



CUB SCOUT ACADEMICS AND SPORTS PROGRAM



Sports Gymnastics

Belt Loop

Complete these three requirements:

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

Sports Pin

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

- ____ 1. Write a report on the history of gymnastics.
- ____ 2. Take gymnastics lessons.
- ____ 3. Attend a gymnastics meet.
- ____ 4. Practice and demonstrate five floor exercise skills.
- ____ 5. Practice and demonstrate two skills used on the pommel horse.
- ____ 6. Demonstrate two skills on the still rings.
- ____ 7. Demonstrate two skills using parallel bars.
- ____ 8. Demonstrate two skills using the horizontal 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.

Cub's Name: _____ Parent's Signature: _____

Initial each item completed, sign the form, and turn in to your son's Den Leader.