

Give it a Go Brownies Physical literacy badge

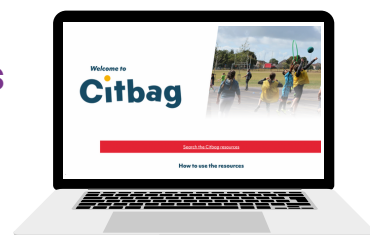


To gain your 'Give it a Go' physical literacy badge you must complete the activities from below with the help of your unit leader.

Activity 1: With reference to the Play to learn resource / play to learn technical skills manual, use the activity cards to demonstrate competency in:

- Locomotor skills
- Manipulative skills
- Body management.

Visit the Sport Wales [play to learn site](#)



Activity 2: Complete 15 different activities with at least 2 from each section, from the dragon sport multi skills pack that will improve your sporting skills in different areas.

Visit Sport Wales site to download [here](#)

Activity 3: Create a poster of all the new skills you have learnt whilst completing the badge.

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**Physical skill
Confidence Motivation
Lots of Opportunities
= Physical Literacy**



Give it a Go Brownies Rugby badge



To gain your 'Give it a Go' badge rugby badge, complete the activities below with the help from your leader or take part in a taster session with a local coach.

- Name 3 important health and safety rules in the game of rugby.
- Name and explain 3 rules that you must follow in a game of rugby.
- Complete a warm up that incorporates all the muscle groups used in rugby.

1 Activity 1 - Precision passing

- In pairs standing to the side of each other pass the ball back and forth. (Make sure there is a space between you so you have enough room to throw the ball)
- How many passes can you complete in 1 minute?
- Stand side to side of each other with one person slightly behind – focus on passing the ball back to your partner – switch places after every go.

2 Activity 2 - On the move

- In pairs/threes run up and down the hall passing the ball back and forth (remember to pass to the side and that the ball must be passed backwards).
- Run in and out of the cones, holding the ball in both hands and place the ball on the floor to score a try.
- Race against another group to see who can finish first.

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3 Activity 3 - Tag rugby

- In your team you have to try and score at the other end of the hall/pitch by placing the ball on the floor.
- You can pass in any direction as long as it is to your own team.
- If a player from the opposite team touches you with both hands you stop and pass. After 6 touches the ball goes to the opposite team.



Give it a Go Brownies Kayaking badge



To gain your 'Give it a Go' kayaking badge, you should follow the instructions below with help from your leader or take part in a kayaking taster session with a qualified local coach.

- Understand the health and safety points for kayaking.
- Name 2 pieces of equipment needed for kayaking.

1 Activity 1 - Demonstrate

- Demonstrate correct technique in holding the paddle and using the paddle.
- Kayak independently for 30metres using a forward stroke.
- Complete a 180degree turn with the sweep stroke.

2 Activity 2 - Bulldogs charge

- One person is the bulldog and sits in the middle of the lake/river.
- The others charge past the bulldog trying to make it from one safe area to the other without being caught.
- To catch someone, you must touch their boat with your boat.
- If you are caught you turn into a bulldog – this continues until everyone is caught.

This game encourages quick starts, stops and turns which are essential when kayaking.

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Give it a Go Brownies Triathlon badge



To gain your 'Give it a Go' triathlon badge, you should try each of the following activities with the help from your unit leader or attend a local taster session with a qualified coach.

Run, swim, cycle!

1 Activity 1 - Sharks and fishes run

- In a large space there will be 2 – 3 sharks.
- The rest will be fishes and will stand in a safe zone.
- When your leader says go the fishes must run from their safe zone to the opposite side of the area to the other safe zone.
- The sharks will try and tag the fishes.
- If the fishes get tagged, then they turn into a shark.
- Game continues until there is 1 or 2 fishes left.

The following activities would need to be completed at a venue with the relevant facilities (Swimming pool/safe area for cycling).

2 Activity 2 - Swimming scavenger race

- Split girls into teams.
- Using a range of sinkable swim aids, scatter them on the floor of the pool. (non-swimmers go first if the pool gets deeper the further you go)
- On the whistle the girls take it in turns to retrieve the items.
- Each girl must place the swim aid on the pool side before the next girl takes her turn.
- The first team to retrieve all the items wins.

3 Activity 3 - Obstacle course Cycling

- Make your way through an obstacle course as safely as you can without falling.
- How fast did you complete the course?
- Complete the course on 3 separate occasions, marking your fastest time.



Give it a Go Brownies Tennis badge



To gain your 'Give it a Go' tennis badge, you should follow the instructions below with help from your leader or take part in a tennis session with a qualified local coach.

- Name 2 pieces of equipment needed to play tennis.
- Name 3 rules in tennis.
- Make sure you do a sport specific warm up and cool down, that will target the main muscles used in tennis.

1 Activity 1 - Keepy uppies

- Bounce the tennis ball up and down on your racquet.
- Bounce the tennis ball against the floor with your racquet whilst moving around.
- Balance the tennis ball on your racquet as you move around the area.

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2 Activity 2 - All about technique

Demonstrate the correct technique:

- Forehand
- Serve

3 Activity 3 - Rally

- In pairs rally the ball back and forth without losing control over the ball.
- Complete 10 forehand rallies.
- Once complete take 2 steps back and start again.
- See how many rallies you can complete in 1 minutes.



4 Activity 4 - Cone knock down

- Demonstrating the correct serving technique.
- Aim and hit the ball at the cones.
- Aim of the game is to try and knock as many cones down as possible.



Give it a Go Brownies Archery badge



To gain your 'Give it a Go' archery badge you should complete the following activities with a qualified archery instructor.

Understand the health and safety points for archery.
Name 2 pieces of equipment needed to play archery.
Create a poster on the health and safety points for archery

1 Activity 1 - Technique

Demonstrate the correct technique:

- Hold your bow and shoot your arrow safely.
- Load your arrow correctly and safely.

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2 Activity 2 - Shooting

- Aim and shoot 3 arrows at a target.
- Try and hit the colours on the target – how close can you get to the bullseye?

3 Activity 3 - Rally

- You have 3 arrows: 1 represents a fork, 1 represents a knife and 1 represents a spoon.
- Aim your arrow at the target and shoot.
- Every target you hit will give you one of the pieces of cutlery.
- If you miss you lose a piece of cutlery.
- At dinner time you are only allowed to use the cutlery that you have won.



Give it a Go Brownies windsurfing badge



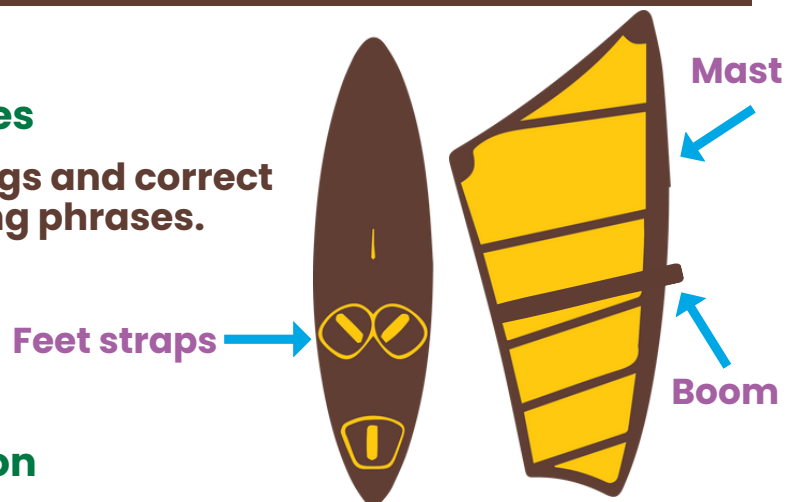
To gain your 'Give it a Go' windsurfing badge, you should follow the instructions below with help from your leader or take part in a windsurfing taster session with a qualified local coach.

- Understand the health and safety issues in windsurfing.
- Name 3 different parts of equipment that are attached to the board.

1 Activity 1 - Correct names

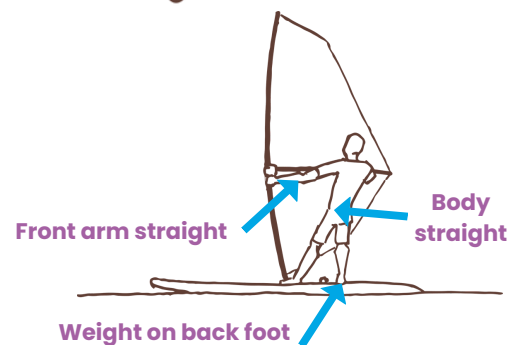
You will learn the meanings and correct techniques of the following phrases.

- Mast
- Feet
- Boom



2 Activity 2 - Sailing position

- Front arm straight
- Weight on the back foot
- Keep your body straight
- Look forward



3 Activity 3 - Ready steady go

- Windsurf around a course.
- See how far you can get without falling.



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Give it a Go Brownies Hockey badge



To gain your 'Give it a Go' Hockey badge, please complete the following activities or attend a taster session with a local qualified coach.

1 Activity 1 - Warm it up

Warm up before exercising and cool down afterwards.

2 Activity 2 - Technique matters

Demonstrate the correct technique in passing & receiving the ball.

3 Activity 3 - Ball dribbling

Demonstrate the ability to dribble the ball using the correct technique:

- Dribble the ball through a number of cones and back
- Complete a relay race circuit against other children in your unit.

4 Activity 4 - Gate game

- Practise passing and receiving with a partner
- Complete 10 passes each using:
 - Push Pass
 - Hit Pass
- Ensure you stop the ball with the correct technique
- Add in two cones like a goal in between both players to develop accuracy of passes.



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Give it a Go Brownies Volleyball badge



To gain your 'Give it a Go' volleyball badge, you should follow the instructions below with help from your leader or take part in a volleyball taster session with a qualified local coach.

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1 Activity 1 - Volleyball rules

- Name 3 ways of hitting the ball in volleyball.
- Name 2 rules of volleyball.

2 Activity 2 - Warm it up

- You must create a warm up game that targets the main muscles used for volleyball and make sure you cool down afterwards.

3 Activity 3 - Demo

You will demonstrate the correct technique of:

- How to bump a ball.
- How to set a ball.
- How to spike a ball.



4 Activity 4 - Pairs

- In pairs you will complete 10 bumps, sets and spikes each. Complete 10 passes without dropping the ball on the floor.

5 Activity 5 - Two sided game

- Play a 2v2 two sided game
- First team to score 10 wins.
- Use the rules of the game you named above.
- Move on to play against a different team.

A small game is to be played so you can still develop your skills – it will challenge you to think of the rules and how to earn points.



Give it a Go Brownies Golf badge



To gain your 'Give it a Go' golf badge, you should follow the instructions below with help from your leader or take part in a golf session with a qualified local coach.

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1 Activity 1 - Warm up

- You will create a warm up that will target the main muscles used for golf and perform a cool down to finish.

2 Activity 2 - Name it

- Name 3 different types of clubs.
- Name 3 different types of strokes in golf.



3 Activity 3 - Hitting the ball

Demonstrating the correct technique decide which stroke to use.

- Hit the ball at a large target.
- Take one step back or move the target further way.
- Make the target smaller.

4 Activity 4 - Mini golf

- In pairs stand in front of a cone.
- Putt the ball through your partner's legs and try and hit the cone.
- Make it harder by shortening the gap between your legs.
- Move the cone further away to make harder.

These games/activities are focusing on aim and accuracy. They also focus on the power coming from the club – how hard or how light you have to hit the ball.



Give it a Go Brownies Netball badge



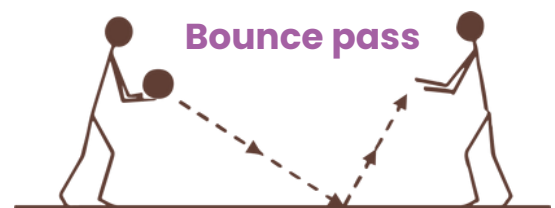
To gain your 'Give it a Go' netball badge, you should follow the instructions below with help from your leader or take part in a netball taster session with a qualified local coach.

Name 3 rules that you must follow in a game of netball

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1 Activity 1 - Precision passing

- In pairs, throw the ball back and forth using a bounce pass.
- In pairs, throw the ball back and forth using a chest pass.
- How many passes can you do in 1 minute? Complete for both types of pass.



2 Activity 2 - Piggy in the middle

- In groups of 6 (4 attackers and 2 pigs) form a square
- The 2 pigs will stand inside the square and try and intercept the ball as the attackers stand on the outside of the square and pass the ball around.
- The player who intercepts the ball successfully takes the place of the player who threw the ball.



3 Activity 3 - Knock over the cones

- In teams you will play against each other to knock down the cones.
- Each team has different cones/skittles.
- The aim of the game is for a team to knock down their oppositions cones before theirs gets knocked down.



Give it a Go Brownies football badge



To gain your 'Give it a Go' Football badge you must complete the following activities or take part in a 60 minute taster session with your unit leader, a Ranger or a local coach.

1 Activity 1 - Paired passing

- In pairs, facing each other- take 10-15 steps backwards.
- Pass the ball to your partner using your right foot first.
- 2nd player should stop ball by trapping it before returning with a pass.
- Complete 15 passes using the right foot,
- then complete another 15 using the left foot.



2 Activity 2 - Showing the way

- Ask a Ranger to come along and help deliver the session.
- Take part in a small-sided game to try out all your new skills.
- 7v7 maximum for 10-15 minutes.

3 Activity 3 - Goal!

- Take part in a penalty shootout, to practice shooting at a target.
- You should rotate players so everyone has a go at goalkeeping.

4 Activity 4 - Practice makes perfect

- Take part in fun practices which focus on at least 2 of the below
- Turning, passing and control
- Running with the ball, dribbling and defending
- Heading, shooting and goalkeeping

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Give it a Go Brownies disability in sport badge



To gain your 'Give it a Go' disability in sport badge, you should try each of these activities below with help from your leader.

Create a poster on a Paralympic sport and an athlete involved in that sport.

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1 Activity 1 - Monkey ball

- In a big circle, spread your legs apart and make sure your feet are touching the feet of the person next to you.
- Balls will be thrown into the circle and the aim of the game is to hit the ball with your hands and get it through the legs of someone else in the circle.
- If the ball goes through your legs, you lose the use of an arm. If it goes through twice then you lose use of both arms and have to block using your knees. If it goes through your legs the third time you are out.
- This carries on until there is one person left standing.

2 Activity 2 - Obstacle course

- An obstacle course will be set up in your unit.
- Complete the course in pairs, one will be blindfolded and one will be the guide – switch roles once you have had a go.
- Discuss the difficulties of completing an activity without the ability to see.

3 Activity 3 - Shoot and score

- There will be several targets/ buckets placed around the hall.
- Sitting down with your legs out in front of you, throw the ball at/in the target. (2 points if it hits the target, 4 points if it goes in)
- Move on to another target once you've successfully completed the shot.
- Move further away from the target to make it harder.
- How many shots can you get in in 1 minute?



Give it a Go Brownies Cricket badge



To gain your 'Give it a Go' cricket badge, you can either follow the instructions below with help from your leader or take part in a cricket taster session delivered by a qualified local coach

- Name 2 pieces of equipment used in cricket.
- Understand what clothes and safety equipment you need to play cricket.
- Name 2 rules in cricket.
- Demonstrate the correct technique in catching the ball.

1 Activity 1 - Catch it

Practise passing and catching with a partner.
Complete 10 throws each using:

- An underarm throw
- An overarm throw
- Make sure you're using the correct technique to catch the ball
- Throw the ball into a space for your partner to move and catch.

2 Activity 2 - Caterpillar catch

- A set of cones are placed on the floor.
- In teams you will spread out on the cones facing a partner.
- The first player has 5 balls and needs to throw them to their partner.
- Once all 5 balls have been thrown they sprint along the line and catch the ball at the other end.
- Everyone repeats the same movements.
- It will look like a caterpillar is moving down the line.



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Give it a Go Brownies Paddleboard badge



To gain your 'Give it a Go' paddleboard badge, you should follow the instructions below or take part in a paddleboard taster session with a qualified local coach.

- Name 2 pieces of equipment needed to paddleboard
- Understand the correct standing and paddling technique.
- Understand the health and safety procedures.

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1 Activity 1 - Technique

- Use the correct technique to get on your board
- Start on your knees
- Gradually make your way to your feet

2 Activity 2 - Trust the process

Learn to fall to protect yourself from injury.

- Avoid falling on your hands
- Fall to the side of the board

3 Activity 3 - Stroke practice

- Use the correct paddling/stroke technique
- Travel forwards for 50metres
- Turn around and travel back to your starting point
- Repeat until confident and comfortable on the board

4 Activity 4 - Ready steady go

- Race against your fellow friends to see who can get to the end point the quickest.



Health and safety

- You must be able to swim.
- Make sure you are wearing a life vest at all times
- Make sure you are strapped into the board leash at all times.
- Do not go in the water unless you are accompanied by a leader or coach.



Give it a Go Brownies Cycling badge



To gain your 'Give it a Go' cycling badge, you should try each of the following activities with the help from your unit leader or attend a local taster session with a qualified instructor.
Please personalise the activities so that they are challenging to the individual.

Name and describe the key features of a bike.
Name and discuss what protective gear is needed and why.
Learn how to check if the bike is safe to ride.
Create a poster on road safety and why it is important.

1 Activity 1 - On your bike

- Get on your bike.
- Cycle in a straight line from a starting point to a finishing point.
- Weave in and out of the cones to get to the other side.

2 Activity 2 - Water balloon pop

- Cycle over the water balloons and see how many you can burst in one ride around the circuit.
- Focus on accuracy and the speed of your bike when doing this activity.

3 Activity 3 - Race course

- Cycle around a race course set up by your unit leader or instructor.
- Time how long it takes you to complete.
- Complete the course 3 times to see if you can beat your original time.

Health and safety

Members will need to provide their own bike/scooter and safety equipment.

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Give it a Go Brownies Dancing badge



To gain your 'Give it a Go' dance badge, you should try each of these activities below with the help from your leader or take part in a dance session with a local coach.

- Research 3 types of dance.
- Create a poster to explain/describe at least 2 types of dance you have researched.

1 Activity 1 - Warm up

- Create a relevant warm up that incorporates all the muscles you would use in a dance routine.

2 Activity 2 - Show and tell

- In pairs/small groups come up with at least 3 moves that you can practise and show to the rest of your unit. (Each group will show or explain their dance moves – gives the girls more ideas when they move on to step 3).

3 Activity 3 - Practice makes perfect

- In pairs, create a dance routine with music of your own choice. This can also be done individually or in groups. Routine needs to last at least 30 seconds.

4 Activity 4 - Showtime

- Perform your routine to the rest of your unit or your leader



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Give it a Go Brownies Gymnastics badge



To gain your 'Give it a Go' gymnastics badge, you should try each of these activities below with the help from your leader or take part in a gymnastics session with a local coach.

- Find out about the equipment used in gymnastics and talk about it.
- Find a famous gymnast and create a poster to celebrate their achievements.

1 Activity 1 - Warm up

- Take part in a gymnastics warm up.
- jogging, skipping, hopping, leaps and arm circles.

2 Activity 2 - Leotard design

- Design a leotard for gymnastics. It could be a long sleeve, short sleeve or unitard.

3 Activity 3 - Skills

Using gymnastics mats, learn three new skills, these could include.

- Log roll
- Forward roll
- Straddle sit
- Cartwheel
- Handstand
- Left or right leg Splits
- Bridge
- Headstand
- Jump, half twist to stand
- Split leap

More experienced gymnasts can connect three movements they know with a routine. They can perform this.

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