



Cub Scout Sports: Gymnastics

Cub Scout Pack 49

Denison, Iowa

Name of Scout: _____ Den: _____ Date: _____

Please check what you have completed for either the loop or the pin:

REQUIREMENTS FOR THE GYMNASTICS SPORTS BELT LOOP

Complete these three requirements:

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

REQUIREMENTS FOR THE GYMNASTICS SPORTS PIN

- ___ Required: Belt loop previously earned (or all three of the above requirements checked).

Complete five of the following requirements:

- ___ Write a report on the history of gymnastics.
- ___ Take gymnastics lessons.
- ___ Attend a gymnastics meet.
- ___ Practice and demonstrate five floor exercise skills.
- ___ Practice and demonstrate two skills used on the pommel horse.
- ___ Demonstrate two skills on the still rings.
- ___ Demonstrate two skills using parallel bars.
- ___ Demonstrate two skills using the horizontal learn gymnastics. bar.
- ___ Demonstrate a vault using the side horse.
- ___ Develop a regular routine of physical and mental conditioning.
- ___ Learn about three U.S. gymnasts who have won medals in the Olympics.

I certify that this Cub Scout has completed the above marked requirements to the best of his ability.

Signed: _____ Date: _____