



# Gymnastics

## Beltloop and Pin Worksheet

Cub Scout Academic & Sports Program

Scout Name: \_\_\_\_\_

Pack/Den: \_\_\_\_\_

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### 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. \_\_\_\_\_

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2. Explain the safety rules you should follow to learn gymnastics. \_\_\_\_\_

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3. Participate in an exercise from three of the six events using the proper equipment and techniques. \_\_\_\_\_

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## Gymnastics Pin

Earn the Gymnastics beltloop, and complete five of the following requirements:

1. Write a report on the history of gymnastics. Tell your Den, Patrol or an adult family member what you learned. \_\_\_\_\_

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2. Take gymnastics lessons. \_\_\_\_\_

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3. Attend a gymnastics meet. \_\_\_\_\_

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4. Practice and demonstrate five floor exercise skills . \_\_\_\_\_

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5. Practice and demonstrate two skills used on the pommel horse. \_\_\_\_\_

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6. Demonstrate two skills on the still rings. \_\_\_\_\_

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7. Demonstrate two skills using parallel bars. \_\_\_\_\_

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8. Demonstrate two skills using the horizontal bar. \_\_\_\_\_

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9. Demonstrate a vault using the side horse. \_\_\_\_\_

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10. Develop a regular routine of physical and mental conditioning. \_\_\_\_\_

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11. Learn about three U.S. gymnasts who have won medals in the Olympics. Tell your Den, Patrol or an adult family member what you learned about them. \_\_\_\_\_

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