



Cub Scout Gymnastics

Cub Scout Academics and Sports Workbook

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

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

Send comments to the workbook developer: craig@craiglincoln.com. Workbook updated: April 2008.

Scout's Name: _____

Pack: _____

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

Complete these three requirements:

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

pommel horse, _____

still rings, _____

vaulting / side horse, _____

parallel bars, _____

and horizontal bar. _____

2. 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. _____

Cub Scout Gymnastics Pin

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

1. Write a report on the history of gymnastics . 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. _____

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

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

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

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

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

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

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

Webelos Activity Badge Workbooks: ► usscouts.org -or- ► meritbadge.org

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

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

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

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