



# Cub Scout Gymnastics

## Cub Scout Academics and Sports Workbook

This workbook is not required but can help you with this award. Belt Loops and Pins may be earned more than once.

Links to other workbooks and resources are at the end of this workbook: [Online Resources](#).

Send comments to the workbook developer: [craig@craiglincoln.com](mailto:craig@craiglincoln.com). Workbook updated: April 2008.

Scout's Name: \_\_\_\_\_

Pack: \_\_\_\_\_

### **Cub Scout Gymnastics Belt Loop** (See the [Pin Requirements](#) below.)

**Complete these three requirements:**

1. Explain the six events of men's gymnastics: floor exercise, \_\_\_\_\_

\_\_\_\_\_

pommel horse, \_\_\_\_\_

\_\_\_\_\_

still rings, \_\_\_\_\_

\_\_\_\_\_

vaulting / side horse, \_\_\_\_\_

\_\_\_\_\_

parallel bars, \_\_\_\_\_

\_\_\_\_\_

and horizontal bar. \_\_\_\_\_

2. Participate in three of the six events using the proper equipment. \_\_\_\_\_

3. Explain the safety rules you should follow to learn gymnastics \_\_\_\_\_

### **Cub Scout Gymnastics Pin**

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

1. Write a report on the history of gymnastics. \_\_\_\_\_

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2. Take gymnastics lessons. \_\_\_\_\_

3. Attend a gymnastics meet. \_\_\_\_\_

4. Practice and demonstrate five floor exercise skills. \_\_\_\_\_

5. Practice and demonstrate two skills used on the pommel horse. \_\_\_\_\_

6. Demonstrate two skills on the still rings. \_\_\_\_\_

7. Demonstrate two skills using parallel bars. \_\_\_\_\_

8. Demonstrate two skills using the horizontal gymnastics bar. \_\_\_\_\_

9. Demonstrate a vault using the side horse. \_\_\_\_\_

10. Develop a regular routine of physical and mental conditioning. \_\_\_\_\_

11. Learn about three U.S. gymnasts who have won medals in the Olympics. \_\_\_\_\_

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**Online Resources** *(Use any Internet resource with caution and only with your parent's or guardian's supervision.)*

**Cub Scout Advancement:** <http://usscouts.org/advance/cubscout/ranks.asp>

**Tiger:** <http://meritbadge.org/wiki/index.php?title=Tiger>

**Wolf:** <http://meritbadge.org/wiki/index.php?title=Wolf>

**Bear:** <http://meritbadge.org/wiki/index.php?title=Bear>

**Webelos:** <http://meritbadge.org/wiki/index.php?title=Webelos>

**Cub Scout Academics and Sports Workbooks:** ► [meritbadge.org](http://meritbadge.org) -or- ► [Academics](#) / [Sports](#)

**Webelos Activity Badge Workbooks:** ► [usscouts.org](http://usscouts.org) -or- ► [meritbadge.org](http://meritbadge.org)

**Boy Scouts of America:** <http://www.scouting.org/> ► [Guide to Safe Scouting](#) ► [Age-Appropriate Guidelines for Activities](#)

**ExpertVillage.com Lesson Videos:**  [Gymnastics for Beginners](#)  [Advanced Gymnastics for Kids](#)

Gymnastics History, Forms, Equipment, etc.: <http://en.wikipedia.org/wiki/Gymnastics>

USA Gymnastics: <http://www.usa-gymnastics.org/>