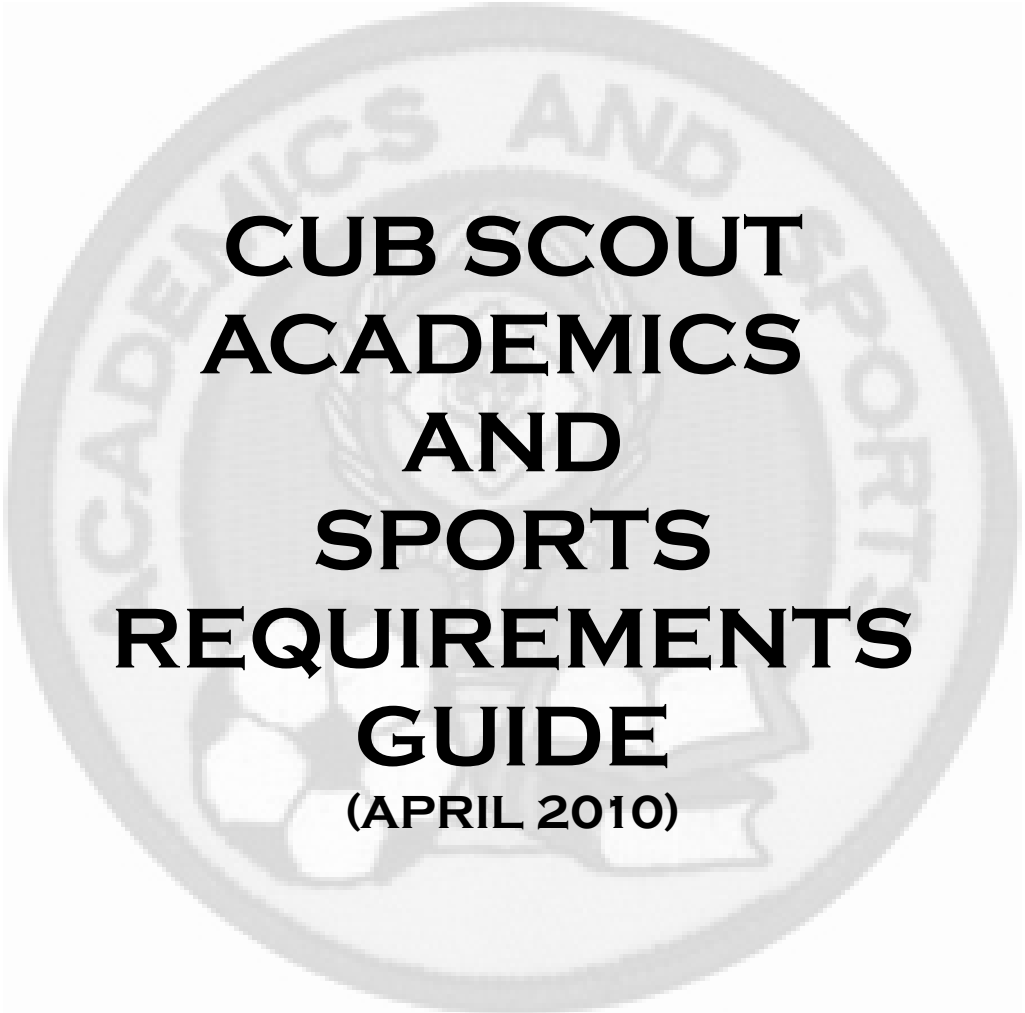
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CUB SCOUT ACADEMICS AND SPORTS REQUIREMENTS GUIDE

(APRIL 2010)

This Record Belongs to:

Name _____

Phone _____

Pack _____

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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.

Wildlife Conservation Games Loop & Pin Scout _____

Belt Loop (Do All)

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

Pin (Earn Belt Loop and Do 5)

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

Weather Belt Loop & Pin

Scout _____

Belt Loop (Do All)

#	REQUIREMENT	AKELA/DATE
1	Make a poster that shows and explains the water cycle.	
2	Set up a simple weather station to record rainfall, temperature, air pressure, or evaporation for one week.	
3	Watch the weather forecast on a local television station. 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
1	Explain to your den or an adult family member the meaning of these terms: weather, humidity, precipitation, temperature, and wind.	
2	Explain how clouds are made. Describe the different kinds of clouds - stratus, cumulus, cumulonimbus, and cirrus - and what kind of weather can be associated with these cloud types.	
3	Describe the climate in your state. Compare its climate with that in another state.	
4	Describe a potentially dangerous weather condition in your community. Discuss safety precautions and procedures for dealing with this condition.	
5	Define what is meant by acid rain. Explain the greenhouse effect.	
6	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.	
7	Make a weather map of your state or country, using several weather symbols.	
8	Explain the differences between tornadoes and hurricanes.	
9	Make a simple weather vane. Make a list of other weather instruments and describe what they do.	
10	Explain how weather can affect agriculture and the growing of food.	
11	Make a report to your den or family on a book about weather.	
12	Explain how rainbows are formed and then draw and color a rainbow.	

Art Belt Loop & Pin

Scout _____

Belt Loop (Do All)

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

Pin (Earn Belt Loop and Do 6)

#	REQUIREMENT	AKELA/DATE
1	Visit an art museum, gallery, or exhibit. Discuss with an adult the art you saw.	
2	Create two self-portraits using two different art techniques, such as drawing, painting, printmaking, sculpture, or computer illustration.	
3	Demonstrate how to make paper. Make a sample at least 4 inches by 4 inches.	
4	Make a simple silkscreen or stencil. Print a card or T-shirt.	
5	Create a freestanding sculpture or mobile using wood, metal, soap, papier-mïé½chïé½, or found objects.	
6	Create an object using clay that can be fired, baked in the oven, or hardened in water.	
7	Photograph four subjects in one theme, such as landscapes, people, animals, sports, or buildings.	
8	Make a collage using several different materials.	
9	Use your artistic skills to create a postage stamp, book cover, or music CD cover.	
10	Use a computer illustration or painting program to create a work of art.	
11	Display your artwork in a pack, school, or community art show.	

Astronomy Belt Loop & Pin

Scout _____

Belt Loop (Do All)

#	REQUIREMENT	AKELA/DATE
1	Set up and demonstrate how to focus a simple telescope or binoculars.	
2	Draw a diagram of our solar system--identify the planets and other objects.	
3	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
1	Draw a diagram of a telescope and explain how it works.	
2	Explain how to use a star map.	
3	Draw and label five constellations. See if you can locate any of them in the sky using a star map.	
4	Find the North Star. Explain its importance.	
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.	
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.	
7	Visit a planetarium or a local astronomy club. Give a report on what you learned to your den.	
8	Make a poster illustrating the different kinds of stars. Include a diagram showing the life cycle of a star.	
9	Learn about some of the early space missions. Tell your den or family about one of them.	
10	Find a news story about a recent happening related to space. Tell your den or family about this event.	
11	Write a report on two famous astronomers.	
12	Locate three major observatories on a map. Explain why these locations are good for astronomy.	

Volleyball Belt Loop & Pin

Scout _____

Belt Loop (Do All)

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

Pin (Earn Belt Loop and do 5)

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

Video Games Loop & Pin

Scout _____

Belt Loop (Do All)

#	REQUIREMENT	AKELA/DATE
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.	
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.	
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
1	With your parents, create a plan to buy a video game that is right for your age group.	
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.	
3	Play a video game with family members in a family tournament.	
4	Teach an adult or a friend how to play a video game.	
5	List at least five tips that would help someone who was learning how to play your favorite video game.	
6	Play an appropriate video game with a friend for one hour.	
7	Play a video game that will help you practice your math, spelling, or another skill that helps you in your schoolwork.	
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.	
9	With an adult's supervision, install a gaming system.	

Badminton Belt Loop & Pin

Scout _____

Belt Loop (Do All)

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

Pin (Earn Belt Loop and Do 5)

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

Baseball Belt Loop & Pin

Scout _____

Belt Loop (Do All)

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

Pin (Earn Belt Loop and Do 5)

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

Ultimate Belt Loop & Pin

Scout _____

Belt Loop (Do All)

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

Pin (Earn Belt Loop and do 5)

#	REQUIREMENT	AKELA/DATE
☐ 1	Compete in a pack or community ultimate or disc golf tournament.	
☐ 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.	
☐ 3	Demonstrate skill in the following catching techniques: one-handed, clapping, and sandwich.	
☐ 4	On three different occasions, practice 20 minutes of ultimate or disc golf. Keep track of your time on a chart.	
☐ 5	Explain the flight dynamics of the flying disc. Draw a diagram if needed.	
☐ 6	Accurately lay out an ultimate playing field or diagram three typical disc golf holes.	
☐ 7	Play five games of ultimate or disc golf.	
☐ 8	Participate in an ultimate skills or disc golf skill development clinic.	
☐ 9	Explain the history of ultimate or disc golf and how it became a sport.	
☐ 10	Explain the differences between ultimate and golf discs.	

Tennis Belt Loop & Pin

Scout _____

Belt Loop (Do All)

#	REQUIREMENT	AKELA/DATE
☐ 1	Explain the rules of tennis to your leader or adult partner.	
☐ 2	Spend at least 30 minutes practicing tennis skills.	
☐ 3	Participate in a tennis game.	

Pin (Earn Belt Loop and do 5)

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

Basketball Belt Loop & Pin

Scout _____

Belt Loop (Do All)

#	REQUIREMENT	AKELA/DATE
☐ 1	Explain the rules of basketball to your leader or adult partner.	
☐ 2	Spend at least 30 minutes practicing basketball skills.	
☐ 3	Participate in a basketball game.	

Pin (Earn Belt Loop and Do 5)

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

Bicycling Belt Loop & Pin

Scout _____

Belt Loop (Do All)

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

Table Tennis Loop & Pin

Scout _____

Belt Loop (Do All)

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

Pin (Earn Belt Loop and do 5)

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

Swimming Belt Loop & Pin

Scout _____

Belt Loop (Do All)

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

Pin (Earn Belt Loop and Do 5)

#	REQUIREMENT	AKELA/DATE
1	Practice the breathing motion of the crawl stroke while standing in shallow water. Take a breath, place your head in the water, exhale, and turn your head to the side to take a breath. Repeat.	
2	Learn and demonstrate two of the following strokes: crawl, backstroke, elementary backstroke, sidestroke, or breaststroke.	
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.	
4	Using a kickboard, demonstrate three kinds of kicks.	
5	Pass the "beginner" or "swimmer" swim level test.	
6	Visit with a lifeguard and talk about swimming safety in various situations (pool, lake, river, ocean). Learn about the training a lifeguard needs for his or her position.	
7	Explain the four rescue techniques: Reach, Throw, Row, and Go (with support)	
8	Take swimming lessons.	
9	Attend a swim meet at a school or community pool.	
10	Tread water for 30 seconds.	
11	Learn about a U.S. swimmer who has earned a medal in the Olympics. Tell your den or an adult family member what you learned about him or her.	
12	Demonstrate the proper use of a mask and snorkel in a swimming area where your feet can touch the bottom	

Bowling Belt Loop & Pin

Scout _____

Belt Loop (Do All)

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

Pin (Earn Belt Loop and Do 5)

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

Chess Belt Loop & Pin

Scout _____

Belt Loop (Do All)

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

Pin (Earn Belt Loop and Do 5)

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

Softball Belt Loop & Pin

Scout _____

Belt Loop (Do All)

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

Pin (Earn Belt Loop and Do 5)

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

Soccer Belt Loop & Pin

Scout _____

Belt Loop (Do All)

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

Pin (Earn Belt Loop and Do 5)

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

Citizenship Belt Loop & Pin

Scout _____

Belt Loop (Do All)

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

Pin (Earn Belt Loop and Do 5)

#	REQUIREMENT	AKELA/DATE
1	Interview someone who has become a naturalized citizen. Give a report of your interview to your den or family.	
2	Write a letter to your newspaper about an issue that concerns you. Send your letter by mail or e-mail.	
3	Create a collage about America.	
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.	
5	Visit your local site of government. Interview someone who is involved with the governmental process.	
6	Visit a courtroom and talk with someone who works there.	
7	Go to the polls with your parents when they vote. Talk to them about their choices.	
8	Take part in a parade with your den or pack.	
9	List ways you can recycle various materials and conserve and protect the environment.	
10	Attend a community event or visit a landmark in your community.	

Collecting Belt Loop & Pin

Scout _____

Belt Loop (Do All)

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

Pin (Earn Belt Loop and Do 5)

#	REQUIREMENT	AKELA/DATE
1	Give a talk about your collection to someone other than your family. Give a description of your collection, including a short history. Explain how you got started and why you decided to collect what you do.	
2	Show how you preserve and display your collection. Explain any special precautions you must take including handling, cleaning, and storage. Note precautions for dampness, sunlight, or other weather conditions.	
3	Read a book about what you collect and then discuss it wth your den or an adult family member.	
4	Start a new collection of at least 20 items. Label the items, and title your collection.	
5	Explain to your den or an adult family member what numismatics and philately mean.	
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.	
7	Find out if there is a career that involves what you collect. Find out what kind of subjects you need to study to prepare for such a career.	
8	If you collect coins or stamps, make a list of different countries in your collection. Explain how to identify each country's issues. Make a list of "clues" that help you identify the origin.	
9	With an adult partner, visit an online auction and look for items you collect. Discuss what it tells you about rarity and value of the things you collect.	
10	Create a method for organizing and keeping track of your collection. Use a computer if possible.	
11	Help a friend get started on a collection of his or her own.	

Snow Ski & Board Sports Belt Loop & Pin

Scout _____

Belt Loop (Do All)

#	REQUIREMENT	AKELA/DATE
1	Explain the conditioning, clothing, equipment, and planning needed for snow skiing or boarding.	
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")	
3	Go skiing or snow boarding. Demonstrate how to stop and turn.	

Pin (Earn Belt Loop and Do 5)

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

Skateboarding Belt Loop & Pin

Scout _____

Belt Loop (Do All)

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

Pin (Earn Belt Loop and Do 5)

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

Communicating Belt Loop & Pin

Scout _____

Belt Loop (Do All)

#	REQUIREMENT	AKELA/DATE
1	Tell a story or relate an incident to a group of people, such as your family, den, or members of your class.	
2	Write and send a letter to a friend or relative.	
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
1	Write an original poem or story.	
2	Keep a journal of daily activities for at least seven days.	
3	Listen to a news story on television or the radio. Discuss the information with an adult.	
4	Go to the library. Use the card catalog or computer reference system to find a book, and then check it out.	
5	Read a book that has been approved by your parent or teacher. Discuss the book with an adult.	
6	With a friend, develop a skit. Perform it at a Scout meeting, family meeting, or school event.	
7	Learn the alphabet in sign language and demonstrate it to your den or an adult family member by showing how to sign 10 words.	
8	With an adult, use the Internet to search for information on a topic of interest to you.	
9	Watch three television commercials and discuss the information in them with your parent or den leader.	
10	Read the directions for a new game. Explain to a family member or friend how to play it.	
11	Learn about "reading" materials for people who have poor vision or who are blind. Tell your den or an adult family member about what you have learned.	
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
1	Explain these parts of a personal computer: central processing unit (CPU), monitor, keyboard, mouse, modem, and printer.	
2	Demonstrate how to start up and shut down a personal computer properly.	
3	Use your computer to prepare and print a document.	

Pin (Earn Belt Loop and Do 5)

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

Science Belt Loop & Pin

Scout _____

Belt Loop (Do All)

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

Pin (Earn Belt Loop and Do 5)

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

Roller Skating Loop & Pin Scout

Belt Loop (Do All)

#	REQUIREMENT	AKELA/DATE
1	Explain ways to protect yourself while roller skating or in-line skating, and the need for proper safety equipment.	
2	Spend at least 30 minutes practicing the skills of roller skating or in-line skating.	
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
1	Participate in a pack or community skating event.	
2	Demonstrate how to disassemble and reassemble skates.	
3	Explain the proper clothing for roller or in-line skating.	
4	Spend at least 15 minutes, on two occasions, practicing warm up exercises before skating.	
5	Play a game of roller hockey.	
6	Learn and demonstrate two new roller skating skills: forward scissors, forward stroking, crossover, or squat skate.	
7	Participate in a roller or in-line skating skill development clinic.	
8	Demonstrate how to stop quickly and safely.	
9	Demonstrate how to skate backward. Skate backward for five feet.	
10	Play a game on roller skates, roller blades, or in-line skates.	

Disabilities Awareness Belt Loop & Pin Scout

Belt Loop (Do All)

#	REQUIREMENT	AKELA/DATE
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.	
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.	
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
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.	
2	Using sign language, demonstrate the Cub Scout Promise and motto.	
3	Read a book about a person with a disability.	
4	Explain how your school helps students with disabilities (elevators, ramps, small classes, special tools and equipment, specialized teachers)	
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.	
6	Read about a famous person who has been physically or mentally challenged. Report what you learned to your den or family.	
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. • Hearing impairment — Muffle your ears with earmuffs or bandages. • Sight impairment — Blindfold one or both eyes. • Physical impairment— Bind an arm or leg so that it cannot be used. • Speaking impairment — Cover your mouth or do not speak • Choose an impairment of your own that is approved by an adult	
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.	
9	Volunteer and help someone with disabilities in school, sports, or another supervised activity.	
10	Visit a nursing home or elderly person and help someone with a meal.	
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
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.	
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.	
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
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.	
2	Play a travel game while traveling in a car.	
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.	
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.	
5	Visit a travel agent office or look up a travel Web site.	
6	Using pictures, explain to a family member how people's forms of transportation have changed in the last 300 years.	
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	
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.	
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.	
10	Change $1,000 U.S. dollars into pounds, Euros, or pesos.	
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 www.scouting.org/scoutsource/HealthandSafety/GSS/gssax.aspx.	

Reading & Writing Belt Loop & Pin Scout _____

Belt Loop (Do All)

#	REQUIREMENT	AKELA/DATE
1	Visit a library and get your own library card. Check out and return a book.	
2	Write a letter or a short story. Read it to your den or family.	
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
1	Locate and identify the following parts of a book: title, author, spine, cover, table of contents, and index.	
2	Read a book to a child or group of children.	
3	Participate in a school or community organized reading program.	
4	Explain the differences in a biography, autobiography, fiction, and nonfiction books to your parent or den leader.	
5	Create a bookmark that you can use, or design a book cover.	
6	Read an article from a newspaper or magazine. This can be done on the computer. Report about what you read to an adult.	
7	Write a poem and read it to a family member.	
8	Write a short report about something of interest to you. Read your report to your den or family.	
9	Read several jokes and riddles. Create two of your own and share them with your den or family.	
10	Write a commercial, song, or jingle for some product. Perform it for your den or family.	
11	Create your own alphabet, writing system, or code and explain it to your den or pack.	
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.	

Physical Fitness Games Loop & Pin

Scout _____

Belt Loop (Do All)

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

Pin (Earn Belt Loop and Do 5)

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

Fishing Belt Loop & Pin

Scout _____

Belt Loop (Do All)

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

Pin (Earn Belt Loop and Do 5)

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

Flag Football Belt Loop & Pin Scout _____

Belt Loop (Do All)

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

Pin (Earn Belt Loop and Do 5)

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

Photography Belt Loop & Pin Scout _____

Belt Loop (Do All)

#	REQUIREMENT	AKELA/DATE
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.	
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.	
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
1	Using pictures, explain what photography is and how it relates to light and picture-taking.	
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.	
3	Explain to an adult what "red eye" is and why it can happen in a picture. Show examples.	
4	Make a short video of a friend, family member, or pet, and show it to your den or family.	
5	With an adult's help, use a photo-editing software feature to crop, lighten or darken, and change a photo.	
6	Make a creative project using at least one photo.	
7	Take three pictures of the same scene using different lens settings. Show these pictures to your den or family.	
8	Visit an art exhibit that features photography. Write a list of some of the things you saw and felt during your visit.	
9	Demonstrate how to use a light meter and manually set the aperture (lens opening) on a camera.	
10	Print and develop a picture from a film negative.	

Pet Care Belt Loop & Pin

Scout _____

Belt Loop (Do All)

#	REQUIREMENT	AKELA/DATE
1	Care for your pet for two weeks. Make a list of the tasks that you did to take care of your pet.	
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.	
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
1	With an adult, develop a plan for someone to care for your pet if you were to be away for one week.	
2	Train your pet to do a trick or follow a simple command.	
3	Describe how your pet communicates with you and other animals.	
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.	
5	Attend a pet show. Report to your den about the show.	
6	Make a drawing of the cage or bed your pet requires. Describe the important parts of it.	
7	Visit an animal shelter. Explain the reasons why pets are in the animal shelter to your den or family.	
8	Visit a pet store. Make a list of the different animals in the store and the kinds of foods they eat.	
9	Talk to a veterinarian about his or her career. Share what you learned with your den or family.	
10	Tell three ways that animals can help people.	
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.	
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).	

Geology Belt Loop & Pin

Scout _____

Belt Loop (Do All)

#	REQUIREMENT	AKELA/DATE
1	Explain to your den or an adult family member what geology means.	
2	Collect samples of igneous, sedimentary, and metamorphic rocks. Explain how each was formed.	
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
1	Make a plaster cast of a fossil.	
2	Make a special collection of rocks and minerals that illustrates the hardness scale.	
3	Give examples of sedimentary, igneous, and metamorphic rocks.	
4	Gather several different types of rocks. Compare them and put them in groups according to physical properties such as color, texture, luster, hardness, or crystals.	
5	Describe the effects of wind, water, and ice on the landscape.	
6	Make "pet rocks" using rocks, paint, and glue-on eyes. Tell a creative story about your pet rocks.	
7	Draw a diagram showing different types of volcanoes or draw a diagram that labels the different parts of a volcano.	
8	Make a crystal garden.	
9	Make a collection of five different fossils and identify them to the best of your ability.	
10	Make a poster or display showing 10 everyday products that contain or use rocks or minerals.	
11	Visit a mine, oil or gas field, gravel pit, stone quarry, or similar area of special interest related to geology.	
12	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.	
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
1	Draw a map of your neighborhood. Show natural and manmade features. Include a key or legend of map symbols.	
2	Learn about the physical geography of your community. Identify the major landforms within 100 miles. Discuss with an adult what you learned.	
3	Use a world globe or map to locate the continents, the oceans, the equator, and the northern and southern hemispheres. Learn how longitude and latitude lines are used to locate a site.	

Pin (Earn Belt Loop and Do 5)

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

Nutrition Belt Loop & Pin

Scout _____

Belt Loop (Do All)

#	REQUIREMENT	AKELA/DATE
1	Make a poster of foods that are good for you. Share the poster with your den.	
2	Explain the difference between a fruit and a vegetable. Eat one of each.	
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 http://www.mypyramid.gov.)	

Pin (Earn Belt Loop and Do 5)

#	REQUIREMENT	AKELA/DATE
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.	
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.	
3	Make a list of diseases that can be caused by a diet that is poor in nutrition.	
4	Talk with your school cafeteria manager about the role nutrition plays in the meals your school serves.	
5	With an adult, plan a balanced menu of breakfasts, lunches, and dinners for your family for a week.	
6	Make a list of healthy snack foods. Demonstrate how to prepare two healthy snacks.	
7	With an adult, go grocery shopping. Report to your den or other family members what you learned about choosing good foods to eat.	
8	Demonstrate how to safely prepare food for three meals.	
9	Demonstrate how to store leftover food to prevent spoilage or contamination.	
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.	
11	Visit a farm or ranch. Talk with the owner about how the farm or ranch produces food for families.	
12	Explain how physical exercise works with nutrition in helping people be fit and healthy. Demonstrate three examples of good physical activity.	

Music Belt Loop & Pin

Scout _____

Belt Loop (Do All)

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

Pin (Earn Belt Loop and Do 5)

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

Golf Belt Loop & Pin

Scout _____

Belt Loop (Do All)

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

Pin (Earn Belt Loop and Do 5)

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

Good Manners Belt Loop & Pin

Scout _____

Belt Loop (Do All)

#	REQUIREMENT	AKELA/DATE
☐ 1	Make a poster that lists five good manners that you want to practice. Share your poster with your den or family.	
☐ 2	Introduce two people correctly and politely. Be sure that one of them is an adult.	
☐ 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
☐ 1	Meet one new person, shake hands properly, and introduce yourself. Extend your hand, grip the person's hand firmly, and gently shake hands.	
☐ 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.	
☐ 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.	
☐ 4	Go over table manners with your family. Eat a meal together where the table is set correctly and everyone uses good table manners.	
☐ 5	With an adult, discuss what foods are proper to eat with your fingers. Practice eating some of these foods the right way.	
☐ 6	In your den or with your family, practice using good phone manners.	
☐ 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.	
☐ 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.	
☐ 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.	
☐ 10	Demonstrate the proper outfit to wear at school, at play, and at a social event.	

Marbles Games Loop & Pin

Scout _____

Belt Loop (Do All)

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

Pin (Earn Belt Loop and Do 5)

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

Mathematics Belt Loop & Pin

Scout _____

Belt Loop (Do All)

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

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.

Gymnastics Belt Loop & Pin

Scout _____

Belt Loop (Do All)

#	REQUIREMENT	AKELA/DATE
1	Explain the six events of men's gymnastics: floor exercise, pommel horse, still rings, vaulting / side horse, parallel bars, and horizontal bar.	
2	Explain the safety rules you should follow to learn gymnastics	
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
1	Write a report on the history of gymnastics. Tell your den or an adult family member what you learned.	
2	Take gymnastics lessons.	
3	Attend a gymnastics meet.	
4	Practice and demonstrate five floor exercise skills.	
5	Practice and demonstrate two skills used on the pommel horse.	
6	Demonstrate two skills on the still rings.	
7	Demonstrate two skills using parallel bars.	
8	Demonstrate two skills using the horizontal bar.	
9	Demonstrate a vault using the side horse.	
10	Develop a regular routine of physical and mental conditioning.	
11	Learn about three U.S. gymnasts who have won medals in the Olympics. Tell your den or an adult family member what you learned about them.	

Heritages Belt Loop & Pin

Scout _____

Belt Loop (Do All)

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

Pin (Earn Belt Loop and Do 5)

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

Map and Compass Belt Loop & Pin

Scout _____

Belt Loop (Do All)

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

Pin (Earn Belt Loop and Do 5)

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

Language and Culture Belt Loop & Pin

Scout _____

Belt Loop (Do All)

#	REQUIREMENT	AKELA/DATE
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.	
2	Learn 10 words that are in a different language than your own.	
3	Play two games that originated in another country or culture.	

Pin (Earn Belt Loop and Do 7)

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

Hiking Belt Loop & Pin

Scout _____

Belt Loop (Do All)

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

Pin (Earn Belt Loop and Do 5)

#	REQUIREMENT	AKELA/DATE
1	Make a chart and record at least five hours of hiking.	
2	Help plan a den, pack, or family hike.	
3	Earn Cub Scouting's Leave No Trace Awareness Award.	
4	Earn the Cub Scout Outdoor Activity Award.	
5	Learn seven trail signs and tell your den leader or adult partner what they are.	
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.)	
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.	
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.	
9	Explain to your den leader or adult partner what a compass is and show how to use one on a hike.	
10	Explain to your den leader or adult partner what a global positioning system is and demonstrate how to use one on a hike.	
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.	

Hockey Belt Loop & Pin

Scout _____

Belt Loop (Do All)

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

Pin (Earn Belt Loop and Do 5)

#	REQUIREMENT	AKELA/DATE
1	Participate in a pack, school, or community hockey tournament or in a supervised hockey league.	
2	Participate in a hockey skills development clinic.	
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.	
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.	
5	Demonstrate foul signals. Explain to your den or team why players should avoid fouls.	
6	Attend a high school, college, or professional hockey game.	
7	Demonstrate hockey terms (for example, assist, breakaway, deke, draw, pulling the goalie, and so on.) to another team member or adult.	
8	Learn about a U.S. Olympic hockey team and report what you learn to your den or family.	
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.	

Kickball Belt Loop & Pin

Scout _____

Belt Loop (Do All)

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

Pin (Earn Belt Loop and Do 5)

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

Ice Skating Belt Loop & Pin

Scout _____

Belt Loop (Do All)

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

Horseback Riding Belt Loop & Pin

Scout _____

Belt Loop (Do All)

#	REQUIREMENT	AKELA/DATE
1	Explain five safety precautions for when you are near a horse.	
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.	
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
1	Learn about three famous horses. Explain why these horses were well-known.	
2	Using pictures of these different animals, explain to your den or family the difference between a horse, pony, mule, and donkey.	
3	Explain how a horse is measured and what a "hand" equals when measuring a horse.	
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.	
5	Describe three different breeds of horses and explain what feature makes each breed special.	
6	Using photos or pictures you have drawn,explain to your den or family at least three different ways that horses can help us.	
7	Name five things healthy for a horse's diet.	
8	Tell why it is important to wear an approved riding helmet when you go horseback riding.	
9	Photograph or draw a picture of the saddle you used for the ride you took to earn the belt loop.	
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.	
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.	
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.	