



## **Cub Scouts Academic and Sports Program – Quick Reference Checklist**

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### ***Gymnastics***

Remember the belt loops are for the scout doing their best to learn about the sport or academic activity, and by putting the new techniques to practice with fellow scouts, in their community, or working with an adult.

### ***Belt Loop***

**Complete these three requirements:**

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

### ***Sports Pin***

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

1. Write a report on the history of gymnastics.
2. Take gymnastics lessons.
3. Attend a gymnastics meet.
4. Practice and demonstrate five floor exercise skills.
5. Practice and demonstrate two skills used on the pommel horse.
6. Demonstrate two skills on the still rings.
7. Demonstrate two skills using parallel bars.
8. Demonstrate two skills using the horizontal learn gymnastics. bar.
9. Demonstrate a vault using the side horse.
10. Develop a regular routine of physical and mental conditioning.

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