

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?

