



Skateboarding

Beltloop and Pin Worksheet

Cub Scout Academic & Sports Program

Scout Name: _____
Pack / Den: _____

Skateboarding Belt Loop

Complete these three requirements:

- 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. _____

Skateboarding Pin

Earn the Skateboarding Beltloop, and complete five of the following requirements:

1. Figure out your skateboard stance, whether you are regular or goofy footed. _____

2. Demonstrate proper stance, feet positions, knee bending, pushing off, turning, and stopping on flat ground _____

3. Using pictures, explain to your Den, Patrol or family the difference between street, skate park, and vertical skateboarding. _____

4. List five ways skateboarders should be considerate and respectful of other people and their property when they are skateboarding. _____

5. View a skateboarding video. _____

6. Attend a pro skateboarder demonstration. _____

7. Show that you know how to lubricate the bearings and keep your skateboard clean. _____

8. Apply grip tape to your skateboard. _____

9. Skateboard at a skate park for 30 minutes. _____

10. Demonstrate three of the following maneuvers: ollie, nollie, frontside, grab, kickturn, carving. _____

11. Describe how to determine a safe area to skateboard. _____

