

Archery

Archery belt loops and sports pins may only be earned through council or district sponsored programs. The Archery belt loop and pin can only be awarded by a BSA range-trained shooting-sports director.

Scout:	Den Leader Signature:	Pack:	Den:	Received: / /
--------	-----------------------	-------	------	---------------

Complete these three requirements:

1. _____ Explain the rules for safe archery that you have learned in the district/council camp or activity you are attending with your leader or adult partner.
2. _____ Demonstrate to your leader or adult partner good archery shooting techniques, including the stance and how to nock the arrow, establish the bow, draw, aim, release, follow-through and retrieve arrows.
3. _____ Practice shooting at your district or council camp for the time allowed.

Earn the archery belt loop and complete five of the following:

1. _____ Explain the parts of a bow and demonstrate how to string the bowstring in a proficient manner.
2. _____ Demonstrate how to properly use archery equipment, including arm guards, finger tabs, and quivers and explain about proper clothing.
3. _____ Develop proficient shooting techniques by practicing for three hours.
4. _____ Learn the correct scoring techniques for target archery.
5. _____ Make a poster that emphasizes the four whistle codes.
6. _____ Draw to scale or set up an archery range.
7. _____ Shoot 30 arrows from a distance of 30 feet at a target and score at least 50 points, or shoot 30 arrows from a distance of 90 feet and score at least 30 points.
8. _____ Help make a type of target for the camp archery range.
9. _____ Show how to put away and properly store archery equipment.
10. _____ Tell five facts about an archer in history or literature.

Art

Scout:	Den Leader Signature:	Pack:	Den:	Received: / /
--------	-----------------------	-------	------	---------------

Complete these three requirements:

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

Earn the Art belt loop, and complete six of the following requirements:

1. _____ Visit an art museum, gallery, or exhibit. Discuss with an adult the art you saw.
2. _____ Create two self-portraits using two different art techniques, such as drawing, painting, printmaking, sculpture, or computer illustration.
3. _____ Demonstrate how to make paper. Make a sample at least 4 inches by 4 inches.
4. _____ Make a simple silkscreen or stencil. Print a card or T-shirt.
5. _____ Create a freestanding sculpture or mobile using wood, metal, soap, papier-mache, or found objects.
6. _____ Create an object using clay that can be fired, baked in the oven, or hardened in water.
7. _____ Photograph four subjects in one theme, such as landscapes, people, animals, sports, or buildings.
8. _____ Make a collage using several different materials.
9. _____ Use your artistic skills to create a postage stamp, book cover, or music CD cover.
10. _____ Use a computer illustration or painting program to create a work of art.
11. _____ Display your artwork in a pack, school, or community art show

Astronomy

Scout:	Den Leader Signature:	Pack:	Den:	Received: / /
--------	-----------------------	-------	------	---------------

Complete these three requirements:

1. _____ Set up and demonstrate how to focus a simple telescope or binoculars.
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, and universe.

Earn the Astronomy belt loop, and complete five of the following requirements:

1. _____ Draw a diagram of a telescope and explain how it works.
2. _____ Locate and identify five constellations. You may use a telescope.
3. _____ Using a telescope, find at least one planet and identify it.
4. _____ Find the North Star. Explain its importance.
5. _____ Interview an astronomer. Learn about careers that relate to Astronomy. What school subjects will help you get a job in astronomy?
6. _____ Visit an observatory or a planetarium. Give a report on what you learned to your den.
7. _____ Make a poster illustrating the different kinds of stars. Include a diagram showing the life cycle of a star.
8. _____ Learn about some of the early space missions. Tell your den or family about one of them.
9. _____ Find a current event about a recent happening related to space. Tell your den or family about this event.
10. _____ Make a chart to show the phases of the moon over a two-month period. Define a blue moon.
11. _____ Write a report on two famous astronomers.
12. _____ Locate three major observatories on a map. Explain why these locations are good for astronomy.

Badminton

Scout:	Den Leader Signature:	Pack:	Den:	Received: / /
--------	-----------------------	-------	------	---------------

Complete these three requirements:

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.

Earn the Badminton belt loop, and complete five of the following requirements:

1. _____ Compete in a pack or community badminton tournament.
2. _____ Demonstrate your knowledge of the use and care of the equipment needed to play badminton: shuttlecock (shuttle or bird), racket, court, net and comfortable clothes and shoes.
3. _____ Demonstrate skill in the following grip techniques: forehand and backhand.
4. _____ Spend at least 60 minutes practicing to develop skills for shots and strokes (*clear, drive, drop, and smash*). Keep track of your time on a chart.
5. _____ Demonstrate skill in the following: hit the shuttle using forehand or backhand; hit the shuttle, alternating forehand and backhand; hit the shuttle against the wall with a forehand or backhand; hit the shuttle against the wall, alternating forehand and backhand.
6. _____ Accurately lay out a badminton court, including net and lines.
7. _____ Play five games of badminton.
8. _____ Participate in a badminton skills development clinic.
9. _____ Play at least three games during which you make your own foul calls effectively to your leader's satisfaction.

Baseball

Scout:	Den Leader Signature:	Pack:	Den:	Received: / /
--------	-----------------------	-------	------	---------------

Complete these three requirements:

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

Earn the Baseball belt loop, and complete five of the following requirements:

1. _____ Participate in a pack or community baseball tournament.
2. _____ Demonstrate skill in two of the following throwing techniques: overhand, sidearm, underhand, and the relay throw.
3. _____ Demonstrate skill in two of the following catching techniques: fielding a ground ball, fielding a pop-up, catching a line drive.
4. _____ Demonstrate correct pitching techniques.
5. _____ Demonstrate correct hitting techniques, including bunting.
6. _____ Explain the rules of base running. Explain base coaching signals.
7. _____ Demonstrate skill in the following sliding techniques: the straight-in slide, the hook slide, and the headfirst slide.
8. _____ Play five games of baseball using standard baseball rules.
9. _____ Draw a baseball field to scale or set one up for play.
10. _____ Attend a high school, college, or professional baseball game.
11. _____ Read a book, about a baseball player and give a report about him or her to your den or family.

Basketball

Scout:	Den Leader Signature:	Pack:	Den:	Received: / /
--------	-----------------------	-------	------	---------------

Complete these three requirements:

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.

Earn the Basketball belt loop, and complete five of the following requirements:

1. _____ Compete in a pack or community basketball tournament.
2. _____ Demonstrate effective passing using the chest pass, bounce pass, over-the-head pass, and baseball pass.
3. _____ Successfully demonstrate the set shot and jump shot shooting styles.
4. _____ Demonstrate skill in the following dribbling techniques: high dribble, low dribble, turnable dribble, change-of-pace dribble, and combination dribble.
5. _____ Spend at least 30 minutes on three different occasions developing individual defensive skills.
6. _____ Explain and demonstrate 10 official basketball signals.
7. _____ Play three shot-improving games with a member of your den or team.
8. _____ Play five games of basketball.
9. _____ Participate in a basketball clinic.
10. _____ Attend a high school, college, or professional basketball game.

BB Shooting

The BB Gun safety and shooting participation belt loop and pin can only be awarded with approval of the camp BB-gun shooting-sports director to Cub Scouts and Webelos Scouts who earn them at a BSA facility range.

Scout:	Den Leader Signature:	Pack:	Den:	Received: / /
--------	-----------------------	-------	------	---------------

Complete these three requirements:

1. _____ Explain the rules for Safe BB gun shooting you have learned to your leader or adult partner.
2. _____ Demonstrate to your leader or adult partner good BB gun shooting techniques, including eye dominance, shooting shoulder, breathing, sight alignment, trigger squeeze, follow through.
3. _____ Practice shooting at your district or your council camp for the time allowed.

Earn the BB gun shooting Belt Loop and complete five of the following:

1. _____ Explain the parts of a BB gun and demonstrate how to properly load the gun.
2. _____ Demonstrate the shooting positions.
3. _____ Develop proficient shooting techniques by practicing for three hours.
4. _____ Learn the correct scoring techniques for target BB gun shooting.
5. _____ Make a poster that emphasizes the proper range commands.
6. _____ Draw to scale or set up a BB gun shooting range.
7. _____ Show improvement in your shooting ability with an increase in scoring points.
8. _____ Help make a type of target for the camp BB gun shooting range.
9. _____ Show how to put away and properly store BB gun shooting equipment after use.
10. _____ Explain how to use the safety mechanism on a BB gun.
11. _____ Tell five facts about the history of BB guns

Bicycling

Scout:	Den Leader Signature:	Pack:	Den:	Received: / /
--------	-----------------------	-------	------	---------------

Complete these three requirements:

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.

Earn the Bicycling belt loop, complete requirement 1 below, and do four additional requirements:

1. _____ Make a chart to record at least 10 hours of bicycling. (Required)
2. _____ Participate in a pack, den, or community bike rodeo.
3. _____ Demonstrate how to repair a flat tire on a bicycle.
4. _____ Make a poster illustrating different types of early bikes and show it to your den.
5. _____ Give a demonstration to your den or pack on the proper use of safety equipment and gear.
6. _____ With the help of a parent or adult partner, register or reregister your bicycle.
7. _____ Go on a "bicycle hike" with your family or den. Obey traffic rules related to bicycling.
8. _____ Repair or restore a nonfunctioning bicycle to a safe condition. Include the installation of all proper safety devices.
9. _____ Visit a bicycle race or exhibition.
10. _____ Help set up a bike rodeo or bike competition for your pack.

Bowling

Scout:	Den Leader Signature:	Pack:	Den:	Received: / /
--------	-----------------------	-------	------	---------------

Complete these three requirements:

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.

Earn the Bowling belt loop, and complete five of the following requirements:

1. _____ Give a brief history of the sport of bowling.
2. _____ Define the following terms: strike, spare, split, miss, and foul. Show their symbols for scoring.
3. _____ Demonstrate proper stance, delivery, balance, and follow-through to your leader or adult partner.
4. _____ Try different types of delivery and hand positions and see which work best for you.
5. _____ Score a complete game using a score sheet an the proper symbols.
6. _____ Play at least four games and chart your progress. Figure out your average score.
7. _____ Compete in a Scout, family, school, or community bowling tournament,
8. _____ Take bowling lessons.
9. _____ Attend a parent high school, college, or professional bowling competition.
10. _____ Visit a bowling alley and learn about the care and maintenance of the bowling lanes, pins, and racks.

Chess

Scout:	Den Leader Signature:	Pack:	Den:	Received: / /
--------	-----------------------	-------	------	---------------

Complete these three requirements:

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.

Earn the Chess belt loop, and complete five of the following requirements:

1. _____ Demonstrate basic opening principles (such as development of pieces, control center, castle, don't bring queen out too early, don't move same piece twice).
2. _____ Visit a chess tournament and tell your den about it.
3. _____ Participate in a pack, school, or community chess tournament.
4. _____ Solve a pre-specified chess problem (e.g., "White to move and mate in three") given to you by your adult partner.
5. _____ Play five games of chess.
6. _____ Play 10 chess games via computer or on the Internet.
7. _____ Read about a famous chess player.
8. _____ Describe U.S. Chess Federation ratings for chess players.
9. _____ Learn to write chess notation and record a game with another Scout.
10. _____ Present a report about the history of chess to your den or family.

CITIZENSHIP

Scout:	Den Leader Signature:	Pack:	Den:	Received: / /
--------	-----------------------	-------	------	---------------

Complete these three requirements:

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.

Earn the Citizenship belt loop, and complete five of the following requirements:

1. _____ Interview someone who has become a naturalized citizen. Give a report of your interview to your den or family.
2. _____ Write a letter to your newspaper about an issue that concerns you.
3. _____ Create a collage about America.
4. _____ Conduct a home safety or energy audit and inspect your home. Talk with your parent or adult partner about correcting any problems you find.
5. _____ Visit your local site of government. Interview someone who is involved with the governmental process.
6. _____ Visit a court room and talk with someone who works there.
7. _____ Go to the polls with your parents when they vote. Talk to them about their choices.
8. _____ Take part in a parade with your den or pack.
9. _____ List ways you can recycle various materials and conserve and protect the environment.
10. _____ Attend a community event or visit a landmark in your community.

COLLECTING

Scout:	Den Leader Signature:	Pack:	Den:	Received: / /
--------	-----------------------	-------	------	---------------

Complete these three requirements:

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.

Earn the Collecting belt loop, and complete five of the following requirements:

1. _____ Give a talk about your collection to someone other than your family. Give a description of your collection, including a short history. Explain how you got started and why you decided to collect what you do.
2. _____ Show how you preserve and display your collection. Explain any special precautions you must take including handling, cleaning, and storage. Note precautions for dampness, sunlight, or other weather conditions.
3. _____ Read a book about what you collect.
4. _____ Start a new collection of at least 20 items. Label the items, and title your collection.
5. _____ Define numismatics and philately.
6. _____ Join a club of collectors who share your hobby. This club may be a group of your friends.
7. _____ Find out if there is a career that involves what you collect. Find out what kind of subjects you need to study to prepare for such a career.
8. _____ If you collect coins or stamps, make a list of different countries in your collection. Explain how to identify each country's issues. Make a list of "clues" that help you identify the origin.
9. _____ With an adult partner, visit an online auction and look for items you collect. What does it tell you about rarity and value of the things you collect?
10. _____ Use a computer to catalog, organize, and keep track of your collection.
11. _____ Help a friend get started on a collection of his or her own.

COMMUNICATING

Scout:	Den Leader Signature:	Pack:	Den:	Received: / /
--------	-----------------------	-------	------	---------------

Complete these three requirements:

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 a letter to a friend or relative.
3. _____ Make a poster about something that interests you. Explain the poster to your den.

Earn the Communicating belt loop, and complete five of the following requirements:

1. _____ Write an original poem or story.
2. _____ Keep a journal of daily activities for at least seven days.
3. _____ Listen to a news story on television or the radio. Discuss the information with an adult.
4. _____ Go to the library. Use the card catalog or computer reference system to find a book, and then check it out.
5. _____ Read a book that has been approved by your parent or teacher. Discuss the book with an adult.
6. _____ With a friend, develop a skit. Perform it at a Scout meeting, family meeting, or school event.
7. _____ Learn the alphabet in sign language. Learn how to sign 10 words.
8. _____ With an adult, use the Internet to search for information on a topic of interest to you.
9. _____ Watch three television commercials and discuss the information in them with your parent or den leader.
10. _____ Read the directions for a new game. Explain to a family member or friend how to play it.
11. _____ Learn about "reading" materials for people who have poor vision or who are blind.
12. _____ While traveling, make a list of road signs, animals, or license plates that you see.

Computers

Scout:	Den Leader Signature:	Pack:	Den:	Received: / /
--------	-----------------------	-------	------	---------------

Complete these three requirements:

1. _____ Explain the 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.

Earn the Computers belt loop and complete five of the following requirements:

1. _____ Use a computer to prepare a report on a subject of interest to you. Share it with your den.
2. _____ Make a list of 20 devices that can be found in the home that use a computer chip to function.
3. _____ Use a computer to maintain a balance sheet of your earnings for four weeks.
4. _____ Use a spreadsheet program to organize some information.
5. _____ Use an illustration, drawing, or painting program to create a picture.
6. _____ Use a computer to write a thank-you letter to someone.
7. _____ Log on to the Internet. Visit the Boy Scouts of America homepage (<http://www.bsa.scouting.org>).
8. _____ Discuss with an adult personal safety rules you should use while using the Internet.
9. _____ Practice a new computer game for two weeks. Demonstrate an improvement in your scores.
10. _____ Correspond with a friend using e-mail. Have at least five e-mail replies from your friend.
11. _____ Visit a local business or government agency that uses a large mainframe computer to handle their business. Be able to explain how computers save them time and money in carrying out their work.

Disabilities Awareness

Scout:	Den Leader Signature:	Pack:	Den:	Received: / /
--------	-----------------------	-------	------	---------------

Complete these three requirements:

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.

Earn the Disabilities Awareness belt loop, and complete five of the following requirements:

1. _____ People with disabilities move around in different ways such as crutches, scooters, and wheelchairs. Explain the differences. With an adult's supervision and permission, try to safely use one.
2. _____ Using sign language, demonstrate the Cub Scout Promise and motto.
3. _____ Read a book about a person with a disability.
4. _____ Explain how your school helps students with disabilities (elevators, ramps, small classes, special tools and equipment, specialized teachers)
5. _____ Describe one of the following and its purpose: occupational therapy, speech therapy, or physical therapy. Visit with a person who works in one of these fields and learn about his or her position.
6. _____ Read about a famous person who has been physically or mentally challenged. Report what you learned to your den or family.
7. _____ For two one-hour periods, and with adult supervision, go about your normal routine doing chores, watching television, studying, etc. Change your abilities by using one of these experiences, then share what you learned with your den.
 1. Hearing impairment — Muffle your ears with earmuffs or bandages.
 2. Sight impairment — Blindfold one or both eyes.
 3. Physical impairment— Bind an arm or leg so that it cannot be used.
 4. Speaking impairment — Cover your mouth or do not speak
 5. Choose an impairment of your own that is approved by an adult
8. _____ Look at a catalog and find three items that could help a person with disabilities in their daily life. Explain how each item would help the individual.
9. _____ Volunteer and help someone with disabilities in school, sports, or another supervised activity.
10. _____ Visit a nursing home or elderly person and help someone with a meal.
11. _____ Talk to someone who works with people who have disabilities. Ask what the person's position is like and how he or she helps people with disabilities.

Family Travel

Scout:	Den Leader Signature:	Pack:	Den:	Received: / /
--------	-----------------------	-------	------	---------------

Complete these three requirements:

1. _____ Make a list of things you would take on a threeday 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.

Earn the Family Travel belt loop, and complete five of the following requirements:

1. _____ Go on a trip with your family that includes at least one overnight stay. Keep a journal of your trip and then share it with your den leader.
2. _____ Play a travel game while traveling in a car.
3. _____ With an adult, review the Guide to Safe Scouting, chapter XII, "Transportation." Then make a list of safety rules to follow when traveling in the car or while using public transportation such as a bus, plane, boat, and train. Share the list with your den.
4. _____ With the help of a parent or adult partner, use a computer to look up an airfare from your closest airport to a city in a foreign country. Calculate the total travel time, the day and time you will leave your home, and the day and time you will arrive at your destination.
5. _____ Visit a travel agent office or look up a travel Web site.
6. _____ Using pictures, explain to a family member how people's forms of transportation have changed in the last 300 years.
7. _____ Visit with an adult who has driven in a different country. List five things that the adult found to be very different from driving in the United States
8. _____ Make a list of occupations that people have that are related to traveling. Describe the position you would like to try. Explain to a family member why you chose that occupation.
9. _____ Learn how to apply for a U.S. passport. With adult supervision, read an actual application and complete as much of the form as you can.
10. _____ Change \$1,000 U.S. dollars into pounds, Euros, or pesos.
11. _____ With an adult, conduct a motor vehicle inspection of the car designated for traveling. Use the checklist provided in the *Guide to Safe Scouting* called "Annual Motor Vehicle Checklist."

FISHING

Scout:	Den Leader Signature:	Pack:	Den:	Received: / /
--------	-----------------------	-------	------	---------------

Complete these three requirements:

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 properly bait a hook.
3. _____ Try to catch a fish.

Earn the Fishing belt loop, and complete five of the following requirements:

1. _____ Compete in a pack or community fishing tournament
2. _____ Demonstrate how to clean a fish.
3. _____ Prepare a report on three different kinds of fish. Include information on preferred habitats, feeding habits, and recommended fishing techniques, baits, and equipment needed to catch it
4. _____ Draw a picture of three different types of fishing reels. Explain how each works.
5. _____ Tie three fishing flies. Use at least one to fish.
6. _____ Demonstrate proficiency in casting at a target 30 feet away.
7. _____ Select a species of fish and draw a picture of it, correctly labeling each part and its function.
8. _____ Replace the line in a fishing reel.
9. _____ Make a simple pole and line fishing rig. Use it to catch a fish.
10. _____ Catch a fish using artificial bait or lures.
11. _____ Practice fishing on five occasions, complying with local fishing regulations and the Outdoor Code.

Flag Football

Scout:	Den Leader Signature:	Pack:	Den:	Received: / /
--------	-----------------------	-------	------	---------------

Complete these three requirements:

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.

Earn the Flag Football belt loop, and complete five of the following requirements:

1. _____ Layout and properly mark a flag football field at a park or playground.
2. _____ Explain the difference between defense and offense in a flag football game.
3. _____ Describe five different positions a player may play in flag football. Name the position that you prefer to play.
4. _____ During three half-hour sessions, practice the skills of passing, hand-offs, rushing, and running.
5. _____ Participate in a flag-football clinic.
6. _____ Consider all the people who make it possible to play a game of flag football. List parents, coaches, team members, scorekeepers, referees, groundskeepers, etc,
7. _____ Play in five flag football games without incurring a penalty.
8. _____ Explain and demonstrate at least six football officiating signals.
9. _____ Attend a high school, college, or community league football game.
10. _____ Read a book about a football player and tell your den or family about the player's training and work ethics.
11. _____ Talk with a referee or official of a high school, college, or community football league and learn about the job he or she does at a football game.

GEOGRAPHY

Scout:	Den Leader Signature:	Pack:	Den:	Received: / /
--------	-----------------------	-------	------	---------------

Complete these three requirements:

1. _____ Draw a map of your neighborhood. Show natural and manmade 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.

Earn the Geography belt loop, and complete five of the following requirements:

1. _____ Make a three-dimensional model of an imaginary place. Include five different landforms, such as mountains, valleys, lakes, deltas, rivers, buttes, plateaus, basins, and plains.
2. _____ List 10 cities around the world. Calculate the time it is in each city when it is noon in your town.
3. _____ Find the company's location on the wrapper or label of 10 products used in your home, such as food, clothing, toys, and appliances. Use a world map or atlas to find each location.
4. _____ On a map, trace the routes of some famous explorers. Show the map to your den or family.
5. _____ On a United States or world map, mark where your family members and ancestors were born.
6. _____ Keep a map record of the travels of your favorite professional sports team for one month.
7. _____ Read a book (fiction or nonfiction) in which geography plays an important part.
8. _____ Take part in a geography bee or fair in your pack, school, or community.
9. _____ Choose a country in the world and make a travel poster for it.
10. _____ Play a geography-based board game or computer game. Tell an adult some facts you learned about a place that was part of the game. 11. Draw or make a map of your state. Include rivers, mountain ranges, state parks, and cities. Include a key or legend of map symbols.

GEOLOGY

Scout:	Den Leader Signature:	Pack:	Den:	Received: / /
--------	-----------------------	-------	------	---------------

Complete these three requirements:

1. _____ Define geology.
2. _____ Collect a sample of igneous, sedimentary, and metamorphic rocks. Explain how each was formed.
3. _____ Explain the difference between a rock and a mineral.

Earn the Geology belt loop, and complete five of the following requirements:

1. _____ Make a plaster cast of a fossil.
2. _____ Make a special collection of rocks and minerals that illustrates the hardness scale.
3. _____ Give examples of sedimentary, igneous, and metamorphic rocks.
4. _____ Gather several different types of rocks. Compare them and put them in groups according to physical properties such as color, texture, luster, hardness, or crystals.
5. _____ Describe the effects of wind, water, and ice on the landscape.
6. _____ Make "pet rocks" using rocks, paint, and glue-on eyes. Tell a creative story about your pet rocks.
7. _____ Draw a diagram showing different types of volcanoes or draw a diagram that labels the different parts of a volcano.
8. _____ Make a crystal garden.
9. _____ Make a collection of five different fossils and identify them to the best of your ability.
10. _____ Make a poster or display showing 10 everyday products that contain or use rocks or minerals.
11. _____ Visit a mine, oil or gas field, gravel pit, stone quarry, or similar area of special interest related to geology.
12. _____ Visit with a geologist. Find out how he or she prepared for the job. Discuss other careers related to geology.
13. _____ Draw the inside of a cave showing the difference between stalactites and stalagmites.

GOLF

Scout: _____	Den Leader Signature: _____	Pack: _____	Den: _____	Received: / /
--------------	-----------------------------	-------------	------------	---------------

Complete these three requirements:

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.
3. _____ Participate in a round of golf (nine holes).

Earn the Golf belt loop, and complete five of the following requirements:

1. _____ Explain the use of woods and irons. Explain their differences.
2. _____ Explain how par is determined for a hole.
3. _____ Demonstrate the proper grip of the club to your leader, adult partner, or instructor.
4. _____ Spend 30 minutes practicing the swing styles: full swing, approach swing, and putting swing.
5. _____ Spend 30 minutes practicing aim, stance, and the address position.
6. _____ Draw a diagram of a typical golf hole, from tee to green.
7. _____ Demonstrate your knowledge of the use and care of golf equipment clubs, ball, tee, bag, shoes, and gloves.
8. _____ Describe the composition of a regulation golf ball.
9. _____ Take golf lessons.
10. _____ Spend 30 minutes hitting balls on a driving range.
11. _____ Play miniature golf.

GYMNASTICS

Scout: _____	Den Leader Signature: _____	Pack: _____	Den: _____	Received: / /
--------------	-----------------------------	-------------	------------	---------------

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.
2. _____ Participate in three of the six events using the proper equipment.
3. _____ Explain the safety rules you should follow to learn gymnastics.

Earn the Gymnastics belt loop, and complete five of the following requirements:

1. _____ Write a report on the history of gymnastics.
2. _____ Take gymnastics lessons.
3. _____ Attend a gymnastics meet
4. _____ Practice and demonstrate five floor exercise skills.
5. _____ Practice and demonstrate two skills used on the pommel horse.
6. _____ Demonstrate two skills on the still rings.
7. _____ Demonstrate two skills using parallel bars.
8. _____ Demonstrate two skills using the horizontal bar.
9. _____ Demonstrate a vault using the side horse.
10. _____ Develop a regular routine of physical and mental conditioning.
11. _____ Learn about three U.S. gymnasts who have won medals in the Olympics.

HERITAGES

Scout:	Den Leader Signature:	Pack:	Den:	Received: / /
--------	-----------------------	-------	------	---------------

Complete these three requirements:

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.

Earn the Heritages belt loop, and complete five of the following requirements:

1. _____ Participate in a pack heritage celebration in which Cub Scouts give presentations about their family heritage.
2. _____ Attend a family reunion.
3. _____ Correspond with a pen pal from another country. Find out how his or her heritage is different from yours.
4. _____ Learn 20 words in a language other than your native language.
5. _____ Interview a grandparent or other family elder about what it was like when he or she was growing up.
6. _____ Work with a parent or adult partner to organize family photographs in a photo album.
7. _____ Visit a genealogy library and talk with the librarian about how to trace family records.

Variation: Access a genealogy Web site and learn how to use it to find out information about ancestors.

8. _____ Make an article of clothing, a toy, or a tool that your ancestors used. Show it to your den.
9. _____ Help your parent or adult partner prepare one of your family's traditional food dishes.
10. _____ Learn about the origin of your first, middle, or last name.

Hiking

Scout:	Den Leader Signature:	Pack:	Den:	Received: / /
--------	-----------------------	-------	------	---------------

Complete these three requirements:

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.

Earn the Hiking belt loop, and complete five of the following requirements:

1. _____ Make a chart and record at least five hours of hiking.
2. _____ Help plan a den, pack, or family hike.
3. _____ Earn Cub Scouting's Leave No Trace Awareness Award.
4. _____ Earn the Cub Scout Outdoor Activity Award.
5. _____ Learn seven trail signs and tell your den leader or adult partner what they are.
6. _____ Be able to identify five different trees and five different birds on your hike. (These can be of the same species if multiple species are hard to find.)
7. _____ Using pictures or photographs, identify three poisonous plants. (Examples are poison ivy, poison sumac, and poison oak; oleander, poinsettia, etc.). Watch for these plants while on a hike.
8. _____ Take two different hikes for different purposes, for example, a nature hike, neighborhood hike, historical hike, city hike, stop-look-and-listen hike, and so on.
9. _____ Explain to your den leader or adult partner what a compass is and show how to use one on a hike.
10. _____ Explain to your den leader or adult partner what a global positioning system is and demonstrate how to use one on a hike.
11. _____ With visuals such as pictures or maps, report about one of your hikes to your den. Tell about how you prepared for your hike, who went with you, and what you saw.

Hiking Safety Rules:

- ❖ Always tell someone where you are going and when you will return.
- ❖ Never hike alone or at night; always use the buddy system.
- ❖ Dress properly for the weather and environment.
- ❖ Wear sun and insect protection.
- ❖ Take an extra pair of socks in case you need to change.
- ❖ Obey traffic signs and signals.
- ❖ Avoid hiking along roadways.
- ❖ Stay on the trail.
- ❖ Be alert to your surroundings.
- ❖ Don't litter as you hike.
- ❖ Be alert to dangerous animals, insects, and plants. Never touch a wild animal.
- ❖ Take 1 pint of water for each hour you will be hiking. Never drink untreated water.

Hockey

Scout:	Den Leader Signature:	Pack:	Den:	Received: / /
--------	-----------------------	-------	------	---------------

Complete these three requirements:

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.

Earn the Hockey belt loop, and complete five of the following requirements:

1. _____ Participate in a pack, school, or community hockey tournament or in a supervised hockey league.
2. _____ Participate in a hockey skills development clinic.
3. _____ Spend at least 30 minutes practicing the skills of hockey: skating, stick handling, passing, shooting, and checking. This may be over two different practice periods.
4. _____ Draw the layout of the playing surface for a hockey game including the starting positions of the goalie, three forwards (two wings and a center), and two defenders.
5. _____ Demonstrate foul signals. Explain to your den or team why players should avoid fouls.
6. _____ Attend a high school, college, or professional hockey game.
7. _____ Demonstrate hockey terms (for example, assist, breakaway, deke, draw, pulling the goalie, and so on.) to another team member or adult.
8. _____ Learn about a U.S. Olympic hockey team and report what you learn to your den or family.
9. _____ Watch an ice resurfacing machine at an ice rink. Report to your den or family about the history of the machine commonly known as the Zamboni and how it is used.

Horseback Riding

Scout:	Den Leader Signature:	Pack:	Den:	Received: / /
--------	-----------------------	-------	------	---------------

Complete these three requirements:

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, or American Society for Testing and Materials).

Earn the Horseback Riding belt loop, and complete five of the following requirements:

1. _____ Learn about three famous horses. Explain why these horses were well-known.
2. _____ Using pictures of these different animals, explain to your den or family the difference between a horse, pony, mule, and donkey.
3. _____ Explain how a horse is measured and what a “hand” equals when measuring a horse.
4. _____ Using a picture, point out these main parts of a horse: forehead, muzzle, mane, withers, point of hip, knee, hoof, and root of tail.
5. _____ Describe three different breeds of horses and explain what feature makes each breed special.
6. _____ Using photos or pictures you have drawn, explain to your den or family at least three different ways that horses can help us.
7. _____ Name five things healthy for a horse’s diet.
8. _____ Tell why it is important to wear an approved riding helmet when you go horseback riding.
9. _____ Photograph or draw a picture of the saddle you used for the ride you took to earn the belt loop.
10. _____ With your parent or adult partner, visit a veterinarian who cares for horses. Write the answers to three questions you ask him or her.
11. _____ Spend at least 15 minutes before and after your ride getting to know your horse by talking calmly to it and stroking it slowly.
12. _____ Go on a supervised horseback ride for at least 30 minutes. Dress appropriately and show that you can safely mount and dismount the horse.

ICE SKATING

Scout: _____	Den Leader Signature: _____	Pack: _____	Den: _____	Received: / /
--------------	-----------------------------	-------------	------------	---------------

Complete these three requirements:

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. Chart your time.

Earn the Ice Skating belt loop, and complete five of the following requirements:

1. _____ Participate in a pack or community ice skating event.
2. _____ Demonstrate how to sharpen your skates correctly.
3. _____ Demonstrate how to lace, assemble, and disassemble your skates correctly.
4. _____ On two occasions, spend at least 30 minutes practicing warm-up exercises before skating.
5. _____ Play a skating game on the ice.
6. _____ Learn two new figure-skating skills: Forward Swizzles, Glides, Backward Swizzles, and Backward Wiggle.
7. _____ Demonstrate how to "start" in a speed skating race.
8. _____ Explain the difference between long-track and short-track speed skating.
9. _____ Participate in a skating skill development clinic.
10. _____ Tell about an Olympian athlete in figure skating or speed skating. What were some of his or her best traits?

Kickball

Scout:	Den Leader Signature:	Pack:	Den:	Received: / /
--------	-----------------------	-------	------	---------------

Complete these three requirements:

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.

Earn the Kickball belt loop, and complete five of the following requirements:

1. _____ Demonstrate the following kickball skills: pitching, kicking, base running, catching, throwing.
2. _____ Explain the rules of base running.
3. _____ Describe the basic defensive positions in kickball (pitcher, catcher, infielder).
4. _____ Draw a kickball field to scale; include the starting defensive positions.
5. _____ Report to your den or family about the similarities between the rules of baseball and kickball.
6. _____ Explain the role of being the captain of a kickball team.
7. _____ Play five games of kickball using basic rules.
8. _____ Help set up a kickball field for a game.
9. _____ Serve as a referee for one game of kickball.
10. _____ Participate in a pack, school, or community kickball tournament or a supervised kickball league.

LANGUAGE & CULTURE

Scout:	Den Leader Signature:	Pack:	Den:	Received: / /
--------	-----------------------	-------	------	---------------

Complete these three requirements:

1. _____ 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.

Earn the Language & Culture belt loop, and complete seven of the following requirements:

1. _____ Earn the BSA Interpreter Strip.
2. _____ Write the numbers 1-10 in Chinese or another number system other than the one we normally use (we use the Arabic system).
3. _____ Visit an embassy, consulate, or charge d'affairs for another country.
4. _____ Make a display of stamps or postcards of another country. Explain the importance or symbolism of the things depicted to that country's culture.
5. _____ Learn 30 words in a language other than your own.
6. _____ Learn a song in another country's language.
7. _____ Say five words in American Sign Language. One of these words could be your first name.
8. _____ Visit a restaurant that specializes in recipes from another country.
9. _____ Watch a TV show or movie in a foreign language. Tell how easy or difficult it was to understand what was happening.
10. _____ Interview an interpreter. Find out what his or her job is like.
11. _____ Make a list of 30 things around your home that were made in another country.
12. _____ Read a book or story about an immigrant to the United States.

MAP & COMPASS

Scout: _____	Den Leader Signature: _____	Pack: _____	Den: _____	Received: / /
--------------	-----------------------------	-------------	------------	---------------

Complete these three requirements:

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.

Earn the Map & Compass belt loop, and complete five of the following requirements:

1. _____ Define cartography.
2. _____ Make a poster showing 10 map symbols and their meaning.
3. _____ Read a book or story about a famous explorer or navigator. Tell your den or family what you learned.
4. _____ Make a simple compass with a magnet and pin.
5. _____ Explain the difference between latitude and longitude and show them on a map or globe.
6. _____ Draw a compass rose for a map. Label north, south, east, and west.
7. _____ Study a blank map of the United States of America. Label your state, and the states that share its boundary lines.
8. _____ In the field, show how to take a compass bearing and how to follow it.
9. _____ Show how to measure distances, using a scale on a map legend.
10. _____ Measure your pace. Then layout a simple compass course for your den to try.
11. _____ Using a road map, determine how many miles it is between two major cities or familiar destinations.
12. _____ Explain what the different map colors can mean on a map.

MARBLES

Scout: _____	Den Leader Signature: _____	Pack: _____	Den: _____	Received: / /
--------------	-----------------------------	-------------	------------	---------------

Complete these three requirements:

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.

Earn the Marbles belt loop, and complete five of the following requirements:

1. _____ Compete in a den, pack, or community marbles tournament.
2. _____ Explain to an adult what lagging is. Demonstrate how to do it.
3. _____ Demonstrate the following shooting techniques: knuckling down, bowling, and lofting (also called plunking).
4. _____ Explain the correct way of scoring for a game of marbles.
5. _____ Play five complete matches of marbles using standard rules.
6. _____ Start a collection of marbles and show it at a den or pack meeting.
7. _____ Write a short report on the history of marbles and share it with your den or family.
8. _____ Explain the rules about shooters.

MATHEMATICS

Scout:	Den Leader Signature:	Pack:	Den:	Received: / /
--------	-----------------------	-------	------	---------------

Complete these three requirements:

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.

Earn the Mathematics belt loop, and complete one from each of the five areas below:

1. _____ Geometry is related to measurement but also deals with objects and positions in space.
 1. Many objects can be recognized by their distinctive shapes: a tree, a piece of broccoli, a violin. Collect 12 items that can be recognized, classified, and labeled by their distinctive shape or outline.
 2. Select a single shape or figure. Observe the world around you for at least a week and keep a record of where you see this shape or figure and how it is used.
 3. Study geometry in architecture by exploring your neighborhood or community. Look at different types of buildings-houses, churches, businesses, etc.- and create a presentation (a set of photographs, a collage of pictures from newspapers and magazines, a model) that you can share with your den or pack to show what you have seen and learned about shapes in architecture.
2. _____ Calculating is adding, subtracting, multiplying, and dividing numbers.
 1. Learn how an abacus or slide rule works and teach it to a friend or to your den or pack.
 2. Go shopping with an adult and use a calculator to add up how much the items you buy will cost. See whether your total equals the total at check out.
 3. Visit a bank and have someone there explain to you about how interest works. Use the current interest rate and calculate how much interest different sums of money will earn.
3. _____ Statistics is collecting and organizing numerical information and studying patterns.
 1. Explain the meaning of these statistical words and tools: data, averaging, tally marks, bar graph, line graph, pie chart, and percentage.
 2. Conduct an opinion survey through which you collect data to answer a question, and then show your results with a chart or graph. For instance: What is the favorite food of the Cub Scouts in your pack (chart how many like pizza, how many like hamburgers, etc.).
 3. Study a city newspaper to find as many examples as you can of statistical information.
 4. Learn to use a computer spreadsheet
4. _____ Probability helps us know the chance or likelihood of something happening.
 1. Explain to your den how a meteorologist or insurance company (or someone else) might use the mathematics of probability to predict what might happen in the future (i.e., the chance that it might rain, or the chance that someone might be in a car accident).
 2. Conduct and keep a record of a coin toss probability experiment.
 3. Guess the probability of your sneaker landing on its bottom, top, or side, and then flip it 100 times to find out which way it lands. Use this probability to predict how a friend's sneaker will land.
5. _____ Measuring is using a unit to express how long or how big something is, or how much of it there is.
 1. Interview four adults in different occupations to see how they use measurement in their jobs.
 2. Measure how tall someone is. Have them measure you.
 3. Measure how you use your time by keeping a diary or log of what you do for a week. Then make a chart or graph to display how you spend your time.
 4. Measure, mix, and cook at least two recipes. Share your snacks with family, friends, or your den.

MUSIC

Scout:	Den Leader Signature:	Pack:	Den:	Received: / /
--------	-----------------------	-------	------	---------------

Complete these three requirements:

1. _____ Explain why music is an important part of our culture.
2. _____ Pick a song with at least two verses and learn it by heart
3. _____ Listen to four different types of music either recorded or five.

Earn the Music belt loop, and complete five of the following requirements:

1. _____ Make a musical instrument and play it for your family, den, or pack.
2. _____ Teach your den a song.
3. _____ Play a song by yourself or in a group, in unison or in harmony.
4. _____ Create an original melody and/or original words for a song.
5. _____ Using a tape recorder, capture natural sounds of the environment or record songs you create, and use your recording as a soundtrack for a short skit. or as background for a movement activity.
6. _____ Attend a live musical performance or concert.
7. _____ Demonstrate conducting patterns for two songs using two different meters (two-, three-, or four-beat meter) while your adult partner or den members sing or play the songs you have selected.
8. _____ Take voice or dance lessons or lessons to learn to play an instrument.
9. _____ Create movements to a piece of music without words to demonstrate the moods of the music: happy, sad, calm, excited, playful, inspired.
10. _____ Learn about a composer of some music that you enjoy.

Nutrition

Scout:	Den Leader Signature:	Pack:	Den:	Received: / /
--------	-----------------------	-------	------	---------------

Complete these three requirements:

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 partner's permission, see <http://www.mypyramid.gov>.)

Earn the Nutrition belt loop, and complete five of the following requirements:

1. _____ Make a poster that shows different foods that are high in each of the vitamins. Using your poster, explain to your den or family the difference between a vitamin and a mineral and the importance of each for a healthy diet.
2. _____ Read the nutrition label from a packaged or canned food item. Learn about the importance of the nutrients listed. Explain what you learned to your den or family.
3. _____ Make a list of diseases that can be caused by a diet that is poor in nutrition.
4. _____ Talk with your school cafeteria manager about the role nutrition plays in the meals your school serves.
5. _____ With an adult, plan a balanced menu of breakfasts, lunches, and dinners for your family for a week.
6. _____ Make a list of healthy snack foods. Demonstrate how to prepare two healthy snacks.
7. _____ With an adult, go grocery shopping. Report to your den or other family members what you learned about choosing good foods to eat.
8. _____ Demonstrate how to safely prepare food for three meals.
9. _____ Demonstrate how to store leftover food to prevent spoilage or contamination.
10. _____ Help with a garden. Report to your den or family about what is growing in the garden and how you helped. Show a picture of or bring an item harvested from your garden.
11. _____ Visit a farm or ranch. Talk with the owner about how the farm or ranch produces food for families.
12. _____ Explain how physical exercise works with nutrition in helping people be fit and healthy. Demonstrate three examples of good physical activity.

Pet Care

Scout: _____	Den Leader Signature: _____	Pack: _____	Den: _____	Received: / /
--------------	-----------------------------	-------------	------------	---------------

Complete these three requirements:

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.

Earn the Pet Care belt loop, and complete five of the following requirements:

1. _____ With an adult, develop a plan for someone to care for your pet if you were to be away for one week.
2. _____ Train your pet to do a trick or follow a simple command.
3. _____ Describe how your pet communicates with you and other animals.
4. _____ Observe or play with your pet for 15 minutes each day for one week. Keep a chart that shows your pet's mood on each day.
5. _____ Attend a pet show. Report to your den about the show.
6. _____ Make a drawing of the cage or bed your pet requires. Describe the important parts of it.
7. _____ Visit an animal shelter. Explain the reasons why pets are in the animal shelter to your den or family.
8. _____ Visit a pet store. Make a list of the different animals in the store and the kinds of foods they eat.
9. _____ Talk to a veterinarian about his or her career. Share what you learned with your den or family.
10. _____ Tell three ways that animals can help people.
11. _____ Do a service project for an animal shelter, exercise an elderly person's pet, or help a friend with the care of his or her pet.
12. _____ Find out about the pets of U.S. presidents while they lived at the White House. Tell your den about one president and his pet(s).

Photography

Scout:	Den Leader Signature:	Pack:	Den:	Received: / /
--------	-----------------------	-------	------	---------------

Complete these three requirements:

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.

Earn the Photography belt loop, and complete five of the following requirements:

1. _____ Using pictures, explain what photography is and how it relates to light and picture-taking.
2. _____ Look at a book of published photos about a subject that interests you. Find out what makes these photos remarkable and why people want to look at these pictures. Learn whether the photographer used light or angles to make the photos interesting. Discuss what you learned with an adult.
3. _____ Explain to an adult what “red eye” is and why it can happen in a picture. Show examples.
4. _____ Make a short video of a friend, family member, or pet, and show it to your den or family.
5. _____ With an adult’s help, use a photo-editing software feature to crop, lighten or darken, and change a photo.
6. _____ Make a creative project using at least one photo.
7. _____ Take three pictures of the same scene using different lens settings. Show these pictures to your den or family.
8. _____ Visit an art exhibit that features photography. Write a list of some of the things you saw and felt during your visit.
9. _____ Demonstrate how to use a light meter and manually set the aperture (lens opening) on a camera.
10. _____ Print and develop a picture from a film negative

PHYSICAL FITNESS

Scout:	Den Leader Signature:	Pack:	Den:	Received: / /
--------	-----------------------	-------	------	---------------

Complete these three requirements:

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, curl-ups, the standing long jump, the 50-yard dash, and the softball throw.

Earn the Physical Fitness belt loop, and complete five of the following requirements:

1. _____ Make a diagram of the Food Guide Pyramid. List foods you ate in a week and show where they fit in the pyramid.
2. _____ Choose a form of exercise, bring your heart rate up to target, and keep it there for 15 minutes. Don't forget to warm up and cool down.
3. _____ Set up a four-step exercise program. Chart your progress for five days a week for two weeks.
4. _____ Explain the reason for warming up and cooling down before and after each exercise session.
5. _____ Visit a local gym and talk to a trainer about exercises and programs for young people.
6. _____ Participate in some aerobic exercises at least three times a week for four weeks.
7. _____ Build an obstacle course that could include some exercises with jumping, crawling, and hurdles. Time yourself three times to see whether you can improve your time.
8. _____ Swim for a total of an hour, charting your time as you go.
9. _____ Participate for at least three months in an organized team sport or organized athletic activity.

Reading & Writing

Scout:	Den Leader Signature:	Pack:	Den:	Received: / /
--------	-----------------------	-------	------	---------------

Complete these three requirements:

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.

Earn the Reading and Writing belt loop, and complete five of the following requirements:

1. _____ Locate and identify the following parts of a book: title, author, spine, cover, table of contents, and index.
2. _____ Read a book to a child or group of children.
3. _____ Participate in a school or community organized reading program.
4. _____ Explain the differences in a biography, autobiography, fiction, and nonfiction books to your parent or den leader.
5. _____ Create a bookmark that you can use, or design a book cover.
6. _____ Read an article from a newspaper or magazine. This can be done on the computer. Report about what you read to an adult.
7. _____ Write a poem and read it to a family member.
8. _____ Write a short report about something of interest to you. Read your report to your den or family.
9. _____ Read several jokes and riddles. Create two of your own and share them with your den or family.
10. _____ Write a commercial, song, or jingle for some product. Perform it for your den or family.
11. _____ Create your own alphabet, writing system, or code and explain it to your den or pack.
12. _____ Learn about another writing system such as petroglyphs or Egyptian hieroglyphs. Do your best to draw some of these symbols. Report what you learned to your den or family.

ROLLER SKATING

Scout: _____	Den Leader Signature: _____	Pack: _____	Den: _____	Received: / /
--------------	-----------------------------	-------------	------------	---------------

Complete these three requirements:

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

Earn the Skating belt loop, and complete five of the following requirements:

1. _____ Participate in a pack or community skating event.
2. _____ Demonstrate how to disassemble and reassemble skates.
3. _____ Explain the proper clothing for roller or inline skating.
4. _____ Spend at least 30 minutes, on two occasions, practicing warm up exercises before skating.
5. _____ Play a game of roller hockey,
6. _____ Learn two new roller skating skills: Forward Scissors, Forward Stroking, Crossover, or Squat Skate.
7. _____ Participate in a roller or inline skating skill development clinic.
8. _____ Demonstrate how to stop quickly and safely.
9. _____ Demonstrate how to skate backwards. Skate backwards for five feet.
10. _____ Play a game on roller skates, roller blades, or inline skates.

Skateboarding

Scout:	Den Leader Signature:	Pack:	Den:	Received: / /
--------	-----------------------	-------	------	---------------

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.

Earn the Skateboarding belt loop, 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 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.

Science

Scout:	Den Leader Signature:	Pack:	Den:	Received: / /
--------	-----------------------	-------	------	---------------

Complete these three requirements:

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.

Earn the Science belt loop, and complete five of the following requirements:

1. _____ Make a simple electric motor that works.
2. _____ Find a stream or other area that shows signs of erosion. Try to discover the cause of the erosion.
3. _____ Plant seeds. Grow a flower, garden vegetable, or other plant.
4. _____ Use these simple machines to accomplish tasks: lever, pulley, wheel-and-axle, wedge, inclined plane, and screw.
5. _____ Learn about solids, liquids, and gases using just water. Freeze water until it turns into ice. Then, with an adult heat the ice until it turns back into a liquid and eventually boils and becomes a gas.
6. _____ Build models of two atoms and two molecules, using plastic foam balls or other objects.
7. _____ Make a collection of igneous, metamorphic, and sedimentary rocks and label them.
8. _____ Learn about a creature that lives in the ocean. Share what you have learned with your den or family.
9. _____ Label a drawing or diagram of the bones of the human skeleton.
10. _____ Make a model or poster of the solar system. Label the planets and the sun.
11. _____ Do a scientific experiment in front of an audience. Explain your results.
12. _____ Read a book about a science subject that interests you.

SNOW SKI AND BOARD

Scout:	Den Leader Signature:	Pack:	Den:	Received: / /
--------	-----------------------	-------	------	---------------

Complete these three requirements:

1. _____ Explain conditioning, clothing, equipment, and planning needed for snow skiing or boarding.
2. _____ Be able to explain safety and courtesy codes for a downhill or cross-country trip.
3. _____ Go skiing or snow boarding. Demonstrate how to stop and turn.

Earn the Skiing belt loop, and complete five of the following requirements:

1. _____ Explain the different categories of ski lifts. Use one.
2. _____ Describe the four universal symbols used to indicate ski trail difficulty.
3. _____ Demonstrate how to hold your position, get up from a fall, and do basic turns.
4. _____ Demonstrate how to fall safely to avoid injury.
5. _____ Demonstrate five cross country skills, such as a kick turn, diagonal stride, double pole, side-step, step turn, herringbone, straight downhill running, cross-country snowplow, sideslipping, pole drag, diagonal stride uphill, and traverse.
6. _____ Participate in a game using skis or boards; such as relays, races, or racing around poles or flags.
7. _____ Explain what to do if you see a skiing or snow boarding accident. Discuss the dangers of avalanche.
8. _____ Take skiing or snow boarding lessons.

SOCCER

Scout:	Den Leader Signature:	Pack:	Den:	Received: / /
--------	-----------------------	-------	------	---------------

Complete these three requirements:

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.

Earn the Soccer belt loop, and complete five of the following requirements:

1. _____ Participate in a pack, school, or community soccer tournament.
2. _____ Demonstrate the skills of passing, collecting, shooting, heading, dribbling, and tackling.
3. _____ Demonstrate skill in goal keeping.
4. _____ Accurately lay out a soccer field for a game.
5. _____ Demonstrate five types of fouls and explain why players should avoid them.
6. _____ Demonstrate how to juggle the soccer ball and keep it from touching the ground for 30 seconds.
7. _____ Play at least two games of Soccer Tennis.
8. _____ Spend at least a total of six hours playing soccer. Keep track of your time on a chart.
9. _____ Join a soccer team in your community or school.
10. _____ Attend a high school, college, or professional soccer game.
11. _____ Learn about a U.S. Olympic soccer team and report your information to your den.
12. _____ Explain the history of soccer.

SOFTBALL

Scout:	Den Leader Signature:	Pack:	Den:	Received: / /
--------	-----------------------	-------	------	---------------

Complete these three requirements:

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.

Earn the Softball belt loop, and complete five of the following requirements:

1. _____ Compete in a pack or community softball tournament
2. _____ Demonstrate skill in the following throwing techniques: overhand, sidearm, underhand, and the relay throw.
3. _____ Demonstrate skill in the following catching techniques: fielding a ground ball, fielding a pop-up, catching a line drive.
4. _____ Demonstrate correct pitching techniques and practice for three half-hour sessions.
5. _____ Demonstrate correct hitting techniques, including bunting. Practice for three half-hour sessions.
6. _____ Explain the rules of base running and demonstrate skill in the following sliding techniques: the straight-in slide, the hook slide, and the headfirst slide.
7. _____ Learn and demonstrate base coaching signals.
8. _____ Learn about one defensive position (shortstop, catcher, etc.) and practice at that position for three half-hour sessions.
9. _____ Attend a high school, college, or community softball game.

SWIMMING

Scout: _____	Den Leader Signature: _____	Pack: _____	Den: _____	Received: / /
--------------	-----------------------------	-------------	------------	---------------

Complete these three requirements:

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.

Earn the Swimming belt loop, and complete five of the following requirements:

1. _____ Practice the breathing motion of the crawl stroke while standing in shallow water. Take a breath, place your head in the water, exhale, and turn your head to the side to take a breath. Repeat.
2. _____ Learn two of the following strokes: crawl, backstroke, elementary backstroke, sidestroke, or breaststroke.
3. _____ Learn two of the following floating skills: jellyfish float, turtle float, canoe (prone) float.
4. _____ Using a kickboard, demonstrate three kinds of kicks.
5. _____ Pass the "beginner" or "swimmer" swim level test.
6. _____ Visit with a lifeguard and talk about swimming safety in various situations (pool, lake, river, ocean). Learn about the training a lifeguard needs for his or her job.
7. _____ Explain the four rescue techniques: Reach, Throw, Row, and Go (with support).
8. _____ Take swimming lessons.
9. _____ Attend a swim meet at a school or community pool.
10. _____ Tread water for 30 seconds.
11. _____ .Learn about a U.S. swimmer who has earned a medal in the Olympics.
12. _____ Demonstrate the proper use of a mask and snorkel in a swimming area where your feet can touch the bottom.

TABLE TENNIS

Scout:	Den Leader Signature:	Pack:	Den:	Received: / /
--------	-----------------------	-------	------	---------------

Complete these three requirements:

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.

Earn the Table Tennis beft loop, and complete five of the following requirements:

1. _____ Compete in a pack or community table tennis tournament.
2. _____ Demonstrate your knowledge, use, and care of the equipment needed to play table tennis (racket or paddle, table and net, ball, tennis or basketball shoes, and comfortable clothing).
3. _____ Practice 30 minutes developing serving skills.
4. _____ Practice 30 minutes developing your forehand and backhand strokes.
5. _____ Explain to your leader or adult partner how spin affects the bounce of the ball.
6. _____ Accurately set up a table tennis table and net according to USA Table Tennis rules.
7. _____ Play five games of table tennis.
8. _____ Participate in a table tennis skills development clinic.
9. _____ Explain to your leader or adult partner how to score a table tennis game.
10. _____ Participate in a game of doubles table tennis (four people playing in one game, two people per side).

TENNIS

Scout:	Den Leader Signature:	Pack:	Den:	Received: / /
--------	-----------------------	-------	------	---------------

Complete these three requirements:

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.

Earn the Tennis belt loop, and complete five of the following requirements:

1. _____ Compete in a pack or community tennis tournament
2. _____ Demonstrate your knowledge of the use and care of the equipment needed to play tennis (rackets, balls, shoes, clothing, and court).
3. _____ Practice for 30 minutes developing forehand techniques through forehand bump-ups with a bounce, partner bump-ups with a target, forehand alley rally, forehand alley rally over a "net," drop-hit forehand bumps, drop-hit catch in pairs, and toss-hit catch in pairs.
4. _____ Practice developing serving skills for 30 minutes.
5. _____ Explain to your leader or adult partner how to score in tennis.
6. _____ Accurately draw, label, and explain a tennis court layout.
7. _____ Play five games of tennis using U.S. Tennis Association rules.
8. _____ Participate in a tennis skills development clinic.
9. _____ Attend a high school, college, or professional tennis meet.
10. _____ Present to your den or family a report on the history of tennis.

ULTIMATE

Scout:	Den Leader Signature:	Pack:	Den:	Received: / /
--------	-----------------------	-------	------	---------------

Complete these three requirements:

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

Earn the Ultimate belt loop, and complete five of the following requirements:

1. _____ Compete in a pack or community ultimate tournament.
2. _____ Demonstrate effective pivoting while throwing. Use the following throwing styles: backhand pass, sidearm pass, and upside-down pass.
3. _____ Demonstrate skill in the following catching techniques: one handed, clapping, and sandwich.
4. _____ Spend a total of 90 minutes in practice developing individual defensive skills for the positions of marker and defender. Keep track of your time on a chart
5. _____ Explain the flight dynamics of the ultimate disk. Draw a diagram if needed.
6. _____ Accurately lay out an ultimate playing field, including end zones.
7. _____ Play five games of ultimate.
8. _____ Participate in an ultimate skills development clinic.
9. _____ Explain the history of ultimate and how it became a sport

Video Games

Scout:	Den Leader Signature:	Pack:	Den:	Received: / /
--------	-----------------------	-------	------	---------------

Complete these three requirements:

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.

Earn the Video Games belt loop, and complete five of the following requirements:

1. _____ With your parents, create a plan to buy a video game that is right for your age group.
2. _____ Compare two game systems (for example, Microsoft Xbox, Sony PlayStation, Nintendo Wii, and so on). Explain some of the differences between the two. List good reasons to purchase or use a game system.
3. _____ Play a video game with family members in a family tournament.
4. _____ Teach an adult or a friend how to play a video game.
5. _____ List at least five tips that would help someone who was learning how to play your favorite video game.
6. _____ Play an appropriate video game with a friend for one hour.
7. _____ Play a video game that will help you practice your math, spelling, or another skill that helps you in your schoolwork.
8. _____ Choose a game you might like to purchase. Compare the price for this game at three different stores. Decide which store has the best deal. In your decision, be sure to consider things like the store return policy and manufacturer's warranty.
9. _____ With an adult's supervision, install a gaming system.

VOLLEYBALL

Scout:	Den Leader Signature:	Pack:	Den:	Received: / /
--------	-----------------------	-------	------	---------------

Complete these three requirements:

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.

Earn the Volleyball belt loop, and complete five of the following requirements:

1. _____ Compete in a pack, school, or community volleyball tournament
2. _____ Demonstrate skill in two volleyball passing techniques: forearm pass and overhead pass (setting).
3. _____ Demonstrate skill in two volleyball serving techniques: underhand and overhand.
4. _____ Spend at least 90 minutes in practice to develop individual skills for volleyball. Make a chart to record your practice efforts.
5. _____ Explain how volleyball matches are scored, including the terms side-out and rally scoring.
6. _____ Accurately lay out a volleyball court.
7. _____ Play five games of volleyball.
8. _____ Officiate at least three games of volleyball.
9. _____ Explain the importance of good sportsmanship.
10. _____ Attend a high school, college, or professional volleyball game.

WEATHER

Scout:	Den Leader Signature:	Pack:	Den:	Received: / /
--------	-----------------------	-------	------	---------------

Complete these three requirements:

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.

Earn the Weather belt loop, and complete five of the following requirements:

1. _____ Define the following terms: weather, humidity, precipitation, temperature, and wind.
2. _____ Explain how clouds are made. Describe the different kinds of clouds-stratus, cumulus, cumulonimbus, and cirrus-and what kind of weather can be associated with these cloud types.
3. _____ Describe the climate in your state. Compare its climate with that in another state.
4. _____ Describe a potentially dangerous weather condition in your community. Discuss safety precautions and procedures for dealing with this condition.
5. _____ Define what is meant by acid rain. Explain the greenhouse effect.
6. _____ Talk to a meteorologist about his or her job. Learn about careers in meteorology.
7. _____ Make a weather map of your state or country, using several weather symbols.
8. _____ Explain the differences between tornadoes and hurricanes.
9. _____ Make a simple weather vane. Make a list of other weather instruments and describe what they do.
10. _____ Explain how weather can affect agriculture and the growing of food.
11. _____ Make a report to your den or family on a book about weather.
12. _____ Explain how rainbows are formed and then draw and color a rainbow.

WILDLIFE

Scout:	Den Leader Signature:	Pack:	Den:	Received: / /
--------	-----------------------	-------	------	---------------

Complete these three requirements:

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.

Earn the Wildlife Conservation belt loop, and complete five of the following requirements:

1. _____ Visit a wildlife sanctuary, nature center, or fish hatchery.
2. _____ Collect and read five newspaper or magazine articles that discuss conservation of wildlife and report to your family or den what you learn.
3. _____ Learn about five animals that use camouflage to protect themselves.
4. _____ Make a birdbath and keep a record for one week of the different birds that visit it.
5. _____ Make a collage of animals that are in the same class: fish, amphibians, reptiles, birds, or mammals.
6. _____ Make a plaster cast of an animal track. Show it to your den.
7. _____ Visit with a person who works in wildlife conservation, such as a park ranger, biologist, range manager, geologist, horticulturist, zookeeper, fishery technician, or conservation officer.
8. _____ Visit a state park or national park.
9. _____ Participate in an environmental service project that helps maintain habitat for wildlife, such as cleaning up an area or planting trees.