

**Physical Skills Group: Sportsman**

1. Show the signals used by officials in one of these sports: football, baseball, basketball, soccer, hockey.

Write the word or phrase that describes the signals for **FOOTBALL** shown below.

				
				
				
				

Write the word or phrase that describes the signals for **SOCCER** shown below.



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Write the word or phrase that describes the signals for **BASKETBALL** shown below.



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2. Explain what good sportsmanship means.

Check the items below that show good sportsmanship.

<input type="checkbox"/> Take your losses bravely	<input type="checkbox"/> Play hard, but play fairly
<input type="checkbox"/> Gloat over your wins	<input type="checkbox"/> Cheat when no one is looking
<input type="checkbox"/> Play to win, but play fairly	<input type="checkbox"/> Tell your opponent he played a good game
<input type="checkbox"/> Put down the other team	<input type="checkbox"/> Throw a fit when you don't get to play the position you want
<input type="checkbox"/> Respect your opponents	<input type="checkbox"/> Play by the rules
<input type="checkbox"/> Show disgust when your teammate is struggling	<input type="checkbox"/> Bad mouth the coaches

3. While you are a Webelos Scout, earn Cub Scout Sports belt loops for TWO individual sports.

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|  badminton    |  physical fitness |
|  bicycling   |  skating         |
|  bowling    |  skiing         |
|  fishing    |  swimming       |
|  golf       |  table tennis   |
|  gymnastics |  tennis         |
|  marbles    |  |



If you have earned the Physical Fitness Pin as part of the Athlete Achievement, then you have automatically earned the Physical Fitness Belt Loop.

4. While you are a Webelos Scout, earn Cub Scout Sports belt loops for TWO team sports.

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|  baseball   |  softball   |  soccer   |
|  basketball |  volleyball |  ultimate |



**Bicycling**

Remember the belt loops are for the scout doing their best to learn about the sport or academic activity, and by putting the new techniques to practice with fellow scouts, in their community, or working with an adult.

**Belt Loop:** Complete these three requirements:

- Explain the rules of safe bicycling to your den leader or adult partner.
- Demonstrate the correct fit of a bicycle helmet.
- Show how to ride a bike safely, using all hand signals and following all safety and traffic rules. Ride for at least half an hour with an adult partner, your family, or your den.

**Sports Pin:** Earn the Bicycling belt loop, complete requirement **1 below**, and do **FOUR** additional requirements

- Record on a chart at least 25 hours of bicycling. (Required)
- Participate in a pack, den, or community bike rodeo.
- Demonstrate how to repair a flat tire on a bicycle.
- Make a poster illustrating different types of early bikes and show it to your den.
- Demonstrate to your den or pack the use of proper bicycling safety equipment.
- With the help of a parent or adult partner, register or reregister your bicycle.
- Go on a "bicycle hike" with your family or den. Obey traffic rules related to bicycling.
- Repair or restore a nonfunctioning bicycle to a
- Visit a bicycle race or exhibition.
- Help set up a bike rodeo or bike competition for your pack.



### **Swimming**

Remember the belt loops are for the scout doing their best to learn about the sport or academic activity, and by putting the new techniques to practice with fellow scouts, in their community, or working with an adult.

**Belt Loop:** Complete these three requirements:

- Explain basic rules of safety for swimming. Emphasize the buddy system.
- Pass the "beginner" swim level test. (see below)
- Demonstrate the ability to float on your back.

**Sports Pin:** Earn the Swimming belt loop, complete **FIVE** of the following requirements:

- Learn two of the following strokes: crawl, backstroke, elementary backstroke, sidestroke, or breaststroke.
- Learn two of the following floating skills: jellyfish float, turtle float, canoe (prone) float.
- Using a kickboard, demonstrate three kinds of kicks.
- Play a water game with your den or family.
- 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.
- Explain the three rescue techniques of Reach, Throw, and Go.
- Take swimming lessons.
- Attend a swim meet at a school or community pool.
- Tread water for 30 seconds.
- Learn about a U.S. swimmer who has earned a medal in the Olympics.

### **Beginner Test**

**Jump feet first into water over the head in depth, level off, swim 25 feet on the surface, stop, turn sharply, resume swimming as before, and return to starting place.**

The entry and turn serve the same purpose as in the swimmer test. The swimming can be done with any stroke, but no underwater swimming is permitted. The stop assures that the swimmer can regain a stroke if it is interrupted. The test demonstrates that the beginning swimmer is ready to learn deepwater skills and has the minimum ability required for safe swimming in a confined area in which shallow water, sides, or other support is less than 25 feet from any point in the water.



**Skiing**

**Belt Loop:** Complete these **THREE** requirements:

- Explain the conditioning, clothing, equipment, and planning needed for a ski activity.
- Be able to explain safety and courtesy codes for a downhill or cross-country ski trip.
- Go skiing. Demonstrate how to stop and turn.

**Sports Pin:** Earn the Skiing belt loop, and complete **FIVE** of the following requirements:

- Explain the different kinds of ski lifts and how they work. Use one.
- Describe the four universal symbols used to indicate ski trail difficulty.
- Demonstrate how to snowplow (wedge position), hold your position, and get up from a fall.
- Demonstrate how to do a basic christie.
- Demonstrate five cross-country skills, such as a kick turn, the diagonal stride, double poling, sidestepping, the step turn, the herringbone, straight downhill running, the snowplow, sideslipping, dragging the pole, the diagonal stride uphill, and a traverse.
- Participate in at least three games using skis, such as relays, races, treasure hunts, and skiing around poles or flags.
- Explain what to do if you see a skiing accident.
- Take skiing lessons.
- Watch a film on skiing.
- Talk with a member of a ski patrol and learn about the job he or she does at the ski slope.



**Baseball**

Remember the belt loops are for the scout doing their best to learn about the sport or academic activity, and by putting the new techniques to practice with fellow scouts, in their community, or working with an adult.

**Belt Loop:** Complete these three requirements:

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

**Sports Pin:** Earn the Baseball belt loop, and complete **FIVE** of the following requirements:

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



**Basketball**

Remember the belt loops are for the scout doing their best to learn about the sport or academic activity, and by putting the new techniques to practice with fellow scouts, in their community, or working with an adult.

**Belt Loop:** Complete these three requirements:

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

**Sports Pin:** Earn the Basketball belt loop, and complete **FIVE** of the following requirements:

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



**Soccer**

Remember the belt loops are for the scout doing their best to learn about the sport or academic activity, and by putting the new techniques to practice with fellow scouts, in their community, or working with an adult.

**Belt Loop:** Complete these three requirements:

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

**Sports Pin:** Earn the Soccer belt loop, and complete **FIVE** of the following requirements:

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