

# 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.

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.

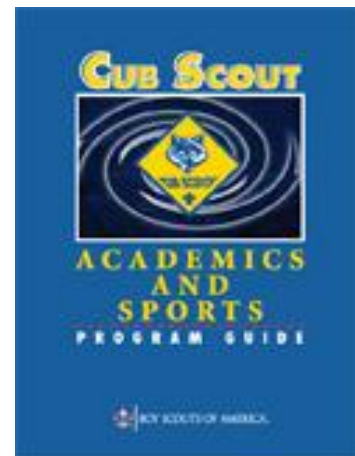
This is a chance to try something new, do your best, and earn recognition all at the same time.



## Academics and Sports Subjects

### Cub Scout Academics

- Art
- Astronomy
- Chess
- Citizenship
- Collecting
- Communicating
- Computers
- Disability Awareness
- Family Travel
- Geography
- Geology
- Good Manners
- Heritages
- Language and Culture
- Map and Compass
- Mathematics
- Music
- Nutrition
- Pet Care
- Photography
- Reading and Writing
- Science
- Video Games
- Weather
- Wildlife Conservation



### Cub Scout Sports

- Badminton
- Baseball
- Basketball
- Bicycling
- Bowling
- Fishing
- Flag Football
- Golf
- Gymnastics
- Hiking
- Hockey
- Horseback Riding
- Ice Skating
- Kickball
- Marbles
- Physical Fitness
- Roller Skating
- Skateboarding
- Snow Ski and Board Sports
- Soccer
- Softball
- Swimming
- Table Tennis
- Tennis
- Ultimate
- Volleyball

# New Belt Loops and Pins for 2009

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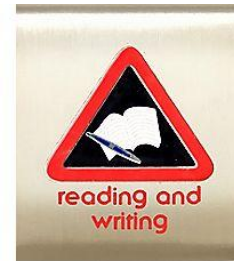
Disability Awareness



Horseback Riding



Reading and Writing



Family Travel



Kickball



Skateboarding



Good Manners



Nutrition



Video Games



Hiking



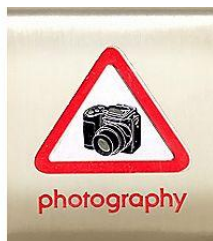
Pet Care



Hockey



Photography



# Disability Awareness

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## Requirements

Tiger Cubs, Cub Scouts, and Webelos Scouts may complete requirements in a family, den, pack, school, or community environment. Tiger Cubs must work with their parents or adult partners. Parents and partners do not earn loops or pins.

## Belt Loop

### Complete these three requirements:

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.



## Academics Pin

### Earn the Disabilities Awareness belt loop and complete five of the following requirements:

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.



# Family Travel

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## Requirements

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## Belt Loop

Complete these three requirements:

1. Make a list of things you would take on a threeday 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.



## Academics Pin

Earn the Family Travel belt loop and complete five of the following requirements:

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.



# Good Manners

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## Requirements

Tiger Cubs, Cub Scouts, and Webelos Scouts may complete requirements in a family, den, pack, school, or community environment. Tiger Cubs must work with their parents or adult partners. Parents and partners do not earn loops or pins.

## Belt Loop

Complete these three requirements:

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.



## Academics Pin

Earn the Good Manners belt loop and complete five of the following requirements:

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.



# Hiking

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## Requirements

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## Belt Loop

### Complete these three requirements:

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



adult partner. Practice  
family, or den.

## Sports Pin

### Earn the Hiking belt loop and complete five of the following requirements:

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.



# Hockey

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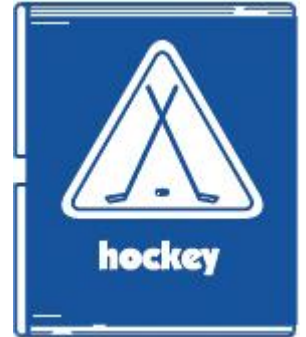
## Requirements

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## Belt Loop

### Complete these three requirements:

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.



## Sports Pin

### Earn the Hockey belt loop and complete five of the following requirements:

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.



# Horseback Riding

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## Requirements

Tiger Cubs, Cub Scouts, and Webelos Scouts may complete requirements in a family, den, pack, school, or community environment. Tiger Cubs must work with their parents or adult partners. Parents and partners do not earn loops or pins.

## Belt Loop

Complete these three requirements:

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).



## Sports Pin

Earn the Horseback Riding belt loop and complete five of the following requirements:

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.





# Kickball

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## Requirements

Tiger Cubs, Cub Scouts, and Webelos Scouts may complete requirements in a family, den, pack, school, or community environment. Tiger Cubs must work with their parents or adult partners. Parents and partners do not earn loops or pins.

## Belt Loop

**Complete these three requirements:**

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.



## Sports Pin

**Earn the Kickball belt loop and complete five of the following requirements.**

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.



# Nutrition

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## Requirements

Tiger Cubs, Cub Scouts, and Webelos Scouts may complete requirements in a family, den, pack, school, or community environment. Tiger Cubs must work with their parents or adult partners. Parents and partners do not earn loops or pins.

## Belt Loop

### Complete these three requirements:

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 adult partner's permission, see <http://www.mypyramid.gov>.)



## Academics Pin

### Earn the Nutrition belt loop and complete five of the following requirements:

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.



***Eating a balanced diet means eating foods that are good for you and that give your body the vitamins and other nutrients it needs to stay healthy.***

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# Pet Care

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## Requirements

Tiger Cubs, Cub Scouts, and Webelos Scouts may complete requirements in a family, den, pack, school, or community environment. Tiger Cubs must work with their parents or adult partners. Parents and partners do not earn loops or pins.

## Belt Loop

**Complete these three requirements:**

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.



## Academics Pin

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

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).



# Photography

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## Requirements

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## Belt Loop

Complete these three requirements:

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.



## Academics Pin

Earn the Photography belt loop and complete five of the following requirements:

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.



# Reading and Writing

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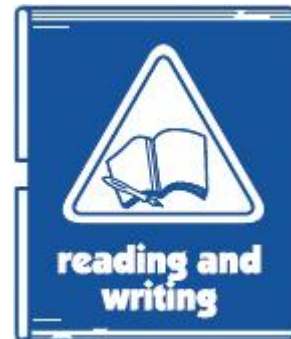
## Requirements

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## Belt Loop

Complete these three requirements:

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.



## Academics Pin

Earn the Reading and Writing belt loop and complete following requirements:

1. Locate and identify the following parts of a book: 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.



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# Skateboarding

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## Requirements

Tiger Cubs, Cub Scouts, and Webelos Scouts may complete requirements in a family, den, pack, school, or community environment. Tiger Cubs must work with their parents or adult partners. Parents and partners do not earn loops or pins.

## Belt Loop

### Complete these three requirements:

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.



## Sports Pin

### Earn the Skateboarding belt loop and complete five of the following requirements:

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.



# Video Games

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## Requirements

Tiger Cubs, Cub Scouts, and Webelos Scouts may complete requirements in a family, den, pack, school, or community environment. Tiger Cubs must work with their parents or adult partners. Parents and partners do not earn loops or pins.

## Belt Loop

### Complete these three requirements:

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.



## Academics Pin

### Earn the Video Games belt loop and complete five of the following requirements:

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.

