



# Cub Scout Roller Skating

## Cub Scout Academics and Sports Workbook

This workbook is not required but can help you with this award. Belt Loops and Pins may be earned more than once.

Links to other workbooks and resources are at the end of this workbook: [Online Resources](#).

Send comments to the workbook developer: [craig@craiglincoln.com](mailto:craig@craiglincoln.com). Workbook updated: March, 2011.

Scout's Name: \_\_\_\_\_

Pack: \_\_\_\_\_

### **Cub Scout Roller Skating Belt Loop** (See the [Pin Requirements](#) below.)

**Complete these three requirements:**

1. Explain ways to protect yourself while roller skating or inline skating, \_\_\_\_\_

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and the need for proper safety equipment. \_\_\_\_\_

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2. Spend at least 30 minutes practicing the skills of roller skating or in-line skating. \_\_\_\_\_

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3. Go skating with a family member or den for at least three hours. Chart your time.

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### **Cub Scout Roller Skating Pin**

**Earn the Cub Scout Roller 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 in-line skating. \_\_\_\_\_

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4. Spend at least 30 minutes, on two occasions, practicing warm up exercises before skating. \_\_\_\_\_

5. Play a game of roller hockey. \_\_\_\_\_

6. Learn and demonstrate 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 backward. Skate backward for five feet. \_\_\_\_\_

10. Play a game on roller skates, roller blades, or in-line skates. \_\_\_\_\_

**Online Resources** *(Use any Internet resource with caution and only with your parent's or guardian's supervision.)*

**Cub Scout Advancement:** <http://usscouts.org/advance/cubscout/ranks.asp>

**Tiger:** <http://meritbadge.org/wiki/index.php?title=Tiger>

**Wolf:** <http://meritbadge.org/wiki/index.php?title=Wolf>

**Bear:** <http://meritbadge.org/wiki/index.php?title=Bear>

**Webelos:** <http://meritbadge.org/wiki/index.php?title=Webelos>

**Cub Scout Academics and Sports Workbooks:** ► [meritbadge.org](http://meritbadge.org) -or- ► [Academics](#) / [Sports](#)

**Webelos Activity Badge Workbooks:** ► [usscouts.org](http://usscouts.org) -or- ► [meritbadge.org](http://meritbadge.org)

**Boy Scouts of America:** <http://www.scouting.org/> ► [Guide to Safe Scouting](#) ► [Age-Appropriate Guidelines for Activities](#)

**ExpertVillage.com Lesson Videos:**  [How to Roller Skate](#)  [How to Rollerblade](#)

Roller Skating Overview & History: [http://en.wikipedia.org/wiki/Roller\\_skating](http://en.wikipedia.org/wiki/Roller_skating)

Inline Skating Overview & History: [http://en.wikipedia.org/wiki/Inline\\_skates](http://en.wikipedia.org/wiki/Inline_skates)

International In-Line Skating Assn: <http://www.iisa.org>

Roller Skating Association International: <http://www.rollerskating.com>

USA Roller Sports Recreation Program : <http://www.usarollersports.org>

U.S. Figure Skating Association: <http://www.usfigureskating.org>