

Academic Pins

Activity:	Requirements:
Art	<p>Earn the Art belt loop, and complete six of the following requirements:</p> <ol style="list-style-type: none"> 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.
Astronomy	<p>Earn the Astronomy belt loop, and complete five of the following requirements:</p> <ol style="list-style-type: none"> 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.
Chess	<p>Earn the Chess belt loop, and complete five of the following requirements:</p> <ol style="list-style-type: none"> 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.
Citizenship	<p>Earn the Citizenship belt loop, and complete five of the following requirements:</p> <ol style="list-style-type: none"> 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 court room 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.

Collecting	<p>Earn the Collecting belt loop, and complete five of the following requirements:</p> <ol style="list-style-type: none"> 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.
Communicating	<p>Earn the Communicating belt loop, and complete five of the following requirements:</p> <ol style="list-style-type: none"> 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.
Computers	<p>Earn the Computers belt loop, and complete five of the following requirements:</p> <ol style="list-style-type: none"> 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.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.
Language & Culture	<p>Earn the Language and Culture belt loop, and complete seven of the following requirements:</p> <ol style="list-style-type: none"> 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 d'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.

<p>Geography</p>	<p>Earn the Geography belt loop, and complete five of the following requirements:</p> <ol style="list-style-type: none"> 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.
<p>Geology</p>	<p>Earn the Geology belt loop, and complete five of the following requirements:</p> <ol style="list-style-type: none"> 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.
<p>Heritages</p>	<p>Earn the Heritages belt loop, and complete five of the following requirements:</p> <ol style="list-style-type: none"> 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. <i>Variation:-</i> 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.
<p>Map & Compass</p>	<p>Earn the Map and Compass belt loop, and complete five of the following requirements:</p> <ol style="list-style-type: none"> 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.

<p style="text-align: center;">Mathematics</p>	<p>Earn the Mathematics belt loop, and complete one from each of the five areas below:</p> <ol style="list-style-type: none"> 1. Geometry is related to measurement but also deals with objects and positions in space. <ol style="list-style-type: none"> 1. Many objects can be recognized by their distinctive shapes: a tree, a piece of broccoli, 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. 2. Calculating is adding, subtracting, multiplying, and dividing numbers. <ol style="list-style-type: none"> 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. 3. Statistics is collecting and organizing numerical information and studying patterns. <ol style="list-style-type: none"> 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. 4. Probability helps us know the chance or likelihood of something happening. <ol style="list-style-type: none"> 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. 5. Measuring is using a unit to express how long or how big something is, or how much of it there is. <ol style="list-style-type: none"> 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.
<p style="text-align: center;">Music</p>	<p>Earn the Music belt loop, and complete five of the following requirements:</p> <ol style="list-style-type: none"> 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.

<p style="text-align: center;">Science</p>	<p>Earn the Science belt loop, and complete five of the following requirements:</p> <ol style="list-style-type: none"> 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.
<p style="text-align: center;">Weather</p>	<p>Earn the Weather belt loop, and complete five of the following requirements:</p> <ol style="list-style-type: none"> 1. Define the following terms: <i>weather</i>, <i>humidity</i>, <i>precipitation</i>, <i>temperature</i>, and <i>wind</i>. 2. Explain how clouds are made. Describe the different kinds of clouds - <i>stratus</i>, <i>cumulus</i>, <i>cumulonimbus</i>, and <i>cirrus</i> - 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 <i>acid rain</i>. Explain the <i>greenhouse effect</i>. 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.
<p style="text-align: center;">Wildlife Conservation</p>	<p>Earn the Wildlife Conservation belt loop, and complete five of the following requirements:</p> <ol style="list-style-type: none"> 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.

Sport Pins

Activity:	Requirements:
Badminton	<p>Earn the Badminton belt loop, and complete five of the following requirements:</p> <ol style="list-style-type: none"> 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 (<i>clear, drive, drop, and smash</i>). 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.
Baseball	<p>Earn the Baseball belt loop, and complete five of the following requirements:</p> <ol style="list-style-type: none"> 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.
Basketball	<p>Earn the Basketball belt loop, and complete five of the following requirements:</p> <ol style="list-style-type: none"> 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.
Bicycling	<p>Earn the Bicycling belt loop, complete requirement 1 below, and do four additional requirements:</p> <ol style="list-style-type: none"> 1. Make a chart to record 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. Give a demonstration to your den or pack on the proper use of safety equipment and gear. 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.

Bowling	<p>Earn the Bowling belt loop, and complete five of the following requirements:</p> <ol style="list-style-type: none"> 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 an 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.
Fishing	<p>Earn the Fishing beft loop, and complete five of the following requirements:</p> <ol style="list-style-type: none"> 1. Compete in a pack or connnunity 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.
Flag Football	<p>Earn the Flag Football belt loop, and complete five of the following requirements:</p> <ol style="list-style-type: none"> 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 to 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.
Golf	<p>Earn the Golf belt loop, and complete five of the following requirements:</p> <ol style="list-style-type: none"> 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.

Gymnastics	<p>Earn the Gymnastics belt loop, and complete five of the following requirements:</p> <ol style="list-style-type: none"> 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.
Ice Skating	<p>Earn the Ice Skating belt loop, and complete five of the following requirements:</p> <ol style="list-style-type: none"> 1. Participate in a pack or community ice skating event. 2. Demonstrate how to sharpen your skates correctly. 3. Demonstrate 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?
Marbles	<p>Earn the Marbles belt loop, and complete five of the following requirements:</p> <ol style="list-style-type: none"> 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.
Physical Fitness	<p>Earn the Physical Fitness belt loop, and complete five of the following requirements:</p> <ol style="list-style-type: none"> 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.
Roller Skating	<p>Earn the Skating belt loop, and complete five of the following requirements:</p> <ol style="list-style-type: none"> 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. Spend at least 30 minutes, on two occasions, 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 skill development clinic. 8. Demonstrate how to stop quickly and safely. 9. Demonstrate how to skate backwards. Skate backwards for five feet. 10. Play a game on roller skates, roller blades, or inline skates.

<p style="text-align: center;">Snow ski & Board Sports</p>	<p>Earn the Skiing belt loop, and complete five of the following requirements:</p> <ol style="list-style-type: none"> 1. Explain the different categories of ski lifts. 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 pole, side-step, step turn, herringbone, straight downhill running, cross-country snowplow, sideslipping, pole drag, diagonal stride uphill, and traverse. 6. Participate in a game using skis or boards; 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. View 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.
<p style="text-align: center;">Soccer</p>	<p>Earn the Soccer belt loop, and complete five of the following requirements:</p> <ol style="list-style-type: none"> 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.
<p style="text-align: center;">Softball</p>	<p>Earn the Softball belt loop, and complete five of the following requirements:</p> <ol style="list-style-type: none"> 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.

<p style="text-align: center;">Swimming</p>	<p>Earn the Swimming belt loop, and complete five of the following requirements:</p> <ol style="list-style-type: none"> 1. Practice the breathing motion of the crawl stroke while standing in shallow water. Take a breath, place your head in the water, exhale, and turn your head to the side to take a breath. Repeat. 2. Learn two of the following strokes: crawl, backstroke, elementary backstroke, sidestroke, or breaststroke. 3. Learn two of the following floating skills: jellyfish float, turtle float, canoe (prone) float. 4. Using a kickboard, demonstrate three kinds of kicks. 5. Pass the "beginner" or "swimmer" swim level test. 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: Reach, Throw, Row, and Go (with support) 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. <p>All swimming activities done by Cub Scout Packs must be done in accordance with the rules in the "Safe Swim Defense", described in the Guide to Safe Scouting (#34416B). That program is available for viewing by Clicking Here. Those rules are not mandatory for individuals or families, of course, swimming in private or public pools, lakes, or beaches, although families are encouraged to use as much of them as appropriate. They ARE mandatory for all Cub Scout aquatic activities, trips to swimming pools arranged as Den or Pack meetings or outings.</p> <p>Included in the Guide is a procedure and standards for classifying swimming ability. Requirement 5 for the Swimming Pin, listed above, refers to the following tests, taken from the Guide.</p> <p>Beginner Test</p> <p>Jump feet first into water over the head in depth, level off, swim 25 feet on the surface, stop, turn sharply, resume swimming as before, and return to starting place.</p> <p>The entry and turn serve the same purpose as in the swimmer test. The swimming can be done with any stroke, but no underwater swimming is permitted. The stop assures that the swimmer can regain a stroke if it is interrupted. The test demonstrates that the beginning swimmer is ready to learn deepwater skills and has the minimum ability required for safe swimming in a confined area in which shallow water, sides, or other support is less than 25 feet from any point in the water.</p> <p>Swimmer Test</p> <p>Jump feet first into water over the head in depth, level off, and begin swimming. Swim 75 yards in a strong manner using one or more of the following strokes: sidestroke, breaststroke, trudgen, or crawl; then swim 25 yards using an easy, resting backstroke. The 100 yards must be completed in one swim without stops and include at least one sharp turn. After completing the swim, rest by floating.</p> <p>The swimmer test demonstrates the minimum level of swimming ability required for safe deep-water swimming. The various components of the test evaluate the several skills essential to this minimum level of swimming ability: The test administrator must objectively evaluate the individual performance of the test, and in so doing should keep in mind the purpose of each test element.</p>
<p style="text-align: center;">Table Tennis</p>	<p>Earn the Table Tennis belt loop, and complete five of the following requirements:</p> <ol style="list-style-type: none"> 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).

Tennis	<p>Earn the Tennis belt loop, and complete five of the following requirements:</p> <ol style="list-style-type: none"> 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.
Ultimate	<p>Earn the Ultimate belt loop, and complete five of the following requirements:</p> <ol style="list-style-type: none"> 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
Volleyball	<p>Earn the Volleyball belt loop, and complete five of the following requirements:</p> <ol style="list-style-type: none"> 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.