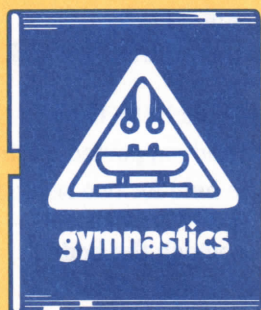


# Cub Scout Sports: Gymnastics



## REQUIREMENTS

Tiger Cubs, Cub Scouts, and Webelos Scouts may complete requirements in a family, den, pack, school, or community environment. Tiger Cubs must work with their parents or adult partners. Parents and partners do not earn loops or pins.

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

### Sports Pin

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

- \_\_\_\_\_ 1. Write a report on the history of gymnastics. Tell your den or an adult family member what you learned.
- \_\_\_\_\_ 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. Tell your den or an adult family member what you learned about them.

## Resources

You can contact the state or regional gymnastics director by writing to USA Gymnastics for the director's name and telephone number or by calling member services toll free at 800-345-4719.

### USA Gymnastics

132 E. Washington St., Suite 700

Indianapolis, IN 46204

Phone: 317-237-5050; fax: 317-237-5069

Web site: <http://www.usa-gymnastics.org>

## Recommended Reading

*The Young Gymnast*, by Joan Jackman. DK Publishing 1995.

*Gymnastics*, by Dan Gutman. Puffin, 1998.

*I Can Do Gymnastics: Essential Skills for Beginning Gymnasts*, by USA Gymnastics. Spaulding Sports Library, Masters Press, 1993.

*USA Gymnastics Safety Handbook*, by USA Gymnastics. Available from USA Gymnastics.

## All-Around Fun and Fitness

Gymnastics is truly the most diversified of all the sports activities because it involves many different types of exercise that work all of the muscles of the body.

These exercises were designed to develop strength and coordination. As a result, the skills and techniques learned through gymnastic activities will help you in other sports. You'll find that there is a strong relationship between gymnastics and diving, track and field, football, and many other sports.

Gymnastics builds body and character. It will strengthen your self-discipline and raise your self-esteem. But most important, gymnastics is fun.

It is important to listen and follow your coach's instructions and directions. Doing so will help keep you safe and help prevent injuries.

## Floor Exercise Skills

**forward roll.** A tumbling skill done by rolling forward from a squat stand into a tuck or pike position, and finishing in a straight stand.

**backward roll.** A tumbling skill done by rolling backward from a squat stand into a straight stand.

**headstand.** A balance skill in which the body is upside down in a straight line and supported by the hands and the head; should be held for two seconds.

**handstand.** A balance skill in which the body is upside down in a straight line, supported by the hands only; should be held for two seconds.

**scale.** A balance skill in which the weight is supported by one leg.

**cartwheel.** A tumbling skill in which the body moves from a stand to a straddled handstand and finishes in a straight stand.

**roundoff.** A tumbling skill in which a half turn is done during a handstand; a cartwheel with the addition of a quarter turn.

