



**CUB SCOUT  
ACADEMICS  
AND  
SPORTS  
REQUIREMENTS  
GUIDE  
(APRIL 2010)**

**THIS RECORD BELONGS TO:**

**Name** \_\_\_\_\_

**Phone** \_\_\_\_\_

**Pack** \_\_\_\_\_

# THE CUB SCOUT ACADEMICS AND SPORTS PROGRAM

The Academics and Sports program gives Cub Scouts extra recognition activities to earn. In Academics subjects and Sports, Cub Scouts learn new skills, become better scholars, learn sportsmanship, and have fun. You can get to know a sport or an academic subject that's new to you --maybe astronomy, chess, computers, science; golf, hiking, tennis, or skateboarding to name a few in the program.

Many of the A&S subjects are related to Tiger or Cub electives, and many of the belt loops can be used by Webelos when working on various Activity Badges. To receive credit towards the Webelos badges, the belt loops must be earned WHILE a Webelos Scout, even if they had already been earned while a Tiger, Wolf or Bear.

Belt loops and pins are a great way to help fulfill the aims of Scouting — build character, develop citizenship, and encourage mental and physical fitness. Through a variety of subjects, you can stretch your mind and abilities by exploring the wonders of science, learning about the world, and expanding skills in new areas.

This is a chance to try something new, do your best, and earn recognition all at the same time.

## ACADEMICS AND SPORTS BELT LOOPS

You earn a belt loop to wear with your uniform when you complete three specific requirements for each Academics or Sports activity. You can take part in three ways: (1) by yourself or with your family, (2) in your den or pack, or (3) in school.

## ACADEMICS AND SPORTS LETTER AND PINS

Once you have earned the belt loop, you can stop. But if you want to do more with the activity, you may complete extra requirements to earn a pin.

A good place to display Academics and Sports pins is on the Academics and Sports letter. You can wear the letter on a sweater or a jacket, or display or frame it. The letter does not go on the Cub Scout uniform. There are no special requirements for earning the letter, because it's just for displaying the pins.

*Loops and pins for archery and BB-gun shooting can be earned only in day camps, Cub Scout/Webelos Scout resident camps, council-managed family camping programs, or at council activities where there is properly trained supervision, and all guidelines for BSA shooting sports are implemented. Archery and BB-gun shooting belt loops and pins cannot be earned at the pack, den, or individual level. Requirements therefore are not included.*

# Art Belt Loop & Pin

Scout \_\_\_\_\_

## Belt Loop (Do All)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Make a list of common materials used to create visual art compositions.	
<input type="checkbox"/> 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.	
<input type="checkbox"/> 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.	

## Pin (Earn Belt Loop and Do 6)

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

# Astronomy Belt Loop & Pin

Scout \_\_\_\_\_

## Belt Loop (Do All)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Set up and demonstrate how to focus a simple telescope or binoculars.	
<input type="checkbox"/> 2	Draw a diagram of our solar system--identify the planets and other objects.	
<input type="checkbox"/> 3	Explain the following terms: planet, star, solar system, galaxy, the Milky Way, black hole, red giant, white dwarf, comet, meteor, moon, asteroid, star map, and universe.	

## Pin (Earn Belt Loop and Do 5)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Draw a diagram of a telescope and explain how it works.	
<input type="checkbox"/> 2	Explain how to use a star map.	
<input type="checkbox"/> 3	Draw and label five constellations. See if you can locate any of them in the sky using a star map.	
<input type="checkbox"/> 4	Find the North Star. Explain its importance.	
<input type="checkbox"/> 5	With you parent's or adult partner's permission, interview an astronomer. This person may be a professional or an amateur astronomer from a local astronomy club. Report on what you learned to your den or family.	
<input type="checkbox"/> 6	Learn about careers that relate to Astronomy. Make a list of those careers. Tell your den or an adult family member what school subjects will help you get a position in those careers.	
<input type="checkbox"/> 7	Visit a planetarium or a local astronomy club. Give a report on what you learned to your den.	
<input type="checkbox"/> 8	Make a poster illustrating the different kinds of stars. Include a diagram showing the life cycle of a star.	
<input type="checkbox"/> 9	Learn about some of the early space missions. Tell your den or family about one of them.	
<input type="checkbox"/> 10	Find a news story about a recent happening related to space. Tell your den or family about this event.	
<input type="checkbox"/> 11	Write a report on two famous astronomers.	
<input type="checkbox"/> 12	Locate three major observatories on a map. Explain why these locations are good for astronomy.	

# Badminton Belt Loop & Pin

Scout \_\_\_\_\_



## Belt Loop (Do All)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Explain the rules of badminton to your leader or adult partner.	
<input type="checkbox"/> 2	Spend at least 30 minutes practicing badminton skills.	
<input type="checkbox"/> 3	Participate in a badminton game.	

## Pin (Earn Belt Loop and Do 5)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Compete in a pack or community badminton tournament.	
<input type="checkbox"/> 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.	
<input type="checkbox"/> 3	Demonstrate skill in the following grip techniques: forehand and backhand.	
<input type="checkbox"/> 4	Spend at least 60 minutes practicing to develop skills for shots and strokes (clear, drive, drop, and smash). This may be done over several different practice periods. Keep track of your time on a chart.	
<input type="checkbox"/> 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.	
<input type="checkbox"/> 6	Accurately lay out a badminton court, including net and lines.	
<input type="checkbox"/> 7	Play five games of badminton. <span style="float: right;"><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></span>	
<input type="checkbox"/> 8	Participate in a badminton skills development clinic.	
<input type="checkbox"/> 9	Play at least three games during which you make your own foul calls effectively to your leader's satisfaction. <span style="float: right;"><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></span>	

# Baseball Belt Loop & Pin

Scout \_\_\_\_\_



## Belt Loop (Do All)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Explain the rules of baseball to your leader or adult partner.	
<input type="checkbox"/> 2	In three separate sessions, spend at least 30 minutes practicing baseball skills.	
<input type="checkbox"/> 3	Participate in a baseball game.	

## Pin (Earn Belt Loop and Do 5)

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

# Basketball Belt Loop & Pin

Scout \_\_\_\_\_



## Belt Loop (Do All)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Explain the rules of basketball to your leader or adult partner.	
<input type="checkbox"/> 2	Spend at least 30 minutes practicing basketball skills.	
<input type="checkbox"/> 3	Participate in a basketball game.	

## Pin (Earn Belt Loop and Do 5)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Compete in a pack or community basketball tournament.	
<input type="checkbox"/> 2	Demonstrate effective passing using the chest pass, bounce pass, over-the-head pass, and baseball pass.	
<input type="checkbox"/> 3	Successfully demonstrate the set shot and jump shot shooting styles.	
<input type="checkbox"/> 4	Demonstrate skill in the following dribbling techniques: high dribble, low dribble, turnable dribble, change-of-pace dribble, and combination dribble.	
<input type="checkbox"/> 5	On three different occasions, spend at least 30 minutes developing individual defensive skills.	
<input type="checkbox"/> 6	Explain and demonstrate 10 official basketball signals.	
<input type="checkbox"/> 7	Play three shot-improving games with a member of your den or team.	
<input type="checkbox"/> 8	Play five games of basketball. <span style="float: right;"><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></span>	
<input type="checkbox"/> 9	Participate in a basketball clinic.	
<input type="checkbox"/> 10	Attend a high school, college, or professional basketball game.	

# Bicycling Belt Loop & Pin Scout \_\_\_\_\_

## Belt Loop (Do All)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Explain the rules of safe bicycling to your den leader or adult partner.	
<input type="checkbox"/> 2	Demonstrate how to wear the proper safety equipment for bicycling.	
<input type="checkbox"/> 3	Show how to ride a bike safely. Ride for at least half an hour with an adult partner, your family, or den.	

## Pin (Earn Belt Loop and Complete Requirement #1 and any 4 others )

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



# Bowling Belt Loop & Pin

Scout \_\_\_\_\_

## Belt Loop (Do All)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Explain to your leader or adult partner the rules of courtesy and safety for bowling.	
<input type="checkbox"/> 2	Show how to pick out a ball of proper weight and with finger holes that fit your hand.	
<input type="checkbox"/> 3	Play a complete game with your family or den.	

## Pin (Earn Belt Loop and Do 5)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Read about the history of the sport of bowling. Tell your den or an adult family member about what you learned.	
<input type="checkbox"/> 2	Explain to your den or an adult family member the meaning of the following terms: strike, spare, split, miss, and foul. Show their symbols for scoring.	
<input type="checkbox"/> 3	Demonstrate proper stance, delivery, balance, and follow-through to your leader or adult partner.	
<input type="checkbox"/> 4	Try different types of delivery and hand positions and see which work best for you.	
<input type="checkbox"/> 5	Score a complete game using a score sheet and the proper symbols, or explain the symbols and scoring on a computer-generated score sheet..	
<input type="checkbox"/> 6	Play at least four games and chart your progress. Figure out your average score.	
<input type="checkbox"/> 7	Compete in a Scout, family, school, or community bowling tournament.	
<input type="checkbox"/> 8	Take bowling lessons.	
<input type="checkbox"/> 9	Attend a parent, high school, college, or professional bowling competition.	
<input type="checkbox"/> 10	Visit a bowling alley and learn about the care and maintenance of the bowling lanes, pins, and racks.	

# Chess Belt Loop & Pin

Scout \_\_\_\_\_

## Belt Loop (Do All)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Identify the chess pieces and set up a chess board for play.	
<input type="checkbox"/> 2	Demonstrate the moves of each chess piece to your den leader or adult partner.	
<input type="checkbox"/> 3	Play a game of chess.	

## Pin (Earn Belt Loop and Do 5)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 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).	
<input type="checkbox"/> 2	Visit a chess tournament and tell your den about it.	
<input type="checkbox"/> 3	Participate in a pack, school, or community chess tournament.	
<input type="checkbox"/> 4	Solve a pre-specified chess problem (e.g., "White to move and mate in three") given to you by your adult partner.	
<input type="checkbox"/> 5	Play five games of chess.	
<input type="checkbox"/> 6	Play 10 chess games via computer or on the Internet.	
<input type="checkbox"/> 7	Read about a famous chess player. Tell your den or an adult family member about that player's life.	
<input type="checkbox"/> 8	Describe U.S. Chess Federation ratings for chess players.	
<input type="checkbox"/> 9	Learn to write chess notation and record a game with another Scout.	
<input type="checkbox"/> 10	Present a report about the history of chess to your den or family.	

# Citizenship Belt Loop & Pin Scout \_\_\_\_\_



## Belt Loop (Do All)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Develop a list of jobs you can do around the home. Chart your progress for one week.	
<input type="checkbox"/> 2	Make a poster showing things that you can do to be a good citizen.	
<input type="checkbox"/> 3	Participate in a family, den, or school service project.	

## Pin (Earn Belt Loop and Do 5)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Interview someone who has become a naturalized citizen. Give a report of your interview to your den or family.	
<input type="checkbox"/> 2	Write a letter to your newspaper about an issue that concerns you. Send your letter by mail or e-mail.	
<input type="checkbox"/> 3	Create a collage about America.	
<input type="checkbox"/> 4	Make a list of items to check for a home safety or energy audit and then inspect your home. Talk with your parent or adult partner about correcting any problems you find.	
<input type="checkbox"/> 5	Visit your local site of government. Interview someone who is involved with the governmental process.	
<input type="checkbox"/> 6	Visit a courtroom and talk with someone who works there.	
<input type="checkbox"/> 7	Go to the polls with your parents when they vote. Talk to them about their choices.	
<input type="checkbox"/> 8	Take part in a parade with your den or pack.	
<input type="checkbox"/> 9	List ways you can recycle various materials and conserve and protect the environment.	
<input type="checkbox"/> 10	Attend a community event or visit a landmark in your community.	

# Collecting Belt Loop & Pin

Scout \_\_\_\_\_

## Belt Loop (Do All)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Begin a collection of at least 10 items that all have something in common. Label the items and title your collection.	
<input type="checkbox"/> 2	Display your collection at a pack or den meeting.	
<input type="checkbox"/> 3	Visit a show or museum that displays different collections	

## Pin (Earn Belt Loop and Do 5)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 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.	
<input type="checkbox"/> 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.	
<input type="checkbox"/> 3	Read a book about what you collect and then discuss it with your den or an adult family member.	
<input type="checkbox"/> 4	Start a new collection of at least 20 items. Label the items, and title your collection.	
<input type="checkbox"/> 5	Explain to your den or an adult family member what numismatics and philately mean.	
<input type="checkbox"/> 6	With your parent's or adult partner's permission, join a club of collectors who share your hobby. This club may be a group of your friends.	
<input type="checkbox"/> 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.	
<input type="checkbox"/> 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.	
<input type="checkbox"/> 9	With an adult partner, visit an online auction and look for items you collect. Discuss what it tells you about rarity and value of the things you collect.	
<input type="checkbox"/> 10	Create a method for organizing and keeping track of your collection. Use a computer if possible.	
<input type="checkbox"/> 11	Help a friend get started on a collection of his or her own.	

# Communicating Belt Loop & Pin Scout \_\_\_\_\_



## Belt Loop (Do All)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Tell a story or relate an incident to a group of people, such as your family, den, or members of your class.	
<input type="checkbox"/> 2	Write and send a letter to a friend or relative.	
<input type="checkbox"/> 3	Make a poster about something that interests you. Explain the poster to your den.	

## Pin (Earn Belt Loop and Do 5)

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

# Computers Belt Loop & Pin Scout \_\_\_\_\_

## Belt Loop (Do All)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Explain these parts of a personal computer: central processing unit (CPU), monitor, keyboard, mouse, modem, and printer.	
<input type="checkbox"/> 2	Demonstrate how to start up and shut down a personal computer properly.	
<input type="checkbox"/> 3	Use your computer to prepare and print a document.	

## Pin (Earn Belt Loop and Do 5)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Use a computer to prepare a report on a subject of interest to you. Share it with your den.	
<input type="checkbox"/> 2	Make a list of 10 devices that can be found in the home that use a computer chip to function.	
<input type="checkbox"/> 3	Use a computer to maintain a balance sheet of your earnings or allowance for four weeks.	
<input type="checkbox"/> 4	Use a spreadsheet program to organize some information.	
<input type="checkbox"/> 5	Use an illustration, drawing, or painting program to create a picture.	
<input type="checkbox"/> 6	Use a computer to prepare a thank-you letter to someone.	
<input type="checkbox"/> 7	With your parent's or adult partner's permission, log on to the Internet. Visit the Boy Scouts of America Web site: ( <a href="http://www.scouting.org">http://www.scouting.org</a> ).	
<input type="checkbox"/> 8	Discuss personal safety rules you should pay attention to while using the Internet.	
<input type="checkbox"/> 9	Practice a new computer game for two weeks. Demonstrate an improvement in your scores.	
<input type="checkbox"/> 10	With your parent's or adult partner's permission, correspond with a friend via e-mail. Have at least five e-mail replies from your friend.	
<input type="checkbox"/> 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.	

# Disabilities Awareness Belt Loop & Pin Scout \_\_\_\_\_



## Belt Loop (Do All)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Visit with a friend, family member, classmate, or other person with disabilities. Find out what this person enjoys and what this person finds difficult.	
<input type="checkbox"/> 2	Attend a disabilities event such as an Easter Seals event, Special Olympics, a performance with sign language interpretation, an activity with Guiding Eyes dogs, or a wheelchair race. Tell your adult leader what you thought about the experience.	
<input type="checkbox"/> 3	Make a display about one or more disabilities. It can include physical, learning, or mental challenges. Share the display at a pack meeting.	

## Pin (Earn Belt Loop and Do 5)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	People with disabilities move around in different ways such as crutches, scooters, and wheelchairs. Explain the differences. With an adult's supervision and permission, try to safely use one.	
<input type="checkbox"/> 2	Using sign language, demonstrate the Cub Scout Promise and motto.	
<input type="checkbox"/> 3	Read a book about a person with a disability.	
<input type="checkbox"/> 4	Explain how your school helps students with disabilities (elevators, ramps, small classes, special tools and equipment, specialized teachers)	
<input type="checkbox"/> 5	Describe one of the following and its purpose: occupational therapy, speech therapy, or physical therapy. Visit with a person who works in one of these fields and learn about his or her position.	
<input type="checkbox"/> 6	Read about a famous person who has been physically or mentally challenged. Report what you learned to your den or family.	
<input type="checkbox"/> 7	For two one-hour periods, and with adult supervision, go about your normal routine doing chores, watching television, studying, etc. Change your abilities by using one of these experiences, then share what you learned with your den. <ul style="list-style-type: none"> <li>• Hearing impairment – Muffle your ears with earmuffs or bandages.</li> <li>• Sight impairment – Blindfold one or both eyes.</li> <li>• Physical impairment – Bind an arm or leg so that it cannot be used.</li> <li>• Speaking impairment – Cover your mouth or do not speak</li> <li>• Choose an impairment of your own that is approved by an adult</li> </ul>	
<input type="checkbox"/> 8	Look at a catalog and find three items that could help a person with disabilities in their daily life. Explain how each item would help the individual.	
<input type="checkbox"/> 9	Volunteer and help someone with disabilities in school, sports, or another supervised activity.	
<input type="checkbox"/> 10	Visit a nursing home or elderly person and help someone with a meal.	
<input type="checkbox"/> 11	Talk to someone who works with people who have disabilities. Ask what the person's position is like and how he or she helps people with disabilities.	

# Family Travel Belt Loop & Pin Scout \_\_\_\_\_

## Belt Loop (Do All)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Make a list of things you would take on a three day trip with your family, then pack these items in a bag or suitcase.	
<input type="checkbox"/> 2	With an adult's help, figure out the cost and miles to complete a trip to a place of interest using the family car or public transportation.	
<input type="checkbox"/> 3	Research at least five places to visit during a trip to a place of interest. Explain what you learned to your family.	

## Pin (Earn Belt Loop and Do 5)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Go on a trip with your family that includes at least one overnight stay. Keep a journal of your trip and then share it with your den leader.	
<input type="checkbox"/> 2	Play a travel game while traveling in a car.	
<input type="checkbox"/> 3	With an adult, review the Guide to Safe Scouting, chapter XII, "Transportation." Then make a list of safety rules to follow when traveling in the car or while using public transportation such as a bus, plane, boat, and train. Share the list with your den.	
<input type="checkbox"/> 4	With the help of a parent or adult partner, use a computer to look up an airfare from your closest airport to a city in a foreign country. Calculate the total travel time, the day and time you will leave your home, and the day and time you will arrive at your destination.	
<input type="checkbox"/> 5	Visit a travel agent office or look up a travel Web site.	
<input type="checkbox"/> 6	Using pictures, explain to a family member how people's forms of transportation have changed in the last 300 years.	
<input type="checkbox"/> 7	Visit with an adult who has driven in a different country. List five things that the adult found to be very different from driving in the United States	
<input type="checkbox"/> 8	Make a list of occupations that people have that are related to traveling. Describe the position you would like to try. Explain to a family member why you chose that occupation.	
<input type="checkbox"/> 9	Learn how to apply for a U.S. passport. With adult supervision, read an actual application and complete as much of the form as you can.	
<input type="checkbox"/> 10	Change \$1,000 U.S. dollars into pounds, Euros, or pesos.	
<input type="checkbox"/> 11	With an adult, conduct a motor vehicle inspection of the car designated for traveling. Use the checklist provided in the Guide to Safe Scouting called "Annual Motor Vehicle Checklist.." The appendix to the Guide can be found at <a href="http://www.scouting.org/scoutsource/HealthandSafety/GSS/gssax.aspx">www.scouting.org/scoutsource/HealthandSafety/GSS/gssax.aspx</a> .	



# Fishing Belt Loop & Pin

Scout \_\_\_\_\_

## Belt Loop (Do All)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Review your local fishing regulations with your leader or adult partner. Explain why they are important, and commit to following them.	
<input type="checkbox"/> 2	Demonstrate how to properly bait a hook.	
<input type="checkbox"/> 3	Spend at least 30 minutes trying to catch a fish.	

## Pin (Earn Belt Loop and Do 5)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Compete in a pack or community fishing tournament.	
<input type="checkbox"/> 2	Demonstrate how to clean a fish in preparation for cooking and eating it. Properly dispose of any waste.	
<input type="checkbox"/> 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. Tell your den or an adult family member what you learned.	
<input type="checkbox"/> 4	Draw a picture of three different types of fishing reels. Explain how each works.	
<input type="checkbox"/> 5	Tie three fishing flies that are used in places you fish. Use at least one to fish.	
<input type="checkbox"/> 6	Practice casting for 30 minutes at a target 30 feet away.	
<input type="checkbox"/> 7	Select a species of fish and draw a picture of it, correctly labeling each part and its function.	
<input type="checkbox"/> 8	Replace the line in a fishing reel.	
<input type="checkbox"/> 9	Make a simple pole and line fishing rig. Use it to catch a fish.	
<input type="checkbox"/> 10	Catch a fish using artificial bait or lures.	
<input type="checkbox"/> 11	Practice fishing on five occasions, complying with local fishing regulations and the Outdoor Code.	

# Flag Football Belt Loop & Pin Scout \_\_\_\_\_



## Belt Loop (Do All)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Explain or discuss the simple rules of flag football with your den.	
<input type="checkbox"/> 2	Practice running, passing, and catching skills for at least 30 minutes.	
<input type="checkbox"/> 3	Play a game of flag football.	

## Pin (Earn Belt Loop and Do 5)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Layout and properly mark a flag football field at a park or playground.	
<input type="checkbox"/> 2	Explain the difference between defense and offense in a flag football game.	
<input type="checkbox"/> 3	Describe five different positions a player may play in flag football. Name the position that you prefer to play.	
<input type="checkbox"/> 4	During three half-hour sessions, practice the skills of passing, hand-offs, rushing, and running.	
<input type="checkbox"/> 5	Participate in a flag-football clinic.	
<input type="checkbox"/> 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.	
<input type="checkbox"/> 7	Play in five flag football games without incurring a penalty.	
<input type="checkbox"/> 8	Explain and demonstrate at least six football officiating signals.	
<input type="checkbox"/> 9	Attend a high school, college, or community league football game.	
<input type="checkbox"/> 10	Read a book about a football player and tell your den or family about the player's training and work ethics.	
<input type="checkbox"/> 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.	

# Geology Belt Loop & Pin Scout \_\_\_\_\_

## Belt Loop (Do All)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Explain to your den or an adult family member what geology means.	
<input type="checkbox"/> 2	Collect samples of igneous, sedimentary, and metamorphic rocks. Explain how each was formed.	
<input type="checkbox"/> 3	Collect samples of three minerals. Explain to your family or den what a mineral is and show and tell about the minerals you collected.	

## Pin (Earn Belt Loop and Do 5)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Make a plaster cast of a fossil.	
<input type="checkbox"/> 2	Make a special collection of rocks and minerals that illustrates the hardness scale.	
<input type="checkbox"/> 3	Give examples of sedimentary, igneous, and metamorphic rocks.	
<input type="checkbox"/> 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.	
<input type="checkbox"/> 5	Describe the effects of wind, water, and ice on the landscape.	
<input type="checkbox"/> 6	Make "pet rocks" using rocks, paint, and glue-on eyes. Tell a creative story about your pet rocks.	
<input type="checkbox"/> 7	Draw a diagram showing different types of volcanoes or draw a diagram that labels the different parts of a volcano.	
<input type="checkbox"/> 8	Make a crystal garden.	
<input type="checkbox"/> 9	Make a collection of five different fossils and identify them to the best of your ability.	
<input type="checkbox"/> 10	Make a poster or display showing 10 everyday products that contain or use rocks or minerals.	
<input type="checkbox"/> 11	Visit a mine, oil or gas field, gravel pit, stone quarry, or similar area of special interest related to geology.	
<input type="checkbox"/> 12	With your parent or adult partner, visit with a geologist. Find out how he or she prepared for the position. Discuss other careers related to geology.	
<input type="checkbox"/> 13	Draw the inside of a cave showing the difference between stalactites and stalagmites.	

# Geography Belt Loop & Pin

Scout \_\_\_\_\_

## Belt Loop (Do All)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Draw a map of your neighborhood. Show natural and manmade features. Include a key or legend of map symbols.	
<input type="checkbox"/> 2	Learn about the physical geography of your community. Identify the major landforms within 100 miles. Discuss with an adult what you learned.	
<input type="checkbox"/> 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.	

## Pin (Earn Belt Loop and Do 5)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 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.	
<input type="checkbox"/> 2	List 10 cities around the world. Calculate the time it is in each city when it is noon in your town.	
<input type="checkbox"/> 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.	
<input type="checkbox"/> 4	On a map, trace the routes of some famous explorers. Show the map to your den or family.	
<input type="checkbox"/> 5	On a United States or world map, mark where your family members and ancestors were born.	
<input type="checkbox"/> 6	Keep a map record of the travels of your favorite professional sports team for one month.	
<input type="checkbox"/> 7	Read a book (fiction or nonfiction) in which geography plays an important part.	
<input type="checkbox"/> 8	Take part in a geography bee or fair in your pack, school, or community.	
<input type="checkbox"/> 9	Choose a country in the world and make a travel poster for it.	
<input type="checkbox"/> 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.	
<input type="checkbox"/> 11	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.	



## Belt Loop (Do All)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Explain the rules of golf to your leader or adult partner. Explain the need for caution concerning golf clubs and golf balls.	
<input type="checkbox"/> 2	Spend at least 30 minutes practicing golfing skills at a driving range.	
<input type="checkbox"/> 3	Spend at least 30 minutes practicing golfing skills at a chipping/putting range.	

## Pin (Earn Belt Loop and Do 5)

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



## Belt Loop (Do All)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Make a poster that lists five good manners that you want to practice. Share your poster with your den or family.	
<input type="checkbox"/> 2	Introduce two people correctly and politely. Be sure that one of them is an adult.	
<input type="checkbox"/> 3	Write a thank-you note to someone who has given you something or done something nice for you.	

## Pin (Earn Belt Loop and Do 5)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Meet one new person, shake hands properly, and introduce yourself. Extend your hand, grip the person's hand firmly, and gently shake hands.	
<input type="checkbox"/> 2	Talk with your family about polite language. Include "please," "you're welcome," "excuse me," "yes, sir," "no, ma'am," and so on in your talk.	
<input type="checkbox"/> 3	Explain to your den or family how good manners can help you now and as you get older. Copy the actions of someone you know who has good manners.	
<input type="checkbox"/> 4	Go over table manners with your family. Eat a meal together where the table is set correctly and everyone uses good table manners.	
<input type="checkbox"/> 5	With an adult, discuss what foods are proper to eat with your fingers. Practice eating some of these foods the right way.	
<input type="checkbox"/> 6	In your den or with your family, practice using good phone manners.	
<input type="checkbox"/> 7	Explain how treating things that belong to other people with respect is a part of having good manners. Show three examples of how you can show respect for others.	
<input type="checkbox"/> 8	Talk with your friends or family members about following the rules and having good sportsmanship when playing games. Then play a game with your friends or family members. After playing the game, tell how you showed good manners.	
<input type="checkbox"/> 9	With your family or den, list five rules to remember in being polite and respectful when in a public place. Go to the public place and practice the rules. Explain how the rules helped you to have good manners.	
<input type="checkbox"/> 10	Demonstrate the proper outfit to wear at school, at play, and at a social event.	

# Gymnastics Belt Loop & Pin Scout \_\_\_\_\_



## Belt Loop (Do All)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Explain the six events of men's gymnastics: floor exercise, pommel horse, still rings, vaulting / side horse, parallel bars, and horizontal bar.	
<input type="checkbox"/> 2	Explain the safety rules you should follow to learn gymnastics	
<input type="checkbox"/> 3	Participate in an exercise from three of the six events using the proper equipment and techniques.	

## Pin (Earn Belt Loop and Do 5)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Write a report on the history of gymnastics. Tell your den or an adult family member what you learned.	
<input type="checkbox"/> 2	Take gymnastics lessons.	
<input type="checkbox"/> 3	Attend a gymnastics meet.	
<input type="checkbox"/> 4	Practice and demonstrate five floor exercise skills.	
<input type="checkbox"/> 5	Practice and demonstrate two skills used on the pommel horse.	
<input type="checkbox"/> 6	Demonstrate two skills on the still rings.	
<input type="checkbox"/> 7	Demonstrate two skills using parallel bars.	
<input type="checkbox"/> 8	Demonstrate two skills using the horizontal bar.	
<input type="checkbox"/> 9	Demonstrate a vault using the side horse.	
<input type="checkbox"/> 10	Develop a regular routine of physical and mental conditioning.	
<input type="checkbox"/> 11	Learn about three U.S. gymnasts who have won medals in the Olympics. Tell your den or an adult family member what you learned about them.	



## Belt Loop (Do All)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Talk with members of your family about your family heritage: its history, traditions, and culture.	
<input type="checkbox"/> 2	Make a poster that shows the origins of your ancestors. Share it with your den or other group.	
<input type="checkbox"/> 3	Draw a family tree showing members of your family for three generations.	

## Pin (Earn Belt Loop and Do 5)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Participate in a pack heritage celebration in which Cub Scouts give presentations about their family heritage.	
<input type="checkbox"/> 2	Attend a family reunion.	
<input type="checkbox"/> 3	With your parent's or adult partner's permission, find and correspond with a pen pal from another country. Find out how his or her heritage is different from yours.	
<input type="checkbox"/> 4	Learn 20 words in a language other than your native language.	
<input type="checkbox"/> 5	Interview a grandparent or other family elder about what it was like when he or she was growing up.	
<input type="checkbox"/> 6	Work with a parent or adult partner to organize family photographs in a photo album.	
<input type="checkbox"/> 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.	
<input type="checkbox"/> 8	Make an article of clothing, a toy, or a tool that your ancestors used. Show it to your den.	
<input type="checkbox"/> 9	Help your parent or adult partner prepare one of your family's traditional food dishes.	
<input type="checkbox"/> 10	Learn about the origin of your first, middle, or last name. Tell your den or an adult family member about what you learned.	





## Belt Loop (Do All)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Explain the hiking safety rules to your den leader or adult partner. Practice these rules while on a hike.	
<input type="checkbox"/> 2	Demonstrate proper hiking attire and equipment.	
<input type="checkbox"/> 3	Hike at least 30 minutes with your adult partner, family, or den.	

## Pin (Earn Belt Loop and Do 5)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Make a chart and record at least five hours of hiking.	
<input type="checkbox"/> 2	Help plan a den, pack, or family hike.	
<input type="checkbox"/> 3	Earn Cub Scouting's Leave No Trace Awareness Award.	
<input type="checkbox"/> 4	Earn the Cub Scout Outdoor Activity Award.	
<input type="checkbox"/> 5	Learn seven trail signs and tell your den leader or adult partner what they are.	
<input type="checkbox"/> 6	Be able to identify five different trees and five different birds on your hike. (These can be of the same species if multiple species are hard to find.)	
<input type="checkbox"/> 7	Using pictures or photographs, identify three poisonous plants. (Examples are poison ivy, poison sumac, and poison oak; oleander, poinsettia, etc.). Watch for these plants while on a hike.	
<input type="checkbox"/> 8	Take two different hikes for different purposes, for example, a nature hike, neighborhood hike, historical hike, city hike, stop-look-and-listen hike, and so on.	
<input type="checkbox"/> 9	Explain to your den leader or adult partner what a compass is and show how to use one on a hike.	
<input type="checkbox"/> 10	Explain to your den leader or adult partner what a global positioning system is and demonstrate how to use one on a hike.	
<input type="checkbox"/> 11	With visuals such as pictures or maps, report about one of your hikes to your den. Tell about how you prepared for your hike, who went with you, and what you saw.	



## Belt Loop (Do All)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Explain ways to protect yourself while skating. Demonstrate how to put on all necessary safety equipment. Explain why proper safety equipment is important.	
<input type="checkbox"/> 2	Spend 30 minutes practicing the skills of hockey: skating, stick handling, passing, shooting, and checking. This may be over two different practice periods.	
<input type="checkbox"/> 3	Play a game of hockey while on roller skates or hockey skates.	

## Pin (Earn Belt Loop and Do 5)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Participate in a pack, school, or community hockey tournament or in a supervised hockey league.	
<input type="checkbox"/> 2	Participate in a hockey skills development clinic.	
<input type="checkbox"/> 3	Spend at least 30 minutes practicing the skills of hockey: skating, stick handling, passing, shooting, and checking. This may be over two different practice periods.	
<input type="checkbox"/> 4	Draw the layout of the playing surface for a hockey game including the starting positions of the goalie, three forwards (two wings and a center), and two defenders.	
<input type="checkbox"/> 5	Demonstrate foul signals. Explain to your den or team why players should avoid fouls.	
<input type="checkbox"/> 6	Attend a high school, college, or professional hockey game.	
<input type="checkbox"/> 7	Demonstrate hockey terms (for example, assist, breakaway, deke, draw, pulling the goalie, and so on.) to another team member or adult.	
<input type="checkbox"/> 8	Learn about a U.S. Olympic hockey team and report what you learn to your den or family.	
<input type="checkbox"/> 9	Watch an ice resurfacing machine at an ice rink. Report to your den or family about the history of the machine commonly known as the Zamboni and how it is used.	



## Belt Loop (Do All)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Explain five safety precautions for when you are near a horse.	
<input type="checkbox"/> 2	With help from an experienced horse handler, demonstrate how to safely mount and ride a horse and then how to safely dismount the horse.	
<input type="checkbox"/> 3	Go on a supervised horseback ride for at least 20 minutes. Wear an approved helmet (such as one approved for horseback riding by the ASTM, or American Society for Testing and Materials).	

## Pin (Earn Belt Loop and Do 5)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Learn about three famous horses. Explain why these horses were well-known.	
<input type="checkbox"/> 2	Using pictures of these different animals, explain to your den or family the difference between a horse, pony, mule, and donkey.	
<input type="checkbox"/> 3	Explain how a horse is measured and what a "hand" equals when measuring a horse.	
<input type="checkbox"/> 4	Using a picture, point out these main parts of a horse: forehead, muzzle, mane, withers, point of hip, knee, hoof, and root of tail.	
<input type="checkbox"/> 5	Describe three different breeds of horses and explain what feature makes each breed special.	
<input type="checkbox"/> 6	Using photos or pictures you have drawn, explain to your den or family at least three different ways that horses can help us.	
<input type="checkbox"/> 7	Name five things healthy for a horse's diet.	
<input type="checkbox"/> 8	Tell why it is important to wear an approved riding helmet when you go horseback riding.	
<input type="checkbox"/> 9	Photograph or draw a picture of the saddle you used for the ride you took to earn the belt loop.	
<input type="checkbox"/> 10	With your parent or adult partner, visit a veterinarian who cares for horses. Write the answers to three questions you ask him or her.	
<input type="checkbox"/> 11	Spend at least 15 minutes before and after your ride getting to know your horse by talking calmly to it and stroking it slowly.	
<input type="checkbox"/> 12	Go on a supervised horseback ride for at least 30 minutes. Dress appropriately and show that you can safely mount and dismount the horse.	

**Belt Loop** (Do All)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Explain ways to protect yourself while ice skating, and the need for proper safety equipment.	
<input type="checkbox"/> 2	Spend at least 30 minutes practicing the skills of skating.	
<input type="checkbox"/> 3	Go ice skating with a family member or den for at least three hours, in up to three one-hour outings. Chart your time.	

**Pin** (Earn Belt Loop and Do 5)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Participate in a pack or community skating event.	
<input type="checkbox"/> 2	Demonstrate how to sharpen your skates correctly.	
<input type="checkbox"/> 3	Demonstrate how to lace, assemble, and disassemble your skates correctly.	
<input type="checkbox"/> 4	On two different occasions, spend at least 15 minutes practicing warm-up exercises before 30 minutes of skating.	
<input type="checkbox"/> 5	Play a skating game on the ice.	
<input type="checkbox"/> 6	Learn and demonstrate two new figure-skating skills: forward swizzles, glides, backward swizzles, and backward wiggle.	
<input type="checkbox"/> 7	Demonstrate how to "start" in a speed skating race.	
<input type="checkbox"/> 8	Explain the difference between long-track and short-track speed skating.	
<input type="checkbox"/> 9	Participate in a skating skill development clinic.	
<input type="checkbox"/> 10	Tell about an Olympian athlete in figure skating or speed skating. What were some of his or her best traits?	
<input type="checkbox"/> 11	Play a game of ice hockey.	
<input type="checkbox"/> 12	Participate in a hockey skill development clinic.	

# Kickball Belt Loop & Pin

Scout \_\_\_\_\_

## Belt Loop (Do All)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Explain the rules of kickball to your leader or adult partner.	
<input type="checkbox"/> 2	Spend 30 minutes practicing the skills of kickball (pitching, kicking, base running, catching, throwing). This may be over two different practice periods.	
<input type="checkbox"/> 3	Play a game of kickball.	

## Pin (Earn Belt Loop and Do 5)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Demonstrate the following kickball skills: pitching, kicking, base running, catching, throwing.	
<input type="checkbox"/> 2	Explain the rules of base running.	
<input type="checkbox"/> 3	Describe the basic defensive positions in kickball (pitcher, catcher, infielder).	
<input type="checkbox"/> 4	Draw a kickball field to scale; include the starting defensive positions.	
<input type="checkbox"/> 5	Report to your den or family about the similarities between the rules of baseball and kickball.	
<input type="checkbox"/> 6	Explain the role of being the captain of a kickball team.	
<input type="checkbox"/> 7	Play five games of kickball using basic rules.	
<input type="checkbox"/> 8	Help set up a kickball field for a game.	
<input type="checkbox"/> 9	Serve as a referee for one game of kickball.	
<input type="checkbox"/> 10	Participate in a pack, school, or community kickball tournament or a supervised kickball league.	

# Language and Culture Belt Loop & Pin Scout \_\_\_\_\_



## Belt Loop (Do All)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	With your parent's or adult partner's permission, 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.	
<input type="checkbox"/> 2	Learn 10 words that are in a different language than your own.	
<input type="checkbox"/> 3	Play two games that originated in another country or culture.	

## Pin (Earn Belt Loop and Do 7)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Earn the BSA Interpreter Strip.	
<input type="checkbox"/> 2	Write the numbers 1-10 in Chinese or another number system other than the one we normally use (we use the Arabic system).	
<input type="checkbox"/> 3	Visit an embassy, consulate, or chargé d'affaires for another country.	
<input type="checkbox"/> 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.	
<input type="checkbox"/> 5	Learn 30 words in a language other than your own. Practice saying these words with your den or an adult family member.	
<input type="checkbox"/> 6	Learn a song in another country's language. Sing the song for your den or an adult family member, and then tell what the words mean.	
<input type="checkbox"/> 7	Say five words in American Sign Language. One of these words could be your first name.	
<input type="checkbox"/> 8	Visit a restaurant that specializes in recipes from another country.	
<input type="checkbox"/> 9	Watch a TV show or movie in a foreign language. Tell how easy or difficult it was to understand what was happening.	
<input type="checkbox"/> 10	With your parent's or adult partner's permission, interview an interpreter. Find out what his or her job is like.	
<input type="checkbox"/> 11	Make a list of 30 things around your home that were made in another country.	
<input type="checkbox"/> 12	Read a book or story about an immigrant to the United States.	

# Map and Compass Belt Loop & Pin Scout \_\_\_\_\_

## Belt Loop (Do All)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Show how to orient a map. Find three landmarks on the map	
<input type="checkbox"/> 2	Explain how a compass works.	
<input type="checkbox"/> 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.	

## Pin (Earn Belt Loop and Do 5)

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

## Belt Loop (Do All)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Do five activities within your home or school that require the use of mathematics. Explain to your den how you used everyday math.	
<input type="checkbox"/> 2	Keep track of the money you earn and spend for three weeks.	
<input type="checkbox"/> 3	Measure five items using both metric and non-metric measures. Find out about the history of the metric system of measurement.	

## Pin (Earn Belt Loop and Do 1 from each group)

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

- 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.
- 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.
- Study geometry in architecture by exploring your neighborhood or community. Look at different types of buildings-houses, places of worship, 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.

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

- Learn how an abacus or slide rule works and teach it to a friend or to your den or pack.
- Go shopping with your parent or adult partner 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.
- 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.

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

- Explain the meaning of these statistical words and tools: data, averaging, tally marks, bar graph, line graph, pie chart, and percentage.
- 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.).
- Study a city newspaper to find as many examples as you can of statistical information.
- Learn to use a computer spreadsheet.

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

- 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).
- Conduct and keep a record of a coin toss probability experiment.
- 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.

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

- Interview four adults in different occupations to see how they use measurement in their jobs.
- Measure how tall someone is. Have them measure you.
- 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.
- Measure, mix, and cook at least two recipes. Share your snacks with family, friends, or your den.





## Belt Loop (Do All)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Explain the rules of Ringer or another marble game to your leader or adult partner	
<input type="checkbox"/> 2	Spend at least 30 minutes practicing skills to play the game of Ringer or another marble game.	
<input type="checkbox"/> 3	Participate in a game of marbles	

## Pin (Earn Belt Loop and Do 5)

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

# Music Belt Loop & Pin

Scout \_\_\_\_\_



## Belt Loop (Do All)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Explain why music is an important part of our culture.	
<input type="checkbox"/> 2	Learn a song with at least two verses and sing the verses to your den or to an adult family member.	
<input type="checkbox"/> 3	Listen to four different types of music either recorded or live.	

## Pin (Earn Belt Loop and Do 5)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Make a musical instrument and play it for your family, den, or pack.	
<input type="checkbox"/> 2	Teach your den a song.	
<input type="checkbox"/> 3	Play a song by yourself or in a group, in unison or in harmony.	
<input type="checkbox"/> 4	Create an original melody and/or original words for a song.	
<input type="checkbox"/> 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.	
<input type="checkbox"/> 6	Attend a live musical performance or concert.	
<input type="checkbox"/> 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.	
<input type="checkbox"/> 8	Take voice or dance lessons or lessons to learn to play an instrument.	
<input type="checkbox"/> 9	Create movements to a piece of music without words to demonstrate the moods of the music: happy, sad, calm, excited, playful, inspired.	
<input type="checkbox"/> 10	Learn about a composer of some music that you enjoy. Tell your den or an adult family member what you learned about him or her.	



## Belt Loop (Do All)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Make a poster of foods that are good for you. Share the poster with your den.	
<input type="checkbox"/> 2	Explain the difference between a fruit and a vegetable. Eat one of each.	
<input type="checkbox"/> 3	Help prepare and eat a healthy meal of foods that are included in a food pyramid. (With your parent's or partner's permission, see <a href="http://www.mypyramid.gov">http://www.mypyramid.gov</a> .)	

## Pin (Earn Belt Loop and Do 5)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Make a poster that shows different foods that are high in each of the vitamins. Using your poster, explain to your den or family the difference between a vitamin and a mineral and the importance of each for a healthy diet.	
<input type="checkbox"/> 2	Read the nutrition label from a packaged or canned food item. Learn about the importance of the nutrients listed. Explain what you learned to your den or family.	
<input type="checkbox"/> 3	Make a list of diseases that can be caused by a diet that is poor in nutrition.	
<input type="checkbox"/> 4	Talk with your school cafeteria manager about the role nutrition plays in the meals your school serves.	
<input type="checkbox"/> 5	With an adult, plan a balanced menu of breakfasts, lunches, and dinners for your family for a week.	
<input type="checkbox"/> 6	Make a list of healthy snack foods. Demonstrate how to prepare two healthy snacks.	
<input type="checkbox"/> 7	With an adult, go grocery shopping. Report to your den or other family members what you learned about choosing good foods to eat.	
<input type="checkbox"/> 8	Demonstrate how to safely prepare food for three meals.	
<input type="checkbox"/> 9	Demonstrate how to store leftover food to prevent spoilage or contamination.	
<input type="checkbox"/> 10	Help with a garden. Report to your den or family about what is growing in the garden and how you helped. Show a picture of or bring an item harvested from your garden.	
<input type="checkbox"/> 11	Visit a farm or ranch. Talk with the owner about how the farm or ranch produces food for families.	
<input type="checkbox"/> 12	Explain how physical exercise works with nutrition in helping people be fit and healthy. Demonstrate three examples of good physical activity.	



## Belt Loop (Do All)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Care for your pet for two weeks. Make a list of the tasks that you did to take care of your pet.	
<input type="checkbox"/> 2	Read a book, explore the Internet (with your parent's or adult partner's permission), or acquire a pamphlet about your pet. List three new interesting facts that you learned about your pet.	
<input type="checkbox"/> 3	Make a poster about your pet. Share your poster with your den, pack, or family.	

## Pin (Earn Belt Loop and Do 5)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	With an adult, develop a plan for someone to care for your pet if you were to be away for one week.	
<input type="checkbox"/> 2	Train your pet to do a trick or follow a simple command.	
<input type="checkbox"/> 3	Describe how your pet communicates with you and other animals.	
<input type="checkbox"/> 4	Observe or play with your pet for 15 minutes each day for one week. Keep a chart that shows your pet's mood on each day.	
<input type="checkbox"/> 5	Attend a pet show. Report to your den about the show.	
<input type="checkbox"/> 6	Make a drawing of the cage or bed your pet requires. Describe the important parts of it.	
<input type="checkbox"/> 7	Visit an animal shelter. Explain the reasons why pets are in the animal shelter to your den or family.	
<input type="checkbox"/> 8	Visit a pet store. Make a list of the different animals in the store and the kinds of foods they eat.	
<input type="checkbox"/> 9	Talk to a veterinarian about his or her career. Share what you learned with your den or family.	
<input type="checkbox"/> 10	Tell three ways that animals can help people.	
<input type="checkbox"/> 11	Do a service project for an animal shelter, exercise an elderly person's pet, or help a friend with the care of his or her pet.	
<input type="checkbox"/> 12	Find out about the pets of U.S. presidents while they lived at the White House. Tell your den about one president and his pet(s).	

# Photography Belt Loop & Pin Scout \_\_\_\_\_



## Belt Loop (Do All)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Point out the major features of a camera to your den or family and explain the function of each part. Parts could include film, lens, shutter, power on and off, zoom, battery, flash, display panel, case, settings, etc.	
<input type="checkbox"/> 2	Discuss with your den leader or adult partner, the benefits and contributions photography makes to modern life. Report what you learned to your den or family.	
<input type="checkbox"/> 3	Using a camera, take at least 10 pictures of your family, pet, or scenery; show these to your den.	

## Pin (Earn Belt Loop and Do 5)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Using pictures, explain what photography is and how it relates to light and picture-taking.	
<input type="checkbox"/> 2	Look at a book of published photos about a subject that interests you. Find out what makes these photos remarkable and why people want to look at these pictures. Learn whether the photographer used light or angles to make the photos interesting. Discuss what you learned with an adult.	
<input type="checkbox"/> 3	Explain to an adult what "red eye" is and why it can happen in a picture. Show examples.	
<input type="checkbox"/> 4	Make a short video of a friend, family member, or pet, and show it to your den or family.	
<input type="checkbox"/> 5	With an adult's help, use a photo-editing software feature to crop, lighten or darken, and change a photo.	
<input type="checkbox"/> 6	Make a creative project using at least one photo.	
<input type="checkbox"/> 7	Take three pictures of the same scene using different lens settings. Show these pictures to your den or family.	
<input type="checkbox"/> 8	Visit an art exhibit that features photography. Write a list of some of the things you saw and felt during your visit.	
<input type="checkbox"/> 9	Demonstrate how to use a light meter and manually set the aperture (lens opening) on a camera.	
<input type="checkbox"/> 10	Print and develop a picture from a film negative.	

# Physical Fitness Games Loop & Pin Scout \_\_\_\_\_



## Belt Loop (Do All)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Give a short report to your den or family on the dangers of drugs and alcohol.	
<input type="checkbox"/> 2	Practice finding your pulse and counting your heartbeats per minute. Determine your target heart rate.	
<input type="checkbox"/> 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.	

## Pin (Earn Belt Loop and Do 5)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	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.	
<input type="checkbox"/> 2	Set up a four-step exercise program. Chart your progress for five days a week for two weeks.	
<input type="checkbox"/> 3	Explain the reason for warming up and cooling down before and after each exercise session.	
<input type="checkbox"/> 4	Visit a local gym and talk to a trainer about exercises and programs for young people.	
<input type="checkbox"/> 5	Participate in some aerobic exercises at least three times a week for four weeks.	
<input type="checkbox"/> 6	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.	
<input type="checkbox"/> 7	Swim for a total of an hour, charting your time as you go.	
<input type="checkbox"/> 8	Participate for at least three months in an organized team sport or organized athletic activity.	

# Reading & Writing Belt Loop & Pin Scout \_\_\_\_\_



## Belt Loop (Do All)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Visit a library and get your own library card. Check out and return a book.	
<input type="checkbox"/> 2	Write a letter or a short story. Read it to your den or family.	
<input type="checkbox"/> 3	Keep a diary of your activities for one week. Read it to your den or family.	

## Pin (Earn Belt Loop and Do 5)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Locate and identify the following parts of a book: title, author, spine, cover, table of contents, and index.	
<input type="checkbox"/> 2	Read a book to a child or group of children.	
<input type="checkbox"/> 3	Participate in a school or community organized reading program.	
<input type="checkbox"/> 4	Explain the differences in a biography, autobiography, fiction, and nonfiction books to your parent or den leader.	
<input type="checkbox"/> 5	Create a bookmark that you can use, or design a book cover.	
<input type="checkbox"/> 6	Read an article from a newspaper or magazine. This can be done on the computer. Report about what you read to an adult.	
<input type="checkbox"/> 7	Write a poem and read it to a family member.	
<input type="checkbox"/> 8	Write a short report about something of interest to you. Read your report to your den or family.	
<input type="checkbox"/> 9	Read several jokes and riddles. Create two of your own and share them with your den or family.	
<input type="checkbox"/> 10	Write a commercial, song, or jingle for some product. Perform it for your den or family.	
<input type="checkbox"/> 11	Create your own alphabet, writing system, or code and explain it to your den or pack.	
<input type="checkbox"/> 12	Learn about another writing system such as petroglyphs or Egyptian hieroglyphs. Do your best to draw some of these symbols. Report what you learned to your den or family.	

# Roller Skating Loop & Pin Scout \_\_\_\_\_

## Belt Loop (Do All)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Explain ways to protect yourself while roller skating or in-line skating, and the need for proper safety equipment.	
<input type="checkbox"/> 2	Spend at least 30 minutes practicing the skills of roller skating or in-line skating.	
<input type="checkbox"/> 3	Go skating with a family member or den for at least three hours. Chart your time.	

## Pin (Earn Belt Loop and Do 5 )

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Participate in a pack or community skating event.	
<input type="checkbox"/> 2	Demonstrate how to disassemble and reassemble skates.	
<input type="checkbox"/> 3	Explain the proper clothing for roller or in-line skating.	
<input type="checkbox"/> 4	Spend at least 15 minutes, on two occasions, practicing warm up exercises before skating.	
<input type="checkbox"/> 5	Play a game of roller hockey.	
<input type="checkbox"/> 6	Learn and demonstrate two new roller skating skills: forward scissors, forward stroking, crossover, or squat skate.	
<input type="checkbox"/> 7	Participate in a roller or in-line skating skill development clinic.	
<input type="checkbox"/> 8	Demonstrate how to stop quickly and safely.	
<input type="checkbox"/> 9	Demonstrate how to skate backward. Skate backward for five feet.	
<input type="checkbox"/> 10	Play a game on roller skates, roller blades, or in-line skates.	





## Belt Loop (Do All)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Explain the scientific method to your adult partner.	
<input type="checkbox"/> 2	Use the scientific method in a simple science project Explain the results to an adult.	
<input type="checkbox"/> 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.	

## Pin (Earn Belt Loop and Do 5)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Make a simple electric motor that works.	
<input type="checkbox"/> 2	Find a stream or other area that shows signs of erosion. Try to discover the cause of the erosion.	
<input type="checkbox"/> 3	Plant seeds. Grow a flower, garden vegetable, or other plant.	
<input type="checkbox"/> 4	Use these simple machines to accomplish tasks: lever, pulley, wheel-and-axle, wedge, inclined plane, and screw.	
<input type="checkbox"/> 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.	
<input type="checkbox"/> 6	Build models of two atoms and two molecules, using plastic foam balls or other objects.	
<input type="checkbox"/> 7	Make a collection of igneous, metamorphic, and sedimentary rocks and label them.	
<input type="checkbox"/> 8	Learn about a creature that lives in the ocean. Share what you have learned with your den or family.	
<input type="checkbox"/> 9	Label a drawing or diagram of the bones of the human skeleton.	
<input type="checkbox"/> 10	Make a model or poster of the solar system. Label the planets and the sun.	
<input type="checkbox"/> 11	Do a scientific experiment in front of an audience. Explain your results.	
<input type="checkbox"/> 12	Read a book about a science subject that interests you. Tell your den or an adult family member about what you learned.	



## Belt Loop (Do All)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Demonstrate to an adult the general rules for safe skateboarding by showing that you know how to wear the proper safety gear.	
<input type="checkbox"/> 2	Carefully demonstrate how to fall to help minimize injuries.	
<input type="checkbox"/> 3	Practice skateboarding for 30 minutes. This practice may be done in several periods.	

## Pin (Earn Belt Loop and Do 5)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Figure out your skateboard stance – whether you are regular or goofy footed.	
<input type="checkbox"/> 2	Demonstrate proper stance, feet positions, knee bending, pushing off, turning, and stopping on flat ground.	
<input type="checkbox"/> 3	Using pictures, explain to your den or family the difference between street, skate park, and vertical skateboarding.	
<input type="checkbox"/> 4	List five ways skateboarders should be considerate and respectful of other people and their property when they are skateboarding.	
<input type="checkbox"/> 5	View a skateboarding video.	
<input type="checkbox"/> 6	Attend a pro skateboarder demonstration.	
<input type="checkbox"/> 7	Show that you know how to lubricate the bearings and keep your skateboard clean.	
<input type="checkbox"/> 8	Apply grip tape to your skateboard.	
<input type="checkbox"/> 9	Skateboard at a skate park for 30 minutes.	
<input type="checkbox"/> 10	Demonstrate three of the following maneuvers: ollie, nollie, frontside, grab, kickturn, carving.	
<input type="checkbox"/> 11	Describe how to determine a safe area to skateboard.	



## Belt Loop (Do All)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Explain the conditioning, clothing, equipment, and planning needed for snow skiing or boarding.	
<input type="checkbox"/> 2	Explain "Your Responsibility Code," the rules of safety and courtesy for the slopes. (See "Your Responsibility Code" on the back of this page. (Click here to see "Your Responsibility Code"))	
<input type="checkbox"/> 3	Go skiing or snow boarding. Demonstrate how to stop and turn.	

## Pin (Earn Belt Loop and Do 5)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Explain the different kinds of ski lifts, such as a rope tow and "fixed grip" and "detachable" chair lifts.	
<input type="checkbox"/> 2	Describe the five universal symbols used to indicate ski trail difficulty.	
<input type="checkbox"/> 3	Demonstrate how to hold your position and get up from a fall.	
<input type="checkbox"/> 4	Demonstrate how to fall safely to avoid injury.	
<input type="checkbox"/> 5	Explain why it is important to protect nature and wildlife while skiing or snowboarding.	
<input type="checkbox"/> 6	Practice skiing or snowboarding for at least five hours. You can do this in more than one day.	
<input type="checkbox"/> 7	Explain what to do if you see a skiing or snow boarding accident. Discuss the dangers of avalanche.	
<input type="checkbox"/> 8	Take a skiing or snowboarding lesson.	
<input type="checkbox"/> 9	View a video on skiing or snowboarding.	
<input type="checkbox"/> 10	Talk with a member of a ski patrol and learn about his or her position at the ski slope.	
<input type="checkbox"/> 11	Learn about an Olympian who competed in skiing or snowboarding and report to your den.	



## Belt Loop (Do All)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Explain the rules of soccer to your leader or adult partner.	
<input type="checkbox"/> 2	Spend at least 30 minutes practicing soccer skills.	
<input type="checkbox"/> 3	Play a game of soccer.	

## Pin (Earn Belt Loop and Do 5)

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



## Belt Loop (Do All)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Explain the rules of softball to your leader or adult partner.	
<input type="checkbox"/> 2	Spend at least 30 minutes practicing softball skills.	
<input type="checkbox"/> 3	Participate in a softball game.	

## Pin (Earn Belt Loop and Do 5)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Compete in a pack or community softball tournament.	
<input type="checkbox"/> 2	Demonstrate skill in the following throwing techniques: overhand, sidearm, underhand, and the relay throw.	
<input type="checkbox"/> 3	Demonstrate skill in the following catching techniques: fielding a ground ball, fielding a pop-up, catching a line drive.	
<input type="checkbox"/> 4	Demonstrate correct pitching techniques and practice for three half-hour sessions.	
<input type="checkbox"/> 5	Demonstrate correct hitting techniques, including bunting. Practice for three half-hour sessions.	
<input type="checkbox"/> 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.	
<input type="checkbox"/> 7	Learn and demonstrate base coaching signals.	
<input type="checkbox"/> 8	Learn about one defensive position (shortstop, catcher, etc.) and practice at that position for three half-hour sessions.	
<input type="checkbox"/> 9	Attend a high school, college, or community softball game.	

## Belt Loop (Do All)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Explain rules of Safe Swim Defense. Emphasize the buddy system.	
<input type="checkbox"/> 2	Play a recreational game in the water with your den, pack, or family.	
<input type="checkbox"/> 3	While holding a kick board, propel yourself 25 feet using a flutter kick across the shallow end of the swimming area	

## Pin (Earn Belt Loop and Do 5)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 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.	
<input type="checkbox"/> 2	Learn and demonstrate two of the following strokes: crawl, backstroke, elementary backstroke, sidestroke, or breaststroke.	
<input type="checkbox"/> 3	Learn and demonstrate two of the following floating skills: prone, facedown float, and back float. The purpose of the float is to provide the swimmer the opportunity to rest in the water.	
<input type="checkbox"/> 4	Using a kickboard, demonstrate three kinds of kicks.	
<input type="checkbox"/> 5	Pass the "beginner" or "swimmer" swim level test.	
<input type="checkbox"/> 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 position.	
<input type="checkbox"/> 7	Explain the four rescue techniques: Reach, Throw, Row, and Go (with support)	
<input type="checkbox"/> 8	Take swimming lessons.	
<input type="checkbox"/> 9	Attend a swim meet at a school or community pool.	
<input type="checkbox"/> 10	Tread water for 30 seconds.	
<input type="checkbox"/> 11	Learn about a U.S. swimmer who has earned a medal in the Olympics. Tell your den or an adult family member what you learned about him or her.	
<input type="checkbox"/> 12	Demonstrate the proper use of a mask and snorkel in a swimming area where your feet can touch the bottom	

# Table Tennis Loop & Pin

Scout \_\_\_\_\_

## Belt Loop (Do All)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Explain the rules of table tennis to your leader or adult partner.	
<input type="checkbox"/> 2	Spend at least 30 minutes practicing table tennis skills.	
<input type="checkbox"/> 3	Participate in a table tennis game.	

## Pin (Earn Belt Loop and do 5 )

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Compete in a pack or community table tennis tournament.	
<input type="checkbox"/> 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).	
<input type="checkbox"/> 3	Practice 30 minutes in up to two practice sessions developing serving skills.	
<input type="checkbox"/> 4	Practice 30 minutes in up to two practice sessions developing your forehand and backhand strokes.	
<input type="checkbox"/> 5	Explain to your leader or adult partner how spin affects the bounce of the ball.	
<input type="checkbox"/> 6	Accurately set up a table tennis table and net according to USA Table Tennis rules.	
<input type="checkbox"/> 7	Play five games of table tennis.	
<input type="checkbox"/> 8	Participate in a table tennis skills development clinic.	
<input type="checkbox"/> 9	Explain to your leader or adult partner how to score a table tennis game.	
<input type="checkbox"/> 10	Participate in a game of doubles table tennis (four people playing in one game, two people per side).	

# Tennis Belt Loop & Pin

Scout \_\_\_\_\_

## Belt Loop (Do All)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/>	<b>1</b> Explain the rules of tennis to your leader or adult partner.	
<input type="checkbox"/>	<b>2</b> Spend at least 30 minutes practicing tennis skills.	
<input type="checkbox"/>	<b>3</b> Participate in a tennis game.	

## Pin (Earn Belt Loop and do 5 )

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/>	<b>1</b> Compete in a pack or community tennis tournament.	
<input type="checkbox"/>	<b>2</b> Demonstrate your knowledge of the use and care of the equipment needed to play tennis (rackets, balls, shoes, clothing, and court).	
<input type="checkbox"/>	<b>3</b> Practice for 30 minutes in up to two practice sessions 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.	
<input type="checkbox"/>	<b>4</b> Practice developing serving skills for 30 minutes in up to two practice sessions.	
<input type="checkbox"/>	<b>5</b> Explain to your leader or adult partner how to score in tennis.	
<input type="checkbox"/>	<b>6</b> Accurately draw, label, and explain a tennis court layout.	
<input type="checkbox"/>	<b>7</b> Play five games of tennis using U.S. Tennis Association rules.	
<input type="checkbox"/>	<b>8</b> Participate in a tennis skills development clinic.	
<input type="checkbox"/>	<b>9</b> Attend a high school, college, or professional tennis meet.	
<input type="checkbox"/>	<b>10</b> Present to your den or family a report on the history of tennis.	



# Ultimate Belt Loop & Pin Scout \_\_\_\_\_



## Belt Loop (Do All)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Explain the rules of ultimate or disc golf to your leader or adult partner.	
<input type="checkbox"/> 2	Spend at least 30 minutes practicing ultimate or disc golf skills.	
<input type="checkbox"/> 3	Participate in a game of ultimate or disc golf.	

## Pin (Earn Belt Loop and do 5 )

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Compete in a pack or community ultimate or disc golf tournament.	
<input type="checkbox"/> 2	Demonstrate effective pivoting while throwing. Use some of the following throwing styles: backhand pass, sidearm pass, and upside-down pass, and/or roller throw.	
<input type="checkbox"/> 3	Demonstrate skill in the following catching techniques: one-handed, clapping, and sandwich.	
<input type="checkbox"/> 4	On three different occasions, practice 20 minutes of ultimate or disc golf. Keep track of your time on a chart.	
<input type="checkbox"/> 5	Explain the flight dynamics of the flying disc. Draw a diagram if needed.	
<input type="checkbox"/> 6	Accurately lay out an ultimate playing field or diagram three typical disc golf holes.	
<input type="checkbox"/> 7	Play five games of ultimate or disc golf.	
<input type="checkbox"/> 8	Participate in an ultimate skills or disc golf skill development clinic.	
<input type="checkbox"/> 9	Explain the history of ultimate or disc golf and how it became a sport.	
<input type="checkbox"/> 10	Explain the differences between ultimate and golf discs.	

# Video Games Loop & Pin Scout \_\_\_\_\_

## Belt Loop (Do All)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Explain why it is important to have a rating system for video games. Check your video games to be sure they are right for your age.	
<input type="checkbox"/> 2	With an adult, create a schedule for you to do things that includes your chores, homework, and video gaming. Do your best to follow this schedule.	
<input type="checkbox"/> 3	Learn to play a new video game that is approved by your parent, guardian, or teacher.	

## Pin (Earn Belt Loop and Do 5)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	With your parents, create a plan to buy a video game that is right for your age group.	
<input type="checkbox"/> 2	Compare two game systems (for example, Microsoft Xbox, Sony PlayStation, Nintendo Wii, and so on). Explain some of the differences between the two. List good reasons to purchase or use a game system.	
<input type="checkbox"/> 3	Play a video game with family members in a family tournament.	
<input type="checkbox"/> 4	Teach an adult or a friend how to play a video game.	
<input type="checkbox"/> 5	List at least five tips that would help someone who was learning how to play your favorite video game.	
<input type="checkbox"/> 6	Play an appropriate video game with a friend for one hour.	
<input type="checkbox"/> 7	Play a video game that will help you practice your math, spelling, or another skill that helps you in your schoolwork.	
<input type="checkbox"/> 8	Choose a game you might like to purchase. Compare the price for this game at three different stores. Decide which store has the best deal. In your decision, be sure to consider things like the store return policy and manufacturer's warranty.	
<input type="checkbox"/> 9	With an adult's supervision, install a gaming system.	

# Volleyball Belt Loop & Pin

Scout \_\_\_\_\_



## Belt Loop (Do All)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Explain the rules of volleyball to your leader or adult partner.	
<input type="checkbox"/> 2	Spend at least 30 minutes practicing skills to play the sport of volleyball.	
<input type="checkbox"/> 3	Participate in a volleyball game.	

## Pin (Earn Belt Loop and do 5 )

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Compete in a pack, school, or community volleyball tournament.	
<input type="checkbox"/> 2	Demonstrate skill in two volleyball passing techniques: forearm pass and overhead pass (setting).	
<input type="checkbox"/> 3	Demonstrate skill in two volleyball serving techniques: underhand and overhand.	
<input type="checkbox"/> 4	Spend at least 60 minutes in practice over several practice periods to develop individual skills for volleyball. Make a chart to record your practice efforts.	
<input type="checkbox"/> 5	Explain how volleyball matches are scored, including the terms side-out and rally scoring.	
<input type="checkbox"/> 6	Accurately lay out a volleyball court.	
<input type="checkbox"/> 7	Play five games of volleyball.	
<input type="checkbox"/> 8	Officiate at least three games of volleyball.	
<input type="checkbox"/> 9	Explain the importance of good sportsmanship.	
<input type="checkbox"/> 10	Attend a high school, college, or professional volleyball game.	



## Belt Loop (Do All)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Make a poster that shows and explains the water cycle.	
<input type="checkbox"/> 2	Set up a simple weather station to record rainfall, temperature, air pressure, or evaporation for one week.	
<input type="checkbox"/> 3	Watch the weather forecast on a local television station. Discuss with an adult family member what you heard and saw. Follow up by discussing the accuracy of the forecast.	

## Pin (Earn Belt Loop and Do 5)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Explain to your den or an adult family member the meaning of these terms: weather, humidity, precipitation, temperature, and wind.	
<input type="checkbox"/> 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.	
<input type="checkbox"/> 3	Describe the climate in your state. Compare its climate with that in another state.	
<input type="checkbox"/> 4	Describe a potentially dangerous weather condition in your community. Discuss safety precautions and procedures for dealing with this condition.	
<input type="checkbox"/> 5	Define what is meant by acid rain. Explain the greenhouse effect.	
<input type="checkbox"/> 6	With your parent's or adult partner's permission, talk to a meteorologist about his or her position. Learn about careers in meteorology. Share what you learned with your den or an adult family member.	
<input type="checkbox"/> 7	Make a weather map of your state or country, using several weather symbols.	
<input type="checkbox"/> 8	Explain the differences between tornadoes and hurricanes.	
<input type="checkbox"/> 9	Make a simple weather vane. Make a list of other weather instruments and describe what they do.	
<input type="checkbox"/> 10	Explain how weather can affect agriculture and the growing of food.	
<input type="checkbox"/> 11	Make a report to your den or family on a book about weather.	
<input type="checkbox"/> 12	Explain how rainbows are formed and then draw and color a rainbow.	



**Belt Loop** (Do All)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Explain what natural resources are and why it's important to protect and conserve them.	
<input type="checkbox"/> 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.	
<input type="checkbox"/> 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.	

**Pin** (Earn Belt Loop and Do 5)

#	REQUIREMENT	AKELA/DATE
<input type="checkbox"/> 1	Visit a wildlife sanctuary, nature center, or fish hatchery.	
<input type="checkbox"/> 2	Collect and read five newspaper or magazine articles that discuss conservation of wildlife and report to your family or den what you learn.	
<input type="checkbox"/> 3	Learn about five animals that use camouflage to protect themselves. Tell your den or an adult family member what you learned.	
<input type="checkbox"/> 4	Make a birdbath and keep a record for one week of the different birds that visit it.	
<input type="checkbox"/> 5	Make a collage of animals that are in the same class: fish, amphibians, reptiles, birds, or mammals.	
<input type="checkbox"/> 6	Make a plaster cast of an animal track. Show it to your den.	
<input type="checkbox"/> 7	With your parent or adult partner, 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.	
<input type="checkbox"/> 8	Visit a state park or national park.	
<input type="checkbox"/> 9	With an adult's supervision, install a gaming system.	









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