

PACK 96 Belt Loop Guide



ScoutParents play a key role in helping Scouts earn Belt Loops!

- ***Work individually with your Scout:*** Many Scouts are involved in team & individual sports, band, school projects & hobbies that can qualify them for a Belt Loop. ScoutParents should inform their Den Leader of any Belt Loops their Scout would like to pursue. Help your Scout along with fulfilling the 3 requirements and in documenting their progress. There are handy Belt Loop worksheets online that you can use to submit to your Den Leader for credit when a Belt Loop is completed.
- ***Volunteer to lead a Pack event to help a group of Scouts earn a Belt Loop:*** If you possess an athletic or unique creative talent, or if you have coaching/teaching experience and would like to plan a group event* — please contact me to coordinate with the Pack Committee:

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Pack 96 Assistant Cubmaster
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**Pack 96 THANKS YOU!!
& remember to always “do your best”!**

*BSA “Youth Protection” training and guidelines apply to any Den or Pack activities.

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.

You earn a belt loop to wear with your uniform when you complete three specific requirements for each Academics or Sports activity. You can take part in three ways: (1) by yourself or with your family, (2) in your den or pack, or (3) in school.

Once you have earned the belt loop, you can stop. But if one of them really peaks your interest, and you want to do more with the activity, you may complete extra requirements to earn a pin.

A good place to display Academics and Sports pins is on the Academics and Sports letter. You can wear the letter on a sweater or a jacket, or display or frame it. The letter does not go on the Cub Scout uniform. There are no special requirements for earning the letter, because it's just for displaying the pins.

More information for Academics & Sports Belt Loops and Pins can be found online at:

www.scouting.org/scoutsource/CubScouts/Cub%20Scouts/UniformsAndAwards/sanda.aspx

Belt Loop & Pin worksheets can be found at:

www.boyscouttrail.com/cub-scouts/acad-sports.asp

This booklet belongs to _____

Pack 96

Den number _____

Den Leader's Name _____

Academics Belt Loops



Art

1. Make a list of common materials used to create visual art compositions.
2. Demonstrate how six of the following elements of design are used in a drawing: lines, circles, dots, shapes, colors, patterns, textures, space, balance, or perspective.
3. Identify the three primary colors and the three secondary colors that can be made by mixing them. Show how this is done using paints or markers. Use the primary and secondary colors to create a painting.



Astronomy

1. Demonstrate how to focus a simple telescope or binoculars. (A local astronomy club may be a resource for this activity.)
2. Draw a diagram of our solar system—identify the planets and other objects.
3. Explain the following terms: planet, star, solar system, galaxy, the Milky Way, black hole, red giant, white dwarf, comet, meteor, moon, asteroid, star map and universe.



Chess

1. Identify the chess pieces and set up a chess board for play.
2. Demonstrate the moves of each chess piece to your den leader or adult partner.
3. Play a game of chess.



Citizenship

1. Develop a list of jobs you can do around the home. Chart your progress for one week.
2. Make a poster showing things that you can do to be a good citizen.
3. Participate in a family, den, or school service project.



Collecting

1. Begin a collection of at least 10 items that all have something in common. Label the items and title your collection.
2. Display your collection at a pack or den meeting.
3. Visit a show or museum that displays different collections.



Communicating

1. Tell a story or relate an incident to a group of people, such as your family, den, or members of your class.
2. Write and send a letter to a friend or relative.
3. Make a poster about something that interests you. Explain the poster to your den.



Computers

1. Explain these parts of a personal computer: central processing unit (CPU), monitor, keyboard, mouse, modem, and printer.
2. Demonstrate how to start up and shut down a personal computer properly.
3. Use your computer to prepare and print a document.



Disabilities Awareness

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 Belt Loops



Family
Travel

1. Make a list of things you would take on a three day 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.



Geography

1. Draw a map of your neighborhood. Show natural and artificial features. Include a key or legend of map symbols.
2. Learn about the physical geography of your community. Identify the major landforms within 100 miles. Discuss with an adult what you learned.
3. Use a world globe or map to locate the continents, the oceans, the equator, and the northern and southern hemispheres. Learn how longitude and latitude lines are used to locate a site.



Geology

1. Explain to your den or an adult family member what *geology* means.
2. Collect samples of igneous, sedimentary, and metamorphic rocks. Explain how each was formed.
3. Collect samples of three minerals. Explain to your family or den what a mineral is and show and tell about the minerals you collected.



Good
Manners

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.



Heritages

1. Talk with members of your family about your family heritage: its history, traditions, and culture.
2. Make a poster that shows the origins of your ancestors. Share it with your den or other group.
3. Draw a family tree showing members of your family for three generations.



Language
and Culture

1. With your parent's or adult partner's permission, talk with someone who grew up in a different country than you did. Find out what it was like and how it is different from your experience.
2. Learn 10 words that are in a different language than your own.
3. Play two games that originated in another country or culture.



Map and
Compass

1. Show how to orient a map. Find three landmarks on the map
2. Explain how a compass works.
3. Draw a map of your neighborhood. Label the streets and plot the route you take to get to a place that you often visit.



Mathematics

1. Do five activities within your home or school that require the use of mathematics. Explain to your den how you used everyday math.
2. Keep track of the money you earn and spend for three weeks.
3. Measure five items using both metric and non-metric measures. Find out about the history of the metric system of measurement.

Academics Belt Loops



Music

1. Explain why music is an important part of our culture.
2. Learn a song with at least two verses and sing the verses with your den or to an adult family member.
3. Listen to four different types of music either recorded or live.



Nutrition

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>.)



Pet Care

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.



Photography

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.



Reading and Writing

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.



Science

1. Explain the scientific method to your adult partner.
2. Use the scientific method in a simple science project. Explain the results to an adult.
3. Visit a museum, a laboratory, an observatory, a zoo, an aquarium, or other facility that employs scientists. Talk to a scientist about his or her work.



Video Games

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.



Weather

1. Make a poster that shows and explains the water cycle.
2. Set up a simple weather station to record rainfall, temperature, air pressure, or evaporation for one week.
3. Watch the weather forecast on a local television station. Discuss with an adult family member what you heard and saw. Follow up by discussing the accuracy of the forecast.

Academics Belt Loops



Wildlife
Conservation

1. Explain what natural resources are and why it's important to protect and conserve them.
2. Make a poster that shows and explains the food chain. Describe to your den what happens if the food chain becomes broken or damaged.
3. Learn about an endangered species. Make a report to your den that includes a picture, how the species came to be endangered, and what is being done to save it.

Sports Belt Loops



Archery*

**Loops and pins for archery can be earned only in day camps, Cub Scout/Webelos Scout resident camps, council-managed family camping programs, or at council activities where there is properly trained supervision, and all guidelines for BSA shooting sports are implemented. Archery belt loops and pins cannot be earned at the pack, den, or individual level. Requirements therefore are not included.*



Badminton

1. Explain the rules of badminton to your leader or adult partner.
2. Spend at least 30 minutes practicing badminton skills.
3. Participate in a badminton game.



Baseball

1. Explain the rules of baseball to your leader or adult partner.
2. In three separate sessions, spend at least 30 minutes practicing baseball skills.
3. Participate in a baseball game.



Basketball

1. Explain the rules of basketball to your leader or adult partner.
2. Spend at least 30 minutes practicing basketball skills.
3. Participate in a basketball game.



BB-Gun
Shooting*

**Loops and pins for BB-gun shooting can be earned only in day camps, Cub Scout/Webelos Scout resident camps, council-managed family camping programs, or at council activities where there is properly trained supervision, and all guidelines for BSA shooting sports are implemented. BB-gun shooting belt loops and pins cannot be earned at the pack, den, or individual level. Requirements therefore are not included.*



Bicycling

1. Explain the rules of safe bicycling to your den leader or adult partner.
2. Demonstrate how to wear the proper safety equipment for bicycling.
3. Show how to ride a bike safely. Ride for at least half an hour with an adult partner, family, or den.

Sports Belt Loops



Bowling

1. Explain to your leader or adult partner the rules of courtesy and safety for bowling.
2. Show how to pick out a ball of proper weight and with finger holes that fit your hand.
3. Play a complete game with your family or den.



Fishing

1. Review your local fishing regulations with your leader or adult partner. Explain why they are important, and commit to following them.
2. Demonstrate how to bait a hook properly.
3. Spend at least 30 minutes trying to catch fish.



Flag
Football

1. Explain or discuss the simple rules of flag football with your den.
2. Practice running, passing, and catching skills for at least 30 minutes.
3. Play a game of flag football.



Golf

1. Explain the rules of golf to your leader or adult partner. Explain the need for caution concerning golf clubs and golf balls.
2. Spend at least 30 minutes practicing golfing skills at a driving range.
3. Spend at least 30 minutes practicing golfing skills at a chipping/putting range.



Gymnastics

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.



Hiking

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



Hockey

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.



Horseback
Riding

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).

Sports Belt Loops



Ice Skating

1. Explain ways to protect yourself while ice skating, and the need for proper safety equipment.
2. Spend at least 30 minutes practicing the skills of skating.
3. Go ice skating with a family member or den for at least three hours, in up to three one-hour outings. Chart your time.



Kickball

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.



Marbles

1. Explain the rules of Ringer or another marble game to your leader or adult partner.
2. Spend at least 30 minutes practicing skills to play the game of Ringer or another marble game.
3. Participate in a game of marbles.



Physical Fitness

1. Give a short report to your den or family on the dangers of drugs and alcohol.
2. Practice finding your pulse and counting your heartbeats per minute. Determine your target heart rate.
3. Practice five physical fitness skills regularly. Improve performance in each skill over a month. Skills could include pull-ups, sit-ups, the standing long jump, the 50-yard dash, and the softball throw.



Roller Skating

1. Explain ways to protect yourself while roller skating or in-line skating, and the need for proper safety equipment.
2. Spend at least 30 minutes practicing the skills of roller skating or in-line skating.
3. Go skating with a family member or den for at least three hours. Chart your time..



Skateboarding

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.



Snow Ski and Board Sports

1. Explain conditioning, clothing, equipment, and planning needed for snow skiing or boarding.
2. Explain "Your Responsibility Code," the rules of safety and courtesy for the slopes. (Find the responsibility code online at www.scouting.org)
3. Go skiing or snowboarding. Demonstrate how to stop and turn.



Soccer

1. Explain the rules of soccer to your leader or adult partner.
2. Spend at least 30 minutes practicing soccer skills.
3. Play a game of soccer.

Sports Belt Loops



Softball

1. Explain the rules of softball to your leader or adult partner.
2. Spend at least 30 minutes practicing softball skills.
3. Participate in a softball game.



Swimming

1. Explain the rules of Safe Swim Defense. Emphasize the buddy system.
2. Play a recreational game in the water with your den, pack, or family.
3. While holding a kick board, propel yourself 25 feet using a flutter kick across the shallow end of the swimming area.



Table
Tennis

1. Explain the rules of table tennis to your leader or adult partner.
2. Spend at least 30 minutes practicing table tennis skills.
3. Participate in a table tennis game.



Tennis

1. Explain the rules of tennis to your leader or adult partner.
2. Spend at least 30 minutes practicing tennis skills.
3. Participate in a tennis game.



Ultimate

1. Explain the rules of ultimate or disc golf to your leader or adult partner.
2. Spend at least 30 minutes practicing ultimate or disc golf skills.
3. Participate in a game of ultimate or disc golf.



Volleyball

1. Explain the rules of volleyball to your leader or adult partner.
2. Spend at least 30 minutes practicing skills to play the sport of volleyball.
3. Participate in a volleyball game.