Sports, Soccer, Softball, Swimming, Table tennis, Tennis, Ultimate, and Volleyball. \*Archery and BB gun shooting are only allowed to be earned in Boy Scout camps due to the possible danger involved.

Please note that over the up to 5-year Cub Scout program, there are only 38 belt loops and 38 pins (excluding the 2 summer camp Archery and BB-Gun). These awards should be spaced out so that the child has the opportunity to receive something each pack meeting. In other words, do not earn too many in any given month. Since the academic and sports program is a multi-year effort, the responsibility for spacing the academic and sports belt loops/pins falls on the parents of the child (with the den leader's help). Coordinate with your Den Leader to space out the belt loops and pins.

This document is an attempt to indicate what is required for belt loops and pins, and provide a signoff sheet. The individual books have been replaced with a single document "Cub Scout Academics and Sport Program Guide" which has additional information. The pack also has some of the older books which provide additional help. Please work with your Den Leaders to coordinate this effort, as some belt loops and pins will be earned in the den meetings, and others can be earned at home.

Version 2.0 added "Archery" and "BB-Gun Shooting" belt loops and pins, even though these may only be earned at Cub-Scout Resident camp for safety reasons. Version 2.1 added the artwork and a title page.

Version 3.0 added the changes to the program in September 2002. Namely new academic programs for Astronomy, Collecting, Geology, Language & Culture, and Map & Compass. A new sports program was added for Flag Football. Skating Fitness has been replaced with Ice Skating and Roller Skating. Skiing has been replaced with Snow Ski & Board sports. The Bicycling pin requirement was dropped from 25 hours to 10 hours. The swimming requirements changed considerably (you no longer need to go in water over your head).

## ACADEMIC BELT LOOP/PIN REQUIREMENTS

# ART

### Art Belt Loop

Complete these three requirements:

- \_\_\_ 1. Make a list of common materials used to create visual art compositions.
- \_\_\_ 2. Demonstrate how six of the following elements of design are used in a drawing: lines, circles, dots, shapes, colors, patterns, textures, space, balance, or perspective.
- \_\_\_ 3. Identify the three primary colors and the three secondary colors that can be made by mixing them. Show how this is done using paints or markers. Use the primary and secondary colors to create a painting.

### Art Pin

Earn the Art belt loop, and complete **six** of the following requirements:

- \_\_\_ 1. Visit an art museum, gallery, or exhibit Discuss with an adult the art you saw.
- \_\_\_ 2. Create two self-portraits using two different art techniques, such as drawing, painting, printmaking, sculpture, or computer illustration.
- \_\_\_ 3. Demonstrate how to make paper. Make a sample at least 4 inches by 4 inches.
- \_\_\_ 4. Make a simple silkscreen or stencil. Print a card or T-shirt.
- \_\_\_ 5. Create a freestanding sculpture or mobile using wood, metal, soap, papier-mâché, or found objects.
- \_\_\_ 6. Create an object using clay that can be fired, baked in the oven, or hardened in water.
- \_\_\_ 7. Photograph four subjects in one theme, such as landscapes, people, animals, sports, or buildings.
- \_\_\_ 8. Make a collage using several different materials.
- \_\_\_ 9. Use your artistic skills to create a postage stamp, book cover, or music CD cover.
- \_\_\_ 10. Use a computer illustration or painting program to create a work of art.
- \_\_\_ 11. Display your artwork in a pack, school, or community art show.

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**ACADEMIC BELT LOOP/PIN REQUIREMENTS**

**ASTRONOMY**

**Astronomy Belt Loop**

Complete these three requirements:

- \_\_\_ 1. Set up and demonstrate how to focus a simple telescope or binoculars.
- \_\_\_ 2. Draw a diagram of our solar system - identify the planets and other objects.
- \_\_\_ 3. Draw a diagram of our solar system - identify the planets and other objects. Explain the following terms: planet, star, solar system, galaxy, the Milky Way, black hole, red giant, white dwarf, comet, meteor, moon, asteroid, and universe.

**Astronomy Pin**

Earn the Astronomy belt loop, and complete **five** of the following requirements:

- \_\_\_ 1. Draw a diagram of a telescope and explain how it works.
- \_\_\_ 2. Locate and identify five constellations. You may use a telescope.
- \_\_\_ 3. Using a telescope, find at least one planet and identify it.
- \_\_\_ 4. Find the North Star. Explain its importance.
- \_\_\_ 5. Interview an astronomer. Learn about careers that relate to Astronomy. What school subjects will help you get a job in astronomy?
- \_\_\_ 6. Visit an observatory or a planetarium. Give a report on what you learned to your den.
- \_\_\_ 7. Make a poster illustrating the different kinds of stars. Include a diagram showing the life cycle of a star.
- \_\_\_ 8. Learn about some of the early space missions. Tell your den or family about one of them.
- \_\_\_ 9. Find a current event about a recent happening related to space. Tell your den or family about this event.
- \_\_\_ 10. Make a chart to show the phases of the moon over a two-month period. Define a blue moon.
- \_\_\_ 11. Write a report on two famous astronomers.
- \_\_\_ 12. Locate three major observatories on a map. Explain why these locations are good for astronomy.

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**ACADEMIC BELT LOOP/PIN REQUIREMENTS**

**Chess**

**Chess Belt Loop**

Complete these three requirements:

- \_\_\_ 1. Identify the chess pieces and set up a chessboard for play.
- \_\_\_ 2. Demonstrate the moves of each chess piece to your den leader or adult partner.
- \_\_\_ 3. Play a game of chess.

**Chess Pin**

Earn the Chess belt loop, and complete **five** of the following requirements:

- \_\_\_ 1. Demonstrate basic opening principles (such as development of pieces, control center, castle, don't bring queen out too early, don't move same piece twice).
- \_\_\_ 2. Visit a chess tournament and tell your den about it.
- \_\_\_ 3. Participate in a pack, school, or community chess tournament.
- \_\_\_ 4. Solve a pre-specified chess problem (e.g., "White to move and mate in three") given to you by your adult partner.
- \_\_\_ 5. Play five games of chess.
- \_\_\_ 6. Play 10 chess games via computer or on the Internet.
- \_\_\_ 7. Read about a famous chess player.
- \_\_\_ 8. Describe U.S. Chess Federation ratings for chess players.
- \_\_\_ 9. Learn to write chess notation and record a game with another Scout.
- \_\_\_ 10. Present a report about the history of chess to your den or family.

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**ACADEMIC BELT LOOP/PIN REQUIREMENTS**

**Citizenship**

**Citizenship Belt loop**

Complete these three requirements:

- \_\_\_ 1. Develop a list of jobs you can do around the home. Chart your progress for one week.
- \_\_\_ 2. Make a poster showing things that you can do to be a good citizen.
- \_\_\_ 3. Participate in a family, den, or school service project.

**Citizenship Pin**

Earn the Citizenship belt loop, and complete **five** of the following requirements:

- \_\_\_ 1. Interview someone who has become a naturalized citizen. Give a report of your interview to your den or family.
- \_\_\_ 2. Write a letter to your newspaper about an issue that concerns you.
- \_\_\_ 3. Create a collage about America.
- \_\_\_ 4. Conduct a home safety or energy audit and inspect your home. Talk with your parent or adult partner about correcting any problems you find.
- \_\_\_ 5. Visit your local site of government. Interview someone who is involved with the governmental process.
- \_\_\_ 6. Visit a courtroom and talk with someone who works there.
- \_\_\_ 7. Go to the polls with your parents when they vote. Talk to them about their choices.
- \_\_\_ 8. Take part in a parade with your den or pack.
- \_\_\_ 9. List ways you can recycle various materials and conserve and protect the environment.
- \_\_\_ 10. Attend a community event or visit a landmark in your community.

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## ACADEMIC BELT LOOP/PIN REQUIREMENTS

# Collecting

### Collecting Belt loop

Complete these three requirements:

- \_\_\_ 1. Begin a collection of at least 10 items that all have something in common. Label the items and title your collection.
- \_\_\_ 2. Display your collection at a pack or den meeting.
- \_\_\_ 3. Visit a show or museum that displays different collections.

### Collecting Pin

Earn the Collecting belt loop, and complete **five** of the following requirements:

- \_\_\_ 1. Give a talk about your collection to someone other than your family. Give a description of your collection, including a short history. Explain how you got started and why you decided to collect what you do.
- \_\_\_ 2. Show how you preserve and display your collection. Explain any special precautions you must take including handling, cleaning, and storage. Note precautions for dampness, sunlight, or other weather conditions.
- \_\_\_ 3. Read a book about what you collect.
- \_\_\_ 4. Start a new collection of at least 20 items. Label the items, and title your collection.
- \_\_\_ 5. Define numismatics and philately.
- \_\_\_ 6. Join a club of collectors who share your hobby. This club may be a group of your friends.
- \_\_\_ 7. Find out if there is a career that involves what you collect. Find out what kind of subjects you need to study to prepare for such a career.
- \_\_\_ 8. If you collect coins or stamps, make a list of different countries in your collection. Explain how to identify each country's issues. Make a list of "clues" that help you identify the origin.
- \_\_\_ 9. With an adult partner, visit an online auction and look for items you collect. What does it tell you about rarity and value of the things you collect?
- \_\_\_ 10. Use a computer to catalog, organize, and keep track of your collection.
- \_\_\_ 11. Help a friend get started on a collection of his or her own.

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**ACADEMIC BELT LOOP/PIN REQUIREMENTS**

**Communicating**

**Communicating Belt loop**

Complete these three requirements:

- \_\_\_ 1. Tell a story or relate an incident to a group of people, such as your family, den, or members of your class.
- \_\_\_ 2. Write a letter to a friend or relative.
- \_\_\_ 3. Make a poster about something that interests you. Explain the poster to your den.

**Communicating Pin**

Earn the Communicating belt loop, and complete **five** of the following requirements:

- \_\_\_ 1. Write an original poem or story.
- \_\_\_ 2. Keep a journal of daily activities for at least seven days.
- \_\_\_ 3. Listen to a news story on television or the radio. Discuss the information with an adult.
- \_\_\_ 4. Go to the library. Use the card catalog or computer reference system to find a book, and then check it out.
- \_\_\_ 5. Read a book that has been approved by your parent or teacher. Discuss the book with an adult.
- \_\_\_ 6. With a friend, develop a skit. Perform it at a Scout meeting, family meeting, or school event.
- \_\_\_ 7. Learn the alphabet in sign language. Learn how to sign 10 words.
- \_\_\_ 8. With an adult, use the Internet to search for information on a topic of interest to you.
- \_\_\_ 9. Watch three television commercials and discuss the information in them with your parent or den leader.
- \_\_\_ 10. Read the directions for a new game. Explain to a family member or friend how to play it.
- \_\_\_ 11. Learn about "reading" materials for people who have poor vision or who are blind.
- \_\_\_ 12. While traveling, make a list of road signs, animals, or license plates that you see.

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ACADEMIC BELT LOOP/PIN REQUIREMENTS

Computers

Computers Belt loop

Complete these three requirements:

- \_\_\_ 1. Explain these parts of a personal computer: central processing unit (CPU), monitor, keyboard, mouse, modem, and printer.
- \_\_\_ 2. Demonstrate how to start up and shut down a personal computer properly.
- \_\_\_ 3. Use your computer to prepare and print a document.

Computers Pin

Earn the Computers belt loop, and complete **five** of the following requirements:

- \_\_\_ 1. Use a computer to prepare a report on a subject of interest to you. Share it with your den.
- \_\_\_ 2. Make a list of 10 devices that can be found in the home that use a computer chip to function.
- \_\_\_ 3. Use a computer to maintain a balance sheet of your earnings or allowance for four weeks.
- \_\_\_ 4. Use a spreadsheet program to organize some information.
- \_\_\_ 5. Use an illustration, drawing, or painting program to create a picture.
- \_\_\_ 6. Use a computer to prepare a thank-you letter to someone.
- \_\_\_ 7. Log on to the Internet. Visit the Boy Scouts of America homepage (<http://www.bsa.scouting.org>).
- \_\_\_ 8. Discuss personal safety rules you should pay attention to while using the Internet.
- \_\_\_ 9. Practice a new computer game for two weeks. Demonstrate an improvement in your scores.
- \_\_\_ 10. Correspond with a friend via e-mail. Have at least five e-mail replies from your friend.
- \_\_\_ 11. Visit a local business or government agency that uses a mainframe computer to handle its business. Explain how computers save the company time and money in carrying out its work.

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**ACADEMIC BELT LOOP/PIN REQUIREMENTS**

**Geography**

**Geography Belt loop**

Complete these three requirements:

- \_\_\_ 1. Draw a map of your neighborhood. Show natural and manmade features. Include a key or legend of map symbols.
- \_\_\_ 2. Learn about the physical geography of your community. Identify the major landforms within 100 miles. Discuss with an adult what you learned.
- \_\_\_ 3. Use a world globe or map to locate the continents, the oceans, the equator, and the northern and southern hemispheres. Learn how longitude and latitude lines are used to locate a site.

**Geography Pin**

Earn the Geography belt loop, and complete **five** of the following requirements:

- \_\_\_ 1. Make a three-dimensional model of an imaginary place. Include five different landforms, such as mountains, valleys, lakes, deltas, rivers, buttes, plateaus, basins, and plains.
- \_\_\_ 2. List 10 cities around the world. Calculate the time it is in each city when it is noon in your town.
- \_\_\_ 3. Find the company's location on the wrapper or label of 10 products used in your home, such as food, clothing, toys, and appliances. Use a world map or atlas to find each location.
- \_\_\_ 4. On a map, trace the routes of some famous explorers. Show the map to your den or family.
- \_\_\_ 5. On a United States or world map, mark where your family members and ancestors were born.
- \_\_\_ 6. Keep a map record of the travels of your favorite professional sports team for one month.
- \_\_\_ 7. Read a book (fiction or nonfiction) in which geography plays an important part.
- \_\_\_ 8. Take part in a geography bee or fair in your pack, school, or community.
- \_\_\_ 9. Choose a country in the world and make a travel poster for it.
- \_\_\_ 10. Play a geography-based board game or computer game. Tell an adult some facts you learned about a place that was part of the game.
- \_\_\_ 11. Draw or make a map of your state. Include rivers, mountain ranges, state parks, and cities. Include a key or legend of map symbols.

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## ACADEMIC BELT LOOP REQUIREMENTS

# Geology

### Geology Belt loop

Complete these three requirements:

- \_\_\_ 1. Define geology.
- \_\_\_ 2. Collect a sample of igneous, sedimentary, and metamorphic rocks. Explain how each was formed.
- \_\_\_ 3. Explain the difference between a *rock* and a *mineral*.

### Geology Pin

Earn the Geology belt loop, and complete **five** of the following requirements:

- \_\_\_ 1. Make a plaster cast of a fossil.
- \_\_\_ 2. Make a special collection of rocks and minerals that illustrates the hardness scale.
- \_\_\_ 3. Give examples of sedimentary, igneous, and metamorphic rocks.
- \_\_\_ 4. Gather several different types of rocks. Compare them and put them in groups according to physical properties such as color, texture, luster, hardness, or crystals.
- \_\_\_ 5. Describe the effects of wind, water, and ice on the landscape.
- \_\_\_ 6. Make "pet rocks" using rocks, paint, and glue on eyes. Tell a creative story about your pet rocks.
- \_\_\_ 7. Draw a diagram showing different types of volcanoes or draw a diagram that labels the different parts of a volcano.
- \_\_\_ 8. Make a crystal garden.
- \_\_\_ 9. Make a collection of five different fossils and identify them to the best of your ability.
- \_\_\_ 10. Make a poster or display showing 10 everyday products that contain or use rocks or minerals .
- \_\_\_ 11. Visit a mine, oil or gas field, gravel pit, stone quarry, or similar area of special interest related to geology.
- \_\_\_ 12. Visit with a geologist. Find out how he or she prepared for the job. Discuss other careers related to geology.
- \_\_\_ 13. Draw the inside of a cave showing the difference between stalactites and stalagmites.

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## ACADEMIC BELT LOOP REQUIREMENTS

# Heritage

### Heritage Belt loop

Complete these three requirements:

- \_\_\_ 1. Talk with members of your family about your family heritage: its history, traditions, and culture.
- \_\_\_ 2. Make a poster that shows the origins of your ancestors. Share it with your den or other group.
- \_\_\_ 3. Draw a family tree showing members of your family for three generations.

### Heritage Pin

Earn the Heritages belt loop, and complete **five** of the following requirements:

- \_\_\_ 1. Participate in a pack heritage celebration in which Cub Scouts give presentations about their family heritage.
- \_\_\_ 2. Attend a family reunion.
- \_\_\_ 3. Correspond with a pen pal from another country. Find out how his or her heritage is different from yours.
- \_\_\_ 4. Learn 20 words in a language other than your native language.
- \_\_\_ 5. Interview a grandparent or other family elder about what it was like when he or she was growing up.
- \_\_\_ 6. Work with a parent or adult partner to organize family photographs in a photo album.
- \_\_\_ 7. Visit a genealogy library and talk with the librarian about how to trace family records. Variation: Access a genealogy Web site and learn how to use it to find out information about ancestors.
- \_\_\_ 8. Make an article of clothing, a toy, or a tool that your ancestors used. Show it to your den.
- \_\_\_ 9. Help your parent or adult partner prepare one of your family's traditional food dishes.
- \_\_\_ 10. Learn about the origin of your first, middle, or last name.

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## ACADEMIC BELT LOOP REQUIREMENTS

# Language and culture

## Language and Culture Belt loop

Complete these three requirements:

- \_\_\_ 1. Talk with someone who grew up in a different country than you did. Find out what it was like and how it is different from your experience.
- \_\_\_ 2. Learn 10 words that are in a different language than your own.
- \_\_\_ 3. Play two games that originated in another country or culture.

## Language and Culture Pin

Earn the Language and Culture belt loop, and complete seven of the following requirements:

- \_\_\_ 1. Earn the BSA Interpreter Strip.
- \_\_\_ 2. Write the numbers 1-10 in Chinese or another number system other than the one we normally use (*we use the Arabic system*).
- \_\_\_ 3. Visit an embassy, consulate, or charge de'affairs for another country.
- \_\_\_ 4. Make a display of stamps or postcards of another country. Explain the importance or symbolism of the things depicted to that country's culture.
- \_\_\_ 5. Learn 30 words in a language other than your own.
- \_\_\_ 6. Learn a song in another country's language.
- \_\_\_ 7. Say five words in American Sign Language. One of these words could be your first name.
- \_\_\_ 8. Visit a restaurant that specializes in recipes from another country.
- \_\_\_ 9. Watch a TV show or movie in a foreign language. Tell how easy or difficult it was to understand what was happening.
- \_\_\_ 10. Interview an interpreter. Find out what his or her job is like.
- \_\_\_ 11. Make a list of 30 things around your home that were made in another country.
- \_\_\_ 12. Read a book or story about an immigrant to the United States.

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## ACADEMIC BELT LOOP REQUIREMENTS

# Map and Compass

### Map and Compass Belt loop

Complete these three requirements:

- \_\_\_ 1. Show how to orient a map. Find three landmarks on the map
- \_\_\_ 2. Explain how a compass works.
- \_\_\_ 3. Draw a map of your neighborhood. Label the streets and plot the route you take to get to a place that you often visit.

### Map and Compass Pin

Earn the Map and Compass beltloop, and complete **five** of the following requirements:

- \_\_\_ 1. Define cartography.
- \_\_\_ 2. Make a poster showing 10 map symbols and their meaning.
- \_\_\_ 3. Read a book or story about a famous explorer or navigator. Tell your den or family what you learned.
- \_\_\_ 4. Make a simple compass with a magnet and pin.
- \_\_\_ 5. Explain the difference between latitude and longitude and show them on a map or globe.
- \_\_\_ 6. Draw a compass rose for a map. Label north, south, east, and west.
- \_\_\_ 7. Study a blank map of the United States of America. Label your state, and the states that share its boundary lines.
- \_\_\_ 8. In the field, show how to take a compass bearing and how to follow it.
- \_\_\_ 9. Show how to measure distances, using a scale on a map legend.
- \_\_\_ 10. Measure your pace. Then layout a simple compass course for your den to try.
- \_\_\_ 11. Using a road map, determine how many miles it is between two major cities or familiar destinations.
- \_\_\_ 12. Explain what the different map colors can mean on a map.

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## ACADEMIC BELT LOOP REQUIREMENTS

# Mathematics

### Mathematics Belt loop

Complete these three requirements:

- \_\_\_ 1. Do five activities within your home or school that require the use of mathematics. Explain to your den how you used everyday math.
- \_\_\_ 2. Keep track of the money you earn and spend for three weeks.
- \_\_\_ 3. Measure five items using both metric and non-metric measures. Find out about the history of the metric system of measurement.

### Mathematics Pin

Earn the Mathematics belt loop, and complete one from each of the five areas below:

#### **I. Geometry is related to measurement but also deals with objects and positions in space.**

- \_\_\_ 1. Many objects can be recognized by their distinctive shapes: a tree, a piece of broccoli, and a violin. Collect 12 items that can be recognized, classified, and labeled by their distinctive shape or outline.
- \_\_\_ 2. Select a single shape or figure. Observe the world around you for at least a week and keep a record of where you see this shape or figure and how it is used.
- \_\_\_ 3. Study geometry in architecture by exploring your neighborhood or community. Look at different types of buildings-houses, churches, businesses, etc., and create a presentation (a set of photographs, a collage of pictures from newspapers and magazines, a model) that you can share with your den or pack to show what you have seen and learned about shapes in architecture.

#### **II. Calculating is adding, subtracting, multiplying, and dividing numbers.**

- \_\_\_ 1. Learn how an abacus or slide rule works and teach it to a friend or to your den or pack.
- \_\_\_ 2. Go shopping with an adult and use a calculator to add up how much the items you buy will cost. See whether your total equals the total at check out.
- \_\_\_ 3. Visit a bank and have someone there explain to you about how interest works. Use the current interest rate and calculate how much interest different sums of money will earn.

## ACADEMIC BELT LOOP REQUIREMENTS

### **III. Statistics is collecting and organizing numerical information and studying patterns.**

- \_\_\_ 1. Explain the meaning of these statistical words and tools: data, averaging, tally marks, bar graph, line graph, pie chart, and percentage,
- \_\_\_ 2. Conduct an opinion survey through which you collect data to answer a question, and then show your results with a chart or graph. For instance: What is the favorite food of the Cub Scouts in your pack (chart how many like pizza, how many like hamburgers, etc.).
- \_\_\_ 3. Study a city newspaper to find as many examples as you can of statistical information.
- \_\_\_ 4. Learn to use a computer spreadsheet.

### **IV. Probability helps us know the chance or likelihood of something happening.**

- \_\_\_ 1. Explain to your den how a meteorologist or insurance company (or someone else) might use the mathematics of probability to predict what might happen in the future (i.e., the chance that it might rain, or the chance that someone might be in a car accident).
- \_\_\_ 2. Conduct and keep a record of a coin toss probability experiment.
- \_\_\_ 3. Guess the probability of your sneaker landing on its bottom, top, or side, and then flip it 100 times to find out which way it lands. Use this probability to predict how a friend's sneaker will land.

### **V. Measuring is using a unit to express how long or how big something is, or how much of it there is.**

- \_\_\_ 1. Interview four adults in different occupations to see how they use measurement in their jobs.
- \_\_\_ 2. Measure how tall someone is. Have them measure you.
- \_\_\_ 3. Measure how you use your time by keeping a diary or log of what you do for a week. Then make a chart or graph to display how you spend your time.
- \_\_\_ 4. Measure, mix, and cook at least two recipes. Share your snacks with family, friends, or your den.

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## ACADEMIC BELT LOOP REQUIREMENTS

# Music

### Music Belt loop

Complete these three requirements:

- \_\_\_ 1. Explain why music is an important part of our culture.
- \_\_\_ 2. Pick a song with at least two verses and learn it by heart
- \_\_\_ 3. Listen to four different types of music, either recorded or live.

### Music Pin

Earn the Music belt loop, and complete **five** of the following requirements:

- \_\_\_ 1. Make a musical instrument and play it for your family, den, or pack.
- \_\_\_ 2. Teach your den a song.
- \_\_\_ 3. Play a song by yourself or in a group, in unison or in harmony.
- \_\_\_ 4. Create an original melody and/or original words for a song.
- \_\_\_ 5. Using a tape recorder, capture natural sounds of the environment or record songs you create, and use your recording as a soundtrack for a short skit or as background for a movement activity.
- \_\_\_ 6. Attend a live musical performance or concert.
- \_\_\_ 7. Demonstrate conducting patterns for two songs using two different meters (two-, three-, or four-beat meter) while your adult partner or den members sing or play the songs you have selected.
- \_\_\_ 8. Take voice or dance lessons or lessons to learn to play an instrument.
- \_\_\_ 9. Create movements to a piece of music without words to demonstrate the moods of the music: happy, sad, calm, excited, playful, inspired.
- \_\_\_ 10. Learn about a composer of some music that you enjoy.

Parent signature \_\_\_\_\_

Date: \_\_\_\_\_

Den Leader signature \_\_\_\_\_

Date: \_\_\_\_\_

## ACADEMIC BELT LOOP REQUIREMENTS

# Science

### Science Belt loop

Complete these three requirements:

- \_\_\_ 1. Explain the scientific method to your adult partner.
- \_\_\_ 2. Use the scientific method in a simple science project. Explain the results to an adult.
- \_\_\_ 3. Visit a museum, a laboratory, an observatory, a zoo, an aquarium, or other facility that employs scientists. Talk to a scientist about his or her work.

### Science Pin

Earn the Science belt loop, and complete **five** of the following requirements:

- \_\_\_ 1. Make a simple electric motor that works.
- \_\_\_ 2. Find a stream or other area that shows signs of erosion. Try to discover the cause of the erosion.
- \_\_\_ 3. Plant seeds. Grow a flower, garden vegetable, or other plant.
- \_\_\_ 4. Use these simple machines to accomplish tasks: lever, pulley, wheel-and-axle, wedge, inclined plane, and screw.
- \_\_\_ 5. Learn about solids, liquids, and gases using just water. Freeze water until it turns into ice. Then, with an adult, heat the ice until it turns back into a liquid and eventually boils and becomes a gas.
- \_\_\_ 6. Build models of two atoms and two molecules, using plastic foam balls or other objects.
- \_\_\_ 7. Make a collection of igneous, metamorphic, and sedimentary rocks and label them.
- \_\_\_ 8. Learn about a creature that lives in the ocean. Share what you have learned with your den or family.
- \_\_\_ 9. Label a drawing or diagram of the bones of the human skeleton.
- \_\_\_ 10. Make a model or poster of the solar system. Label the planets and the sun.
- \_\_\_ 11. Do a scientific experiment in front of an audience. Explain your results.
- \_\_\_ 12. Read a book about a science subject that interests you.

Parent signature \_\_\_\_\_

Date: \_\_\_\_\_

Den Leader signature \_\_\_\_\_

Date: \_\_\_\_\_

## ACADEMIC BELT LOOP REQUIREMENTS

# Weather

### Weather Belt loop

Complete these three requirements:

- \_\_\_ 1. Make a poster that shows and explains the water cycle.
- \_\_\_ 2. Set up a simple weather station to record rainfall, temperature, air pressure, or evaporation for one week.
- \_\_\_ 3. Watch the weather forecast on a local television station.

### Weather Pin

Earn the Weather belt loop, and complete **five** of the following requirements:

- \_\_\_ 1. Define the following terms: weather, humidity, precipitation, temperature, and wind,
- \_\_\_ 2. Explain how clouds are made. Describe the different kinds of clouds - *stratus*, *cumulus*, *cumulonimbus*, and *cirrus* -and what kind of weather can be associated with these cloud types.
- \_\_\_ 3. Describe the climate in your state. Compare its climate with that in another state.
- \_\_\_ 4. Describe a potentially dangerous weather condition in your community. Discuss safety precautions and procedures for dealing with this condition.
- \_\_\_ 5. Define what is meant by acid rain. Explain the greenhouse effect.
- \_\_\_ 6. Talk to a meteorologist about his or her job. Learn about careers in meteorology.
- \_\_\_ 7. Make a weather map of your state or country, using several weather symbols.
- \_\_\_ 8. Explain the differences between tornadoes and hurricanes.
- \_\_\_ 9. Make a simple weather vane. Make a list of other weather instruments and describe what they do.
- \_\_\_ 10. Explain how weather can affect agriculture and the growing of food.
- \_\_\_ 11. Make a report to your den or family on a book about weather.
- \_\_\_ 12. Explain how rainbows are formed and then draw and color a rainbow.

Parent signature \_\_\_\_\_

Date: \_\_\_\_\_

Den Leader signature \_\_\_\_\_

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ACADEMIC BELT LOOP REQUIREMENTS

**Wildlife Conservation**

**Wildlife Conservation Belt loop**

Complete these three requirements:

- \_\_\_ 1. Explain what natural resources are and why it's important to protect and conserve them.
- \_\_\_ 2. Make a poster that shows and explains the food chain. Describe to your den what happens if the food chain becomes broken or damaged.
- \_\_\_ 3. Learn about an endangered species. Make a report to your den that includes a picture, how the species came to be endangered, and what is being done to save it.

**Wildlife Conservation Pin**

Earn the Wildlife Conservation belt loop, and complete **five** of the following requirements:

- \_\_\_ 1. Visit a wildlife sanctuary, nature center, or fish hatchery.
- \_\_\_ 2. Collect and read five newspaper or magazine articles that discuss conservation of wildlife and report to your family or den what you learn.
- \_\_\_ 3. Learn about five animals that use camouflage to protect themselves.
- \_\_\_ 4. Make a birdbath and keep a record for one week of the different birds that visit it.
- \_\_\_ 5. Make a collage of animals that are in the same class: fish, amphibians, reptiles, birds, or mammals.
- \_\_\_ 6. Make a plaster cast of an animal track. Show it to your den.
- \_\_\_ 7. Visit with a person who works in wildlife conservation, such as a park ranger, biologist, range manager, geologist, horticulturist, zookeeper, fishery technician, or conservation officer.
- \_\_\_ 8. Visit a State Park or national park.
- \_\_\_ 9. Participate in an environmental service project that helps maintain habitat for wildlife, such as cleaning up an area or planting trees.

Parent signature \_\_\_\_\_

Date: \_\_\_\_\_

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**SPORT BELT LOOP/PIN REQUIREMENTS**

**Archery**

**Archery Belt loop**

Cub Scouts and Webelos Scouts can earn the archery belt loop by participating in the archery safety program at Cub Scout camp.

**Archery Pin**

The archery pin is earned by completing the camp archery safety program and qualifying with a minimum of *30 credits* in firing activities with a *parent or adult partner*. A certified range officer must be present.

Required Activities:

- \_\_\_ 1. Complete the camp basic archery marksmanship safety course (*15 credits*).
- \_\_\_ 2. Fire five groups of arrows (three arrows per group) that are within the "9" or gold target area (*15 credits*).

**Shooting Sports award certificate**

Before starting the Pro Archer course, the camper is to complete the following:

- \_\_\_ 1. Explain how to string your bow and explain these of archery equipment.
- \_\_\_ 2. Be able to list and discuss nine points in 'Shooting Techniques.'

Pro Archer Level

Shoot five groups (three arrows per group) trying to group each set within a circle the size of the nine-ring. (No specific score is required.)

Then fire for the Pro Archer score.

Level of Recognition	Number of Arrows	Distance	Score
Pro Archer	30	15 feet	30
Archer I	30	20 feet	30
Archer II	30	20 feet	50
Archer III	30	20 feet	100

Parent signature \_\_\_\_\_

Date: \_\_\_\_\_

Den Leader signature \_\_\_\_\_

Date: \_\_\_\_\_

**SPORT BELT LOOP/PIN REQUIREMENTS**

**Badminton**

**Badminton Belt loop**

Complete these three requirements:

- \_\_\_ 1. Explain the rules of badminton to your leader or adult partner.
- \_\_\_ 2. Spend at least 30 minutes practicing badminton skills.
- \_\_\_ 3. Participate in a badminton game.

**Badminton Pin**

Earn the Badminton belt loop, and complete **five** of the following requirements:

- \_\_\_ 1. Compete in a pack or community badminton tournament.
- \_\_\_ 2. Demonstrate your knowledge of the use and care of the equipment needed to play badminton: shuttlecock (shuttle or bird), racket, court, net, and comfortable clothes and shoes.
- \_\_\_ 3. Demonstrate skill in the following grip techniques: forehand and backhand
- \_\_\_ 4. Spend at least 60 minutes practicing to develop skills for shots and strokes {clear, drive, drop, and smash}. Keep track of your time on a chart.
- \_\_\_ 5. Demonstrate skill in the following: hit the shuttle using forehand or backhand; hit the shuttle, alternating forehand and backhand; hit the shuttle against the wall with a forehand or backhand; hit the shuttle against the wall, alternating forehand and backhand.
- \_\_\_ 6. Accurately lay out a badminton court, including net and lines.
- \_\_\_ 7. Play five games of badminton.
- \_\_\_ 8. Participate in a badminton skills development clinic.
- \_\_\_ 9. Play at least three games during which you make your own foul calls effectively to your leader's satisfaction.

Parent signature \_\_\_\_\_

Date: \_\_\_\_\_

Den Leader signature \_\_\_\_\_

Date: \_\_\_\_\_

**SPORT BELT LOOP/PIN REQUIREMENTS**

**Baseball**

**Baseball Belt loop**

Complete these three requirements:

- \_\_\_ 1. Explain the rules of baseball to your leader or adult partner.
- \_\_\_ 2. Spend at least 30 minutes practicing baseball skills.
- \_\_\_ 3. Participate in a baseball game.

**Baseball Pin**

Earn the Baseball belt loop, and complete **five** of the following requirements:

- \_\_\_ 1. Participate in a pack or community baseball tournament
- \_\_\_ 2. Demonstrate skill in two of the following throwing techniques: overhand, sidearm, underhand, and the relay throw.
- \_\_\_ 3. Demonstrate skill in two of the following catching techniques: fielding a ground ball, fielding a pop-up, catching a line drive.
- \_\_\_ 4. Demonstrate correct pitching techniques.
- \_\_\_ 5. Demonstrate correct hitting techniques, including bunting.
- \_\_\_ 6. Explain the rules of base running. Explain base coaching signals.
- \_\_\_ 7. Demonstrate skill in the following sliding techniques: the straight-in slide, the hook slide, and the headfirst slide.
- \_\_\_ 8. Play five games of baseball using standard baseball rules.
- \_\_\_ 9. Draw a baseball field to scale or set one up for play.
- \_\_\_ 10. Attend a high school, college, or professional baseball game.
- \_\_\_ 11. Read a book about a baseball player and give a report about him or her to your den or family.

Parent signature \_\_\_\_\_

Date: \_\_\_\_\_

Den Leader signature \_\_\_\_\_

Date: \_\_\_\_\_

SPORT BELT LOOP/PIN REQUIREMENTS

**Basketball**

**Basketball Belt loop**

Complete these three requirements:

- \_\_\_ 1. Explain the rules of basketball to your leader or adult partner.
- \_\_\_ 2. Spend at least 30 minutes practicing basketball skills.
- \_\_\_ 3. Participate in a basketball game.

**Basketball Pin**

Earn the Basketball belt loop, and complete **five** of the following requirements:

- \_\_\_ 1. Compete in a pack or community basketball tournament.
- \_\_\_ 2. Demonstrate effective passing using the chest pass, bounce pass, over-the-head pass, and baseball pass.
- \_\_\_ 3. Successfully demonstrate the set shot and jump shot shooting styles.
- \_\_\_ 4. Demonstrate skill in the following dribbling techniques: high dribble, low dribble, turnable dribble, change-of-pace dribble, and combination dribble.
- \_\_\_ 5. Spend at least 30 minutes on three different occasions developing individual defensive skills.
- \_\_\_ 6. Explain and demonstrate 10 official basketball signals.
- \_\_\_ 7. Play three shot-improving games with a member of your den or team.
- \_\_\_ 8. Play five games of basketball.
- \_\_\_ 9. Participate in a basketball clinic.
- \_\_\_ 10. Attend a high school, college, or professional basketball game.

Parent signature \_\_\_\_\_

Date: \_\_\_\_\_

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SPORT BELT LOOP/PIN REQUIREMENTS

**BB-Gun Shooting (only at Camp)**

**BB-Gun Shooting Belt loop (Only at Camp)**

Complete these two requirements:

- \_\_\_ 1. Complete the camp basic BB gun marksmanship safety course.
- \_\_\_ 2. Fire 15 shots at a 4-inch or 5-inch target. No particular score is required. Participant must be able to adjust the BB gun sight.

**BB-Gun Shooting Pin (Only at Camp)**

The BB sports pin is earned by completing the camp BB gun safety program and qualifying with a minimum of *60 credits* in firing activities *with a parent or adult partner*. A certified range officer must be present.

Required

- \_\_\_ 1. Complete the camp basic BB gun marksmanship safety course (*15 credits*).
- \_\_\_ 2. Fire three groups of shots (three shots per group) that can be covered by a quarter. Participant must be able to adjust the BB gun sight (*15 credits*).
- \_\_\_ 3. Choose from the following firing levels to earn the rest of the necessary credits for the sports pin. Refer to the chart below for the requirements for each marksmanship level.

	<b>Credits</b>
Pro Marksman (bench rest)	10
Marksman I (standing position)	10
Marksman II (prone position)	10
Marksman III (kneeling position)	10
Marksman IV (sitting position)	10

See <http://www.geocities.com/~pack215/aands-bb-shooting.html> for more details.

Parent signature \_\_\_\_\_

Date: \_\_\_\_\_

Den Leader signature \_\_\_\_\_

Date: \_\_\_\_\_

SPORT BELT LOOP/PIN REQUIREMENTS

**Bicycling**

**Bicycling Belt loop**

Complete these three requirements:

- \_\_\_ 1. Explain the rules of safe bicycling to your den leader or adult partner.
- \_\_\_ 2. Demonstrate the correct fit of a bicycle helmet.
- \_\_\_ 3. Show how to ride a bike safely, using all hand signals and following all safety and traffic rules. Ride for at least half an hour with an adult partner, your family, or your den.

**Bicycling Pin**

Earn the Bicycling belt loop, complete requirement 1 below, and do **four additional** requirements:

- \_\_\_ 1. Record on a chart at least 10 hours of bicycling. (Required)
- \_\_\_ 2. Participate in a pack, den, or community bike rodeo.
- \_\_\_ 3. Demonstrate how to repair a flat tire on a bicycle.
- \_\_\_ 4. Make a poster illustrating different types of early bikes and show it to your den.
- \_\_\_ 5. Demonstrate to your den or pack the use of proper bicycling safety equipment.
- \_\_\_ 6. With the help of a parent or adult partner, register or reregister your bicycle.
- \_\_\_ 7. Go on a "bicycle hike" with your family or den. Obey traffic rules related to bicycling.
- \_\_\_ 8. Repair or restore a nonfunctioning bicycle to a safe condition. Include the installation of all proper safety devices.
- \_\_\_ 9. Visit a bicycle race or exhibition.
- \_\_\_ 10. Help set up a bike rodeo or bike competition for your pack.

Parent signature \_\_\_\_\_

Date: \_\_\_\_\_

Den Leader signature \_\_\_\_\_

Date: \_\_\_\_\_

**SPORT BELT LOOP/PIN REQUIREMENTS**

**Bowling**

**Bowling Belt loop**

Complete these three requirements:

- \_\_\_ 1. Explain to your leader or adult partner the rules of courtesy and safety for bowling.
- \_\_\_ 2. Show how to pick out a ball of proper weight and with finger holes that fit your hand.
- \_\_\_ 3. Play a complete game with your family or den.

**Bowling Pin**

Earn the Bowling belt loop, and complete **five** of the following requirements:

- \_\_\_ 1. Give a brief history of the sport of bowling.
- \_\_\_ 2. Define the following terms: strike, spare, split, miss, and foul. Show their symbols for scoring.
- \_\_\_ 3. Demonstrate proper stance, delivery, balance, and follow-through to your leader or adult partner.
- \_\_\_ 4. Try different types of delivery and hand positions and see which work best for you.
- \_\_\_ 5. Score a complete game using a score sheet and the proper symbols.
- \_\_\_ 6. Play at least four games and chart your progress. Figure out your average score.
- \_\_\_ 7. Compete in a Scout, family, school, or community bowling tournament.
- \_\_\_ 8. Take bowling lessons.
- \_\_\_ 9. Attend a parent, high school, college, or professional bowling competition.
- \_\_\_ 10. Visit a bowling alley and learn about the care and maintenance of the bowling lanes, pins, and racks.

Parent signature \_\_\_\_\_

Date: \_\_\_\_\_

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**SPORT BELT LOOP/PIN REQUIREMENTS**

**Fishing**

**Fishing Belt loop**

Complete these three requirements:

- \_\_\_ 1. Review your local fishing regulations with your leader or adult partner. Explain why they are important, and commit to following them.
- \_\_\_ 2. Demonstrate how to properly bait a hook.
- \_\_\_ 3. Try to catch a fish.

**Fishing Pin**

Earn the Fishing belt loop, and complete **five** of the following requirements:

- \_\_\_ 1. Compete in a pack or community fishing tournament.
- \_\_\_ 2. Demonstrate how to clean a fish.
- \_\_\_ 3. Prepare a report on three different kinds of fish. Include information on preferred habitats, feeding habits, and recommended fishing techniques, baits, and equipment needed to catch it.
- \_\_\_ 4. Draw a picture of three different types of fishing reels. Explain how each works.
- \_\_\_ 5. Tie three fishing flies. Use at least one to fish.
- \_\_\_ 6. Demonstrate proficiency in casting at a target 30 feet away.
- \_\_\_ 7. Select a species of fish and draw a picture of it, correctly labeling each part and its function.
- \_\_\_ 8. Replace the line in a fishing reel.
- \_\_\_ 9. Make a simple pole and line fishing rig. Use it to catch a fish.
- \_\_\_ 10. Catch a fish using artificial bait or lures.
- \_\_\_ 11. Practice fishing on five occasions, complying with local fishing regulations and the Outdoor Code.

Parent signature \_\_\_\_\_

Date: \_\_\_\_\_

Den Leader signature \_\_\_\_\_

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**SPORT BELT LOOP/PIN REQUIREMENTS**

**Flag Football**

**Flag Football Belt loop**

Complete these three requirements:

- \_\_\_ 1. Explain or discuss the simple rules of flag football with your den.
- \_\_\_ 2. Practice running, passing, and catching skills for at least 30 minutes.
- \_\_\_ 3. Play a game of flag football.

**Flag Football Pin**

Earn the Flag Football belt loop, and complete **five** of the following requirements:

- \_\_\_ 1. Layout and properly mark a flag football field at a park or playground.
- \_\_\_ 2. Explain the difference between defense and offense in a flag football game.
- \_\_\_ 3. Describe five different positions a player may play in flag football. Name the position that you prefer to play.
- \_\_\_ 4. During three half-hour sessions, practice the skills of passing, hand-offs, rushing, and running.
- \_\_\_ 5. Participate in a flag-football clinic.
- \_\_\_ 6. Consider all the people who make it possible play a game of flag football. List parents, coaches, team members, scorekeepers, referees, groundskeepers, etc.
- \_\_\_ 7. Play in five flag football games without incurring a penalty.
- \_\_\_ 8. Explain and demonstrate at least six football officiating signals.
- \_\_\_ 9. Attend a high school, college, or community league football game.
- \_\_\_ 10. Read a book about a football player and tell your den or family about the player's training and work ethics.
- \_\_\_ 11. Talk with a referee or official of a high school college, or community football league and learn about the job he or she does at a football game.

Parent signature \_\_\_\_\_

Date: \_\_\_\_\_

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**SPORT BELT LOOP/PIN REQUIREMENTS**

**Golf**

**Golf Belt loop**

Complete these three requirements:

- \_\_\_ 1. Explain the rules of golf to your leader or adult partner. Explain the need for caution concerning golf clubs and golf balls.
- \_\_\_ 2. Spend at least 30 minutes practicing golfing skills.
- \_\_\_ 3. Participate in a round of golf (nine holes).

**Golf Pin**

Earn the Golf belt loop, and complete **five** of the following requirements:

- \_\_\_ 1. Explain the use of woods and irons. Explain their differences.
- \_\_\_ 2. Explain how par is determined for a hole.
- \_\_\_ 3. Demonstrate the proper grip of the club to your leader, adult partner, or instructor.
- \_\_\_ 4. Spend 30 minutes practicing the swing styles: full swing, approach swing, and putting swing.
- \_\_\_ 5. Spend 30 minutes practicing aim, stance, and the address position.
- \_\_\_ 6. Draw a diagram of a typical golf hole, from tee to green.
- \_\_\_ 7. Demonstrate your knowledge of the use and care of golf equipment: clubs, ball, tee, bag, shoes, and gloves.
- \_\_\_ 8. Describe the composition of a regulation golf ball.
- \_\_\_ 9. Take golf lessons.
- \_\_\_ 10. Spend 30 minutes hitting balls on a driving range.
- \_\_\_ 11. Play miniature golf.

Parent signature \_\_\_\_\_

Date: \_\_\_\_\_

Den Leader signature \_\_\_\_\_

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SPORT BELT LOOP/PIN REQUIREMENTS

Gymnastics

Gymnastics Belt loop

Complete these three requirements:

- \_\_\_ 1. Explain the six events of men's gymnastics: floor exercise, pommel horse, still rings, vaulting/side horse, parallel bars, and horizontal bar.
- \_\_\_ 2. Participate in three of the six events using the proper equipment.
- \_\_\_ 3. Explain the safety rules you should follow to learn gymnastics.

Gymnastics Pin

Earn the Gymnastics belt loop, and complete **five** of the following requirements:

- \_\_\_ 1. Write a report on the history of gymnastics.
- \_\_\_ 2. Take gymnastics lessons.
- \_\_\_ 3. Attend a gymnastics meet.
- \_\_\_ 4. Practice and demonstrate five floor exercise skills.
- \_\_\_ 5. Practice and demonstrate two skills used on the pommel horse.
- \_\_\_ 6. Demonstrate two skills on the still rings.
- \_\_\_ 7. Demonstrate two skills using parallel bars.
- \_\_\_ 8. Demonstrate two skills using the horizontal bar.
- \_\_\_ 9. Demonstrate a vault using the side horse.
- \_\_\_ 10. Develop a regular routine of physical and mental conditioning.
- \_\_\_ 11. Learn about three U.S. gymnasts who have won medals in the Olympics.

Parent signature \_\_\_\_\_

Date: \_\_\_\_\_

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**SPORT BELT LOOP/PIN REQUIREMENTS**

**Ice Skating**

**Ice Skating Belt loop**

Complete these three requirements:

- \_\_\_ 1. Explain ways to protect yourself while ice skating, and the need for proper safety equipment.
- \_\_\_ 2. Spend at least 30 minutes practicing the skills of skating.
- \_\_\_ 3. Go ice skating with a family member or your den for a total of at least three hours. Chart your time.

**Ice Skating Pin**

Earn the Ice Skating belt loop, and complete **five** of the following requirements:

- \_\_\_ 1. Participate in a pack or community ice skating event.
- \_\_\_ 2. Demonstrate how to sharpen your skates correctly.
- \_\_\_ 3. Explain how to lace, assemble, and disassemble your skates correctly.
- \_\_\_ 4. On two occasions, spend at least 30 minutes practicing warm-up exercises before skating.
- \_\_\_ 5. Play a skating game on the ice.
- \_\_\_ 6. Learn two new figure-skating skills: Forward Swizzles, Glides, Backward Swizzles and Backward Wiggle
- \_\_\_ 7. Demonstrate how to "start" in a speed skating race.
- \_\_\_ 8. Explain the difference between long-track and short-track speed skating.
- \_\_\_ 9. Participate in a skating skill development clinic.
- \_\_\_ 10. Tell about an Olympian athlete in figure skating or speed skating. What were some of his or her best traits?

Parent signature \_\_\_\_\_

Date: \_\_\_\_\_

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**SPORT BELT LOOP/PIN REQUIREMENTS**

**Marbles**

**Marbles Belt loop**

Complete these three requirements:

- \_\_\_ 1. Explain the rules of Ringer or another marble game to your leader or adult partner.
- \_\_\_ 2. Spend at least 30 minutes practicing skills to play the game of Ringer or another marble game.
- \_\_\_ 3. Participate in a game of marbles.

**Marbles Pin**

Earn the Marbles belt loop, and complete **five** of the following requirements:

- \_\_\_ 1. Compete in a den, pack, or community marbles tournament.
- \_\_\_ 2. Explain to an adult what lagging is. Demonstrate how to do it
- \_\_\_ 3. Demonstrate the following shooting techniques: knuckling down, bowling, and lofting (also called plunking).
- \_\_\_ 4. Explain the correct way of scoring for a game of marbles.
- \_\_\_ 5. Play five complete matches of marbles using standard rules.
- \_\_\_ 6. Start a collection of marbles and show it at a den or pack meeting.
- \_\_\_ 7. Write a short report on the history of marbles and share it with your den or family.
- \_\_\_ 8. Explain the rules about shooters.

Parent signature \_\_\_\_\_

Date: \_\_\_\_\_

Den Leader signature \_\_\_\_\_

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## SPORT BELT LOOP/PIN REQUIREMENTS

# Physical Fitness

### Physical Fitness Belt loop

Complete these three requirements:

- \_\_\_ 1. Give a short report to your den or family on the dangers of drugs and alcohol.
- \_\_\_ 2. Practice finding your pulse and counting your heartbeats per minute. Determine your target heart rate.
- \_\_\_ 3. Practice five physical fitness skills regularly. Improve performance in each skill over a month. Skills could include pull-ups, curl-ups, the standing long jump, the 50-yard dash, and the softball throw.

### Physical Fitness Pin

Earn the Physical Fitness belt loop, and complete **five** of the following requirements:

- \_\_\_ 1. Make a diagram of the Food Guide Pyramid. List foods you ate in a week and show where they fit in the pyramid.
- \_\_\_ 2. Choose a form of exercise, bring your heart rate up to target, and keep it there for 15 minutes. Don't forget to warm up and cool down.
- \_\_\_ 3. Set up a four-step exercise program. Chart your progress for five days a week for two weeks.
- \_\_\_ 4. Explain the reason for warming up and cooling down before and after each exercise session.
- \_\_\_ 5. Visit a local gym and talk to a trainer about exercises and programs for young people.
- \_\_\_ 6. Participate in some aerobic exercises at least three times a week for four weeks.
- \_\_\_ 7. Build an obstacle course that could include some exercises with jumping, crawling, and hurdles. Time yourself three times to see whether you can improve your time.
- \_\_\_ 8. Swim for a total of an hour, charting your time as you go.
- \_\_\_ 9. Participate for at least three months in an organized team sport or organized athletic activity.

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Date: \_\_\_\_\_

Den Leader signature \_\_\_\_\_

Date: \_\_\_\_\_

SPORT BELT LOOP/PIN REQUIREMENTS

**Roller Skating**

**Roller Skating Belt loop**

Complete these three requirements:

- \_\_\_ 1. Explain ways to protect yourself while roller skating or inline skating, and the need for proper safety equipment.
- \_\_\_ 2. Spend at least 30 minutes practicing the skills of roller or inline skating.
- \_\_\_ 3. Go skating with a family member or your den for a total of at least three hours. Chart your time.

**Roller Skating Pin**

Earn the Roller Skating belt loop, and complete **five** of the following requirements:

- \_\_\_ 1. Participate in a pack or community skating event.
- \_\_\_ 2. Demonstrate how to disassemble and reassemble skates.
- \_\_\_ 3. Explain the proper clothing for roller or inline skating.
- \_\_\_ 4. On two occasions, spend at least 30 minutes practicing warm-up exercises before skating.
- \_\_\_ 5. Play a game of roller hockey.
- \_\_\_ 6. Learn two new roller skating skills: Forward Scissors, Forward Stroking, Crossover, or Squat Skate.
- \_\_\_ 7. Participate in a roller or inline skating skills development clinic.
- \_\_\_ 8. Demonstrate how to stop quickly and safely.
- \_\_\_ 9. Demonstrate how to skate backwards. Skate backwards for 5 feet.
- \_\_\_ 10. Play a game on roller skates, roller blades, or inline skates.

Parent signature \_\_\_\_\_

Date: \_\_\_\_\_

Den Leader signature \_\_\_\_\_

Date: \_\_\_\_\_

SPORT BELT LOOP/PIN REQUIREMENTS

**Snow Ski and Board Sports**

**Snow Ski and Board Sports Belt loop**

Complete these three requirements:

- \_\_\_ 1. Explain the conditioning, clothing, equipment, and planning needed for a snow skiing or boarding.
- \_\_\_ 2. Be able to explain safety and courtesy codes for a downhill or cross-country skiing.
- \_\_\_ 3. Go skiing or snow boarding. Demonstrate how to stop and turn.

**Snow Ski and Board Sports Pin**

Earn the Snow Ski and Board Sports belt loop, and complete **five** of the following requirements:

- \_\_\_ 1. Explain the different kinds of ski lifts and how they work. Use one.
- \_\_\_ 2. Describe the four universal symbols used to indicate ski trail difficulty.
- \_\_\_ 3. Demonstrate how to hold your position get up from a fall, and do basic turns.
- \_\_\_ 4. Demonstrate how to fall safely to avoid injury.
- \_\_\_ 5. Demonstrate five cross-country skills, such as a kick turn, diagonal stride, double poling, sidestepping, step turn, herringbone, straight downhill running, cross country snowplow, sideslipping, pole drag, diagonal stride uphill, and traverse.
- \_\_\_ 6. Participate in a games using skis, such as relays, races, or racing around poles or flags.
- \_\_\_ 7. Explain what to do if you see a skiing or snow boarding accident. Discuss the dangers of avalanche.
- \_\_\_ 8. Take skiing or snow boarding lessons.
- \_\_\_ 9. Watch a film on skiing or snow boarding.
- \_\_\_ 10. Talk with a member of a ski patrol and learn about the job he or she does at the ski slope.

Parent signature \_\_\_\_\_

Date: \_\_\_\_\_

Den Leader signature \_\_\_\_\_

Date: \_\_\_\_\_

**SPORT BELT LOOP/PIN REQUIREMENTS**

**Soccer**

**Soccer Belt loop**

Complete these three requirements:

- \_\_\_ 1. Explain the rules of soccer to your leader or adult partner.
- \_\_\_ 2. Spend at least 30 minutes practicing soccer skills.
- \_\_\_ 3. Play a game of soccer.

**Soccer Pin**

Earn the Soccer belt loop, and complete **five** of the following requirements:

- \_\_\_ 1. Participate in a pack, school, or community soccer tournament
- \_\_\_ 2. Demonstrate the skills of passing, collecting, shooting, heading, dribbling, and tackling.
- \_\_\_ 3. Demonstrate skill in goal keeping.
- \_\_\_ 4. Accurately lay out a soccer field for a game.
- \_\_\_ 5. Demonstrate five types of fouls and explain why players should avoid them.
- \_\_\_ 6. Demonstrate how to juggle the soccer ball and keep it from touching the ground for 30 seconds.
- \_\_\_ 7. Play at least two games of Soccer Tennis.
- \_\_\_ 8. Spend at least a total of six hours playing soccer. Keep track of your time on a chart.
- \_\_\_ 9. Join a soccer team in your community or school.
- \_\_\_ 10. Attend a high school, college, or professional soccer game.
- \_\_\_ 11. Learn about a U.S. Olympic soccer team and report your information to your den.
- \_\_\_ 12. Explain the history of soccer.

Parent signature \_\_\_\_\_

Date: \_\_\_\_\_

Den Leader signature \_\_\_\_\_

Date: \_\_\_\_\_

**SPORT BELT LOOP/PIN REQUIREMENTS**

**Softball**

**Softball Belt loop**

Complete these three requirements:

- \_\_\_ 1. Explain the rules of softball to your leader or adult partner.
- \_\_\_ 2. Spend at least 30 minutes practicing softball skills.
- \_\_\_ 3. Participate in a softball game

**Softball Pin**

Earn the Softball belt loop, and complete **five** of the following requirements:

- \_\_\_ 1. Compete in a pack or community softball tournament.
- \_\_\_ 2. Demonstrate skill in the following throwing techniques: overhand, sidearm, underhand, and the relay throw.
- \_\_\_ 3. Demonstrate skill in the following catching techniques: fielding a ground ball, fielding a pop-up, catching a line drive.
- \_\_\_ 4. Demonstrate correct pitching techniques and practice for three half-hour sessions.
- \_\_\_ 5. Demonstrate correct hitting techniques, including bunting. Practice for three half-hour sessions.
- \_\_\_ 6. Explain the rules of base running and demonstrate skill in the following sliding techniques: the straight-in slide, the hook slide, and the headfirst slide.
- \_\_\_ 7. Learn and demonstrate base coaching signals.
- \_\_\_ 8. Learn about one defensive position (shortstop, catcher, etc.) and practice at that position for three half-hour sessions.
- \_\_\_ 9. Attend a high school, college, or community softball game.

Parent signature \_\_\_\_\_

Date: \_\_\_\_\_

Den Leader signature \_\_\_\_\_

Date: \_\_\_\_\_

## SPORT BELT LOOP/PIN REQUIREMENTS

# Swimming

## Swimming Belt loop

Complete these three requirements:

- \_\_\_ 1. Explain basic rules of safety for swimming. Emphasize the buddy system.
- \_\_\_ 2. Play a recreational game in the water with your den, pack, or family.
- \_\_\_ 3. While holding a kick board, propel yourself 25 feet using a flutter kick across the shallow end of the pool.

## Swimming Pin

Earn the Swimming belt loop, and complete **five** of the following requirements;

- \_\_\_ 1. Learn two of the following strokes: crawl, backstroke, elementary backstroke, sidestroke, or breaststroke.
- \_\_\_ 2. Learn two of the following floating skills: jellyfish float, turtle float, canoe (prone) float.
- \_\_\_ 3. Using a kickboard, demonstrate three kinds of kicks.
- \_\_\_ 4. Play a water game with your den or family.
- \_\_\_ 5. Pass the "beginner" or "Swimmer" swim level test.  
The "beginner" swim level test is jump feet first into water over your head, swim 25 feet on the surface, turn sharply, resume swimming as before and return to the starting place.  
The "swimmer" swim level test is jump feet first into water over your head, swim 75 yards in a strong manner using one or more of the following strokes: sidestroke, breaststroke, trugen, or crawl, then swim 25 yards using an easy resting backstroke. The swim must be completed in one swim without stops and must include at least one sharp turn. After completing the swim, rest by floating with minimal movement for one minute.
- \_\_\_ 6. Visit with a lifeguard and talk about swimming safety in various situations (pool, lake, river, ocean). Learn about the training a lifeguard needs for his or her job.
- \_\_\_ 7. Explain the four rescue techniques of Reach, Throw, Row, and Go.
- \_\_\_ 8. Take swimming lessons.
- \_\_\_ 9. Attend a swim meet at a school or community pool.
- \_\_\_ 10. Tread water for 30 seconds.
- \_\_\_ 11. Learn about a U.S. swimmer who has earned a medal in the Olympics.
- \_\_\_ 12. Demonstrate the proper use of a mask and snorkel in a swimming area where your feet can touch the bottom.

Parent signature \_\_\_\_\_

Date: \_\_\_\_\_

Den Leader signature \_\_\_\_\_

Date: \_\_\_\_\_

**SPORT BELT LOOP/PIN REQUIREMENTS**

**Table Tennis**

**Table Tennis Belt loop**

Complete these three requirements:

- \_\_\_ 1. Explain the rules of table tennis to your leader or adult partner.
- \_\_\_ 2. Spend at least 30 minutes practicing table tennis skills.
- \_\_\_ 3. Participate in a table tennis game.

**Table Tennis Pin**

Earn the Table Tennis belt loop, and complete **five** of the following requirements:

- \_\_\_ 1. Compete in a pack or community table tennis tournament.
- \_\_\_ 2. Demonstrate your knowledge, use, and care of the equipment needed to play table tennis (racket or paddle, table and net, ball, tennis or basketball shoes, and comfortable clothing).
- \_\_\_ 3. Practice 30 minutes developing serving skills.
- \_\_\_ 4. Practice 30 minutes developing your forehand and backhand strokes.
- \_\_\_ 5. Explain to your leader or adult partner how spin affects the bounce of the ball.
- \_\_\_ 6. Accurately set up a table tennis table and net according to USA Table Tennis rules.
- \_\_\_ 7. Play five games of table tennis.
- \_\_\_ 8. Participate in a table tennis skills development clinic.
- \_\_\_ 9. Explain to your leader or adult partner how to score a table tennis game.
- \_\_\_ 10. Participate in a game of doubles table tennis (four people playing in one game, two people per side).

Parent signature \_\_\_\_\_

Date: \_\_\_\_\_

Den Leader signature \_\_\_\_\_

Date: \_\_\_\_\_



**SPORT BELT LOOP/PIN REQUIREMENTS**

**Tennis**

**Tennis Belt loop**

Complete these three requirements:

- \_\_\_ 1. Explain the rules of tennis to your leader or adult partner.
- \_\_\_ 2. Spend at least 30 minutes practicing tennis skills.
- \_\_\_ 3. Participate in a tennis game.

**Tennis Pin**

Earn the Tennis belt loop, and complete **five** of the following requirements:

- \_\_\_ 1. Compete in a pack or community tennis tournament.
- \_\_\_ 2. Demonstrate your knowledge of the use and care of the equipment needed to play tennis (rackets, balls, shoes, clothing, and court).
- \_\_\_ 3. Practice for 30 minutes developing forehand techniques through forehand bump-ups with a bounce, partner bump-ups with a target, forehand alley rally, forehand alley rally over a "net," drop-hit forehand bumps, drop-hit catch in pairs, and toss-hit catch in pairs.
- \_\_\_ 4. Practice developing serving skills for 30 minutes.
- \_\_\_ 5. Explain to your leader or adult partner how to score in tennis.
- \_\_\_ 6. Accurately draw, label, and explain a tennis court layout.
- \_\_\_ 7. Play five games of tennis using U.S. Tennis Association rules.
- \_\_\_ 8. Participate in a tennis skills development clinic.
- \_\_\_ 9. Attend a high school, college, or professional tennis meet.
- \_\_\_ 10. Present to your den or family a report on the history of tennis.

Parent signature \_\_\_\_\_

Date: \_\_\_\_\_

Den Leader signature \_\_\_\_\_

Date: \_\_\_\_\_

**SPORT BELT LOOP/PIN REQUIREMENTS**

**Ultimate**

**Ultimate Belt loop**

Complete these three requirements:

- \_\_\_ 1. Explain the rules of ultimate to your leader or adult partner.
- \_\_\_ 2. Spend at least 30 minutes practicing ultimate skills.
- \_\_\_ 3. Participate in an ultimate game.

**Ultimate Pin**

Earn the Ultimate belt loop, and complete **five** of the following requirements:

- \_\_\_ 1. Compete in a pack or community ultimate tournament.
- \_\_\_ 2. Demonstrate effective pivoting while throwing. Use the following throwing styles: backhand pass, sidearm pass, and upside-down pass.
- \_\_\_ 3. Demonstrate skill in the following catching techniques: one-handed, clapping, and sandwich.
- \_\_\_ 4. Spend a total of 90 minutes in practice developing individual defensive skills for the positions of marker and defender. Keep track of your time on a chart.
- \_\_\_ 5. Explain the flight dynamics of the ultimate disk. Draw a diagram if needed.
- \_\_\_ 6. Accurately lay out an ultimate playing field, including end zones.
- \_\_\_ 7. Play five games of ultimate.
- \_\_\_ 8. Participate in an ultimate skills development clinic.
- \_\_\_ 9. Explain the history of ultimate and how it became a sport.

Parent signature \_\_\_\_\_

Date: \_\_\_\_\_

Den Leader signature \_\_\_\_\_

Date: \_\_\_\_\_

SPORT BELT LOOP/PIN REQUIREMENTS

**Volleyball**

**Volleyball Belt loop**

Complete these three requirements:

- \_\_\_ 1. Explain the rules of volleyball to your leader or adult partner.
- \_\_\_ 2. Spend at least 30 minutes practicing skills to play the sport of volleyball.
- \_\_\_ 3. Participate in a volleyball game.

**Volleyball Pin**

Earn the Volleyball belt loop, and complete **five** of the following requirements:

- \_\_\_ 1. Compete in a pack, school, or community volleyball tournament.
- \_\_\_ 2. Demonstrate skill in two volleyball passing techniques: forearm pass and overhead pass (setting).
- \_\_\_ 3. Demonstrate skill in two volleyball serving techniques: underhand and overhand.
- \_\_\_ 4. Spend at least 90 minutes in practice to develop individual skills for volleyball. Make a chart to record your practice efforts.
- \_\_\_ 5. Explain how volleyball matches are scored, including the terms side-out and rally scoring.
- \_\_\_ 6. Accurately lay out a volleyball court.
- \_\_\_ 7. Play five games of volleyball.
- \_\_\_ 8. Officiate at least three games of volleyball.
- \_\_\_ 9. Explain the importance of good sportsmanship.
- \_\_\_ 10. Attend a high school, college, or professional volleyball game.

Parent signature \_\_\_\_\_

Date: \_\_\_\_\_

Den Leader signature \_\_\_\_\_

Date: \_\_\_\_\_

## SPORT BELT LOOP/PIN REQUIREMENTS

Date Belt-loop or Pin earned: \_\_\_\_\_ Child: \_\_\_\_\_

<b>Academic Name</b>	<b>Belt Loop</b>	<b>Pin</b>
Art		
Astronomy		
Chess		
Citizenship		
Collecting		
Communicating		
Computers		
Geography		
Geology		
Heritages		
Language and Culture		
Map and Compass		
Mathematics		
Music		
Science		
Weather		
Wildlife Conservation		
<b>Sports Name</b>	<b>Belt Loop</b>	<b>Pin</b>
Archery (Camp only)		
BB-Shooting (Camp only)		
Badminton		
Baseball		
Basketball		
Bicycling		
Bowling		
Fishing		
Flag football		
Golf		
Gymnastics		
Ice Skating		
Marbles		
Physical Fitness		
Roller Skating		
Snow Ski and Board Sports		
Soccer		
Softball		
Swimming		
Table Tennis		
Tennis		
Ultimate		
Volleyball		