

Cub Scout Academics and Sports Program

The Cub Scouts Academics and Sports program is a supplemental enrichment program that complements the existing program. Each activity has two levels which the scouts can earn:

1. Belt Loop – scouts must complete three specific requirements.
2. Pin – scouts can complete additional requirements to earn the pin

Academics

The belt loop requirements for the Academics options are:

A: Art

1. List common materials
2. Demonstrate how six elements are used in drawing
3. Identify primary and secondary colors, and create a painting

B: Astronomy

1. Demonstrate how to focus simple telescope or binoculars
2. Draw diagram of our solar system, identify planets and other objects
3. Explain specified terms

C: Chess

1. Identify the chess pieces and set up board for play
2. Demonstrate moves of each chess piece
3. Play a game of chess

D: Citizenship

1. Develop list of jobs to do around home, chart progress for week
2. Make poster showing things to do to be good citizen
3. Participate in a service project.

E: Collecting

1. Begin collection of at least 10 items; label and title
2. Display collection at pack/den meeting
3. Visit show or museum that displays different collections

F: Communicating

1. Tell story or relate incident to group of people
2. Write letter to friend or relative
3. Make a poster about something that interest you and explain to den

G: Computers

1. Explain parts of personal computer
2. Demonstrate how to start up and shut down computer properly
3. Use computer to prepare and print a document

H: Disabilities Awareness

1. Visit with person with disabilities; find out what person enjoys, what is difficult.
2. Attend disabilities event. Tell adult leader what you thought about the experience.
3. Make display about one or more disabilities and share at pack meeting.

I: Family Travel

1. Make a list of items for a 3 day trip, then pack these items.
2. Figure out cost and miles to complete a trip using family car or public transportation.
3. Research at least 5 places to visit during a trip to a place of interest. Explain what you learned.

J: Geography

1. Draw map of neighborhood, include map or key
2. Learn about physical geography of community
3. Use world globe or map to locate continents, oceans, learn longitude and latitude

K: Geology

1. Define geology
2. Collect sample of igneous, sedimentary and metamorphic rocks, explain how formed.
3. Explain difference between rock and mineral

L. Good Manners

1. Make a poster listing 5 good manners you want to practice. Share poster with den or family.
2. Introduce 2 people correctly and politely. Be sure one of them is an adult.
3. Write a thank you note to someone who gave you something or did something nice for you.

M: Heritages

1. Talk with family about your heritage
2. Make poster that shows origins of ancestors, share with den
3. Draw family tree showing three generations

N: Language and Culture

1. Talk with someone from another country
2. Learn 10 words in different language
3. Play two games from another country or culture

O: Map and Compass

1. Show how to orient map and find 3 landmarks
2. Explain how compass works
3. Draw map of neighborhood. Label streets, plot route

P: Mathematics

1. Do 5 activities that require use of math
2. Keep track of money you earn and spend for 3 weeks
3. Measure 5 items using metric and non-metric measures

Q: Music

1. Explain why music is important part of culture
2. Pick song with two verses and learn by heart
3. Listen to 4 different types of music

R: Nutrition

1. Make a poster of foods that are good for you. Share poster with den.
2. Explain difference between fruit and vegetable. Eat one of each.
3. Help prepare and eat a healthy meal of foods included on the food pyramid.

S: Pet Care

1. Care for your pet for two weeks. Make a list of task to take care of pet.
2. Research and list 3 new interesting facts that you learned about your pet.
3. Make a poster about your pet and share with den pack or family.

T: Photography

1. Point out and explain major features of camera (film, lens, shutter, power, zoom, battery, flash)
2. Discuss the benefits and contributions photography makes to modern life; report to den or family.
3. Using a camera, take at least 10 pictures of your family, pet or scenery and show to den.

U: Reading and Writing

1. Visit a library and get your own library card.
2. Write a letter or short story. Read to your den or family.
3. Keep a diary of your activities for 1 week and read to den or family.

V: Science

1. Explain scientific method
2. Use scientific method in simple science project, explain results
3. Visit facility that employs scientists, talk to about work

W: Video Games

1. Explain why it is important to have a rating system. Check that your video games are right for you.
2. Create a schedule for you to do things that include chores, homework and video gaming and follow it.
3. Learn to play a new video game that is approved by parent.

X: Weather

1. Make poster that shows and explains water cycle
2. Set up simple weather station to record rainfall, temp, air pressure, or evaporation for week
3. Watch weather forecast on local tv station

Y: Wildlife Conservation

1. Explain what natural resources are and importance of protecting and conserving
2. Make poster that explains food chain; describe what happens when broken
3. Learn about an endangered species, Report to den about it

Sports

The belt loop requirements for the Sports options are:

A: Badminton

1. Explain rules
2. Spend at least 30 minutes practicing skills
3. Participate in game

B: Baseball

1. Explain rules
2. Spend at least 30 minutes practicing skills
3. Participate in game

C: Basketball

1. Explain rules
2. Spend at least 30 minutes practicing skills
3. Participate in game

D: Bicycling

1. Explain safety rules
2. Demonstrate how to wear proper safety equipment
3. Show how to ride safely. Ride for at least 30 minutes

E: Bowling

1. Explain safety and courtesy rules
2. Show how to pick ball of proper weight and fit
3. Play complete game

F: Fishing

1. Review local fishing regulations, explain importance and commit to following them
2. Demonstrate how to properly bait hood
3. Try to catch a fish

G: Flag Football

1. Explain simple rules
2. Spend at least 30 minutes practicing skills
3. Participate in game

H: Golf

1. Explain rules, need for caution with clubs and balls
2. Spend at least 30 minutes practicing skills
3. Participate in round of golf (9 holes)

I: Gymnastics

1. Explain six men's events
2. Participate in three of six events using proper equipment
3. Explain safety rules

J: Hiking

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

K: Hockey

1. Explain ways to protect yourself while skating. Demonstrate proper safety equipment and why it is important.
2. Spend 30 minutes practicing the skills of hockey: skating, stick handling, passing, shooting, & checking.
3. Play a game of hockey while on roller skates or hockey skates.

L. Horseback Riding

1. Explain 5 safety precautions for when you are near a horse.
2. Demonstrate how to safely mount and ride a horse and then dismount.
3. Go on supervised horseback ride for at least 20 minutes. Wear approved helmet.

M: Ice Skating

1. Explain ways to protect self, need for safety equipment.
2. Spend at least 30 minutes practicing skills
3. Go ice skating for at least 3 hours, chart time

N. Kickball

1. Explain the rules to den or adult leader.
2. Spend 30 minutes practicing the skills of kickball (pitching, kicking, base running, catching, throwing).
3. Play a game of kickball.

O: Marbles

1. Explain rules
2. Spend at least 30 minutes practicing skills
3. Participate in game

P: Physical Fitness

1. Give short report on dangers of drugs and alcohol
2. Practice finding pulse, counting heartbeats; determine target heart rate
3. Practice 5 fitness skills; improve performance over month

Q: Roller Skating

1. Explain ways to protect self, need for proper safety equipment
2. Spend at least 30 minutes practicing skills
3. Go skating for at least 3 hours; chart time

R. Skateboarding

1. Demonstrate the general rules for safe skateboarding by demonstrating proper safety gear.
2. Carefully demonstrate how to fall to help minimize injuries.
3. Practice skateboarding for 30 minutes.

S: Snow Ski and Board Sports

1. Explain conditioning, clothing equipment, planning
2. Explain "Your Responsibility Code", rules of safety and courtesy
3. Go skiing or snowboarding; demonstrate how to stop and turn

T: Soccer

1. Explain rules
2. Spend at least 30 minutes practicing skills
3. Participate in game

U: Softball

1. Explain rules
2. Spend at least 30 minutes practicing skills
3. Participate in game

V: Swimming

1. Explain rules of Safe Swim Defense; emphasize buddy system
2. Play recreational game in water
3. Propel 25 feet (holding kickboard) using flutter kick

W: Table Tennis

1. Explain rules
2. Spend at least 30 minutes practicing skills
3. Participate in game

X: Tennis

1. Explain rules
2. Spend at least 30 minutes practicing skills
3. Participate in game

Y: Ultimate

1. Explain rules
2. Spend at least 30 minutes practicing skills
3. Participate in game

Z: Volleyball

1. Explain rules
2. Spend at least 30 minutes practicing skills
3. Participate in game

To earn the pin, there are additional requirements the Scouts must perform for each category. Please refer to the Cub Scout Academics and Sports Program Guide for detailed information.