



Energise challenge games



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Get ready for some serious fun with the Girlguiding Cymru Energise games challenge!

This awesome pack is bursting with exciting team games designed to get you moving, laughing and working together. You'll race, solve problems and challenge yourselves all while making amazing memories with your friends.

So grab your comfy clothes, lace up your trainers and get ready to energise your world with the Energise Games Challenge!

Who is the pack for?

This Energise Games Challenge is open to everyone in Girlguiding Cymru, from our youngest Rainbows to our amazing Rangers, and of course all our wonderful volunteers! It's a fantastic way to have fun together and get active.

If you're a Girlguiding Cymru member, completing all the challenges will earn you a free Energise games badge to show off your achievements!

If you're not a Cymru member but still want to join in the fun, you can buy a badge for just £1 each.



The badge

Once you complete all the fun challenges in the Energise Games pack for your section, you can earn a super cool badge to show it off!

The Energise Games Challenge Badge has a brand new design and is available from the Girlguiding Cymru shop.

The best part? It's completely FREE for all Girlguiding Cymru members excluding P&P.

If you're not a Girlguiding Cymru member but still crushed the challenges, you can buy your badge for just £1 each excluding P&P.

Don't forget, you will need to pay postage so your badge can find its way to you!

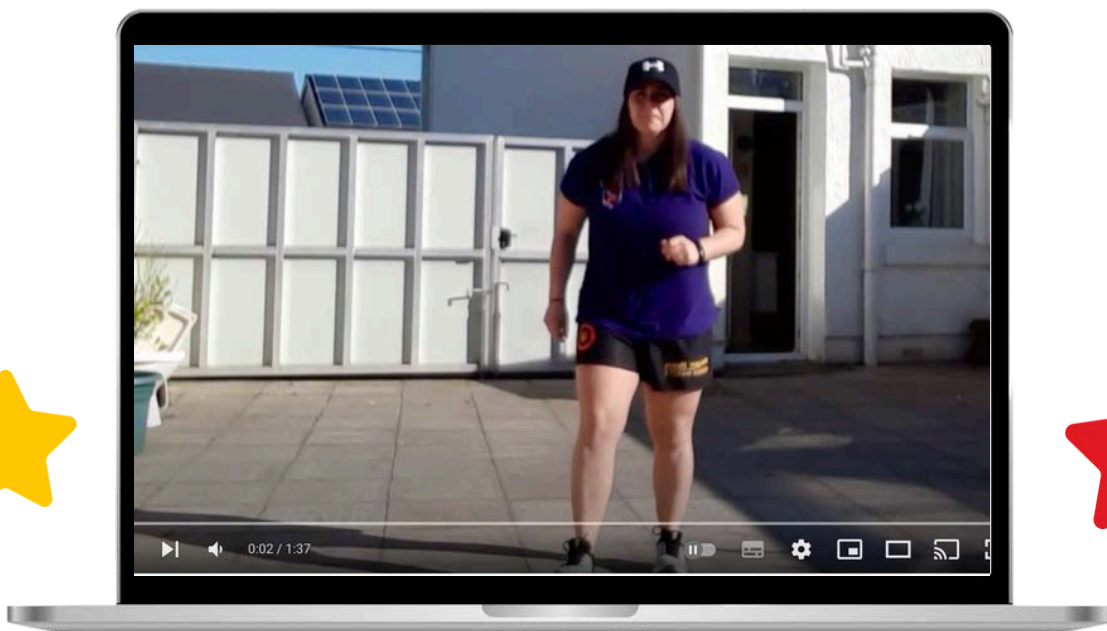
[Visit the shop to purchase your badge](#)



How to..

Find out what you need to do to earn the badge

- Once you have downloaded this pack you can start to make your way through the different activities. There is a set of activities for each section.
- To gain your badge you need to complete all the activities listed and fill in the record sheet with your results to show your leader. Parents or leaders can order the badges [here](#).
- Visit our [YouTube page](#) to see Girlguiding Cymru Energise games videos. These can be done in your unit or individually at home.
- You can also download our certificates for each section to celebrate completing the pack.



For everyone

Making the Energise Games Challenge inclusive for everyone!

The Girlguiding Cymru Energise Games Challenge is all about having fun and getting active, and that means everyone should be able to join in! Here are some ideas for adapting the activities so everyone can participate, regardless of ability.

Wheelchair Users:

- **Beanbag Fun:** Instead of catching a ball, try tossing beanbags back and forth while seated.
- **Target practice:** Use hula hoops or cones to create targets on the ground for wheelchair users to aim beanbags or soft balls at.
- **Obstacle challenges:** Set up an obstacle course with wide pathways for wheelchairs to navigate. Use cones or other markers to create a slalom course or incorporate ramps for inclines.

Visually impaired Members:

- **Auditory Games:** Play games that involve sounds, like following a tapping guide or playing a game of "Simon Says" with sound cues.
- **Descriptive Instructions:** When explaining a game, provide clear descriptions of the layout and movements involved.
- **Tactile Activities:** Incorporate elements that can be felt, such as beanbags with different textures or using knotted ropes as a guide.



Neurodiverse Members:

- **Shorter Activities:** Break down longer games into shorter, more manageable chunks.
- **Clear Instructions:** Provide clear and concise instructions, and repeat them if needed.
- **Fidget Breaks:** Allow for short breaks to move around or fidget with stress balls if needed.
- **Offer Choices:** When possible, give participants a choice in the activities they do.

Deaf or hearing impaired members:

- **Visual Cues:** Use visual cues like hand signals or demonstrations alongside spoken instructions.
- **Written Instructions:** Provide written instructions for each activity.
- **Partner Up:** Pair participants with someone who can communicate effectively using sign language if needed.

Remember:

These are just a few ideas, and the most important thing is to be creative and inclusive! If you're unsure about how to adapt an activity, feel free to ask your Rainbow leader, Brownie leader, Guide leader, or Ranger leader for help. If you are a leader, you can get support from your local EDI adviser. They can brainstorm ways to make sure everyone has a fantastic time participating in the Energise games challenge!



Rainbows



Energise games for Rainbows

How Rainbows can earn this badge

Ready for some energetic fun, Rainbows? The Girlguiding Cymru Energise Games Challenge is here! This is your chance to get moving and try out awesome games, all by yourself or with your Rainbow unit.

We've got a whole list of exciting challenges for you to complete. There's even a special YouTube video where you do a warm up.

Once you've tackled all the challenges, don't forget to fill out your record sheet to keep track of everything you've accomplished.

Complete ALL the activities from your section individually or in a group and note your scores on the record sheet.

Download the record sheet [here](#)

Buy the badge [here](#)

Share your photos [here](#)

Girlguiding Cymru would love to see your #Energisegames photos please @GirlguidingCymruWales on Facebook and @guidingcymru on Twitter (X)



Activity 1: Sprints

Equipment needed: Measuring tape, space to complete the sprint in a straight line.

Activity

Set out 50 metres in a straight line. Mark the beginning and end with cones or clearly visible items that you have, You could use bean bags or old clothing.

How fast can you run or wheel from beginning to end? Time yourselves and mark down your fastest time out of 3 attempts on your record sheet.



Activity 2: Long jump

Equipment needed: Measuring tape and an item to record where you have landed.

Activity

Perform a standing long jump – see how far you can jump from a 2 footed standing stance.

Measure your distance and note it on your record sheet.

Wheelchair users can throw an object towards a tray of sand.



Activity 3: Keepy uppies

Equipment needed: Balloon or football and a tennis racket.

Activity

Using a balloon and a tennis racket, (if you do not have a tennis racket then you can use your hand) see how many times you can hit the balloon in the air without it touching the floor.

Add your score to your record sheet.

Consider: Adapt this activity if anyone is allergic to balloons or sensitive to balloons popping.



Activity 4: Beanbag darts

Equipment needed: Chalk and 3 beanbags.

Activity

Using chalk, draw a target board like the diagram below. You have 3 attempts to get as many points as you can by throwing your beanbags at the target. You must stand 10 metres away from the target to throw your beanbags. Write down your overall score on your record sheet.



Red: 150, Green: 100, Yellow: 50, Blue: 25 Missed target 10.

Activity 5: Hula hoop challenge

Equipment needed: Hula hoop and a timer.

Activity

You will have 3 attempts at this challenge. How long can you hula hoop for before the hoop falls to the floor? Time yourselves and record the longest time.

This can be adapted by using smaller hoops that can be circled around the wrist.



Activity 6: Sports charades

Equipment needed: Download sports charades pdf.

Activity

For this activity you will need the help from your grown-ups. Your leaders or family will perform certain sporting movements for you without using words. You must guess the sport.

Note down the amount of sports you get correct. You only have 1 minute to guess as many sports as you can. A list of activities is available to download for this game.



Activity 7: Egg and spoon

Equipment needed: large spoon, an egg and a timer.

Activity

Create a small obstacle course for your girls to weave in and out of. This course must be 50metres in length. Using a large spoon and an egg, the aim is to balance the egg on the spoon and make your way around the course. If you drop the egg, then pick it up and carry on. Time how long it takes to get from the beginning to the end and note it down on your record sheet. You can adapt this with a larger ball and wooden spoon.



Activity 8: Design your own sports kit

Equipment needed: Colouring pencils/pens/crayons.
Download 'design your own kit' document.

Activity

Using the template provided, design your own sports kit that describes you best. Think about what describes you best: Consider your personality, strengths, and interests.

Choose colors that you associate with yourself or that reflect the aspects you want to highlight. You can even add your lucky number to the back.

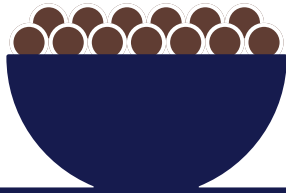


Activity 9: Malteser race

Equipment needed: One pack of Maltesers per competitor, bowls x 2 per person to move from one bowl to another, straws.

Activity

Race against another Rainbow or grown-up and see how many maltesers you can move from one bowl to the other in 1 minute. You can only use your mouth and a straw to move the maltesers. This can be adapted with a tongs.



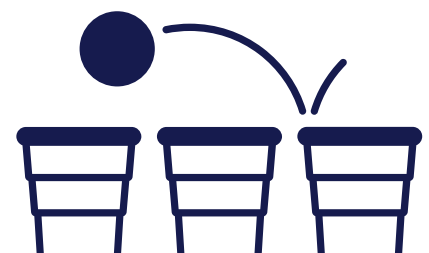
Activity 10: Cup and fire

Equipment needed: 12 cups and a ping pong ball/bouncy ball, squash/water/pop (drink of your choice) and a hard surface (floor or table).

Activity

Using plastic cups (6 per triangle) – fill them half with a drink of your choice (squash, water, pop). Set up 2 separate triangles on either side of a large table or the floor. The aim of the game is to bounce pass a ping pong ball onto the surface and land it in your oppositions cup. Your opponent will then drink what is in the cup and continue the game.

Once a cup has been emptied you remove it from the game. The first person to get the ball into all of the cups wins.



Please note – You do not have to drink from the cup, if you are unhappy to do so just remove the half-filled cup from the game and continue.



Brownies



Energise games for Brownies

How Brownies can earn this badge

Ready for some energetic fun, Brownies? The Girlguiding Cymru Energise Games Challenge is here! This is your chance to get moving and try out awesome games, all by yourself or with your Brownie unit.

We've got a whole list of exciting challenges for you to complete. There's even a special YouTube video where you do a warm up.

Once you've tackled all the challenges, don't forget to fill out your record sheet to keep track of everything you've accomplished.

Complete ALL the activities from your section individually or in a group and note your scores on the record sheet.

Download the record sheet [here](#)

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Share your photos [here](#)

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Activity 1: Sprints

Equipment needed: Measuring tape, space to complete the sprint in a straight line.

Activity

Set out 70 metres in a straight line. Mark the beginning and end with cones or clearly visible items that you have, You could use bean bags or old clothing.

How fast can you run or wheel from beginning to end? Time yourselves and mark down your fastest time out of 3 attempts on your record sheet.



Activity 2: Long jump

Equipment needed: Measuring tape and an item to record where you have landed.

Activity

Perform a standing long jump – see how far you can jump from a 2 footed standing stance.

Measure your distance and note it on your record sheet.

Wheelchair users can throw an object towards a tray of sand.



Activity 3: Keepy uppies

Equipment needed: Football or soft ball.

Activity

Using a football, see how many times you can hit the ball in the air without it touching the floor. Add your score to your record sheet – you may have 3 attempts at this challenge.

You can adapt this challenge using a tennis racquet and balloon.



Activity 4: Beanbag darts

Equipment needed: Chalk and 3 beanbags.

Activity

Using chalk, draw a target board like the diagram below. You have 3 attempts to get as many points as you can by throwing your beanbags at the target. You must stand 20 metres away from the target to throw your beanbags. Write down your overall score on your record sheet.



Red: 150, Green: 100, Yellow: 50, Blue: 25 Missed target 10.

Activity 5: Hula hoop challenge

Equipment needed: Hula hoop and a timer.

Activity

You will have 3 attempts at this challenge. How long can you hula hoop for before the hoop falls to the floor? Time yourselves and record the longest time.

This can be adapted by using smaller hoops that can be circled around the wrist.



Activity 6: Coconut smash

Equipment needed: Plastic bottles/ triangle cones, empty tin cans and a small ball (tennis sized).

Activity

Using items that are easy to knock down (plastic bottles, triangle cones, empty tin cans), build a small stack. Once the stack is built you have 3 attempts to throw your coconut (small ball) at the stack to knock it down. You must be standing 5 metres away from the stack when you throw your coconut. How many items did you knock down? Note down your results on the record sheet.



Activity 7: Sports charades

Equipment needed: Download sports charades pdf.

Activity

For this activity you will need the help from your grown-ups. Your leaders or family will perform certain sporting movements for you without using words. You must guess the sport.

Note down the amount of sports you get correct. You only have 1 minute to guess as many sports as you can. A list of activities is available to download for this game.



Activity 8: Design your own sports kit

**Equipment needed: Colouring pencils/pens/crayons.
Download 'design your own kit' document.**

Activity

Using the template provided, design your own sports kit that describes you best. Think about what describes you best: Consider your personality, strengths, and interests.

Choose colors that you associate with yourself or that reflect the aspects you want to highlight. You can even add your lucky number to the back.

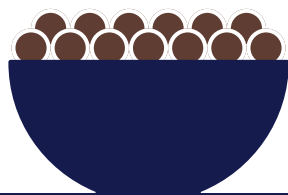


Activity 9: Malteser race

Equipment needed: One pack of Maltesers per competitor, bowls x 2 per person to move from one bowl to another, straws.

Activity

Race against another Brownie or grown-up and see how many maltesers you can move from one bowl to the other in 1 minute. You can only use your mouth and a straw to move the maltesers. This can be adapted with a tongs.



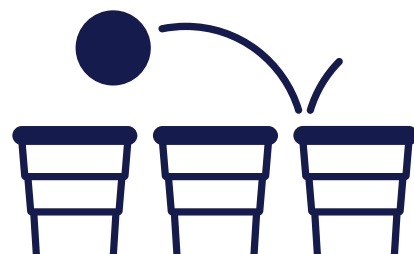
Activity 10: Cup and fire

Equipment needed: 12 cups and a ping pong ball/bouncy ball, squash/water/pop (drink of your choice) and a hard surface (floor or table).

Activity

Using plastic cups (6 per triangle) – fill them half with a drink of your choice (squash, water, pop). Set up 2 separate triangles on either side of a large table or the floor. The aim of the game is to bounce pass a ping pong ball onto the surface and land it in your oppositions cup. Your opponent will then drink what is in the cup and continue the game.

Once a cup has been emptied you remove it from the game. The first person to get the ball into all of the cups wins.



Please note – You do not have to drink from the cup, if you are unhappy to do so just remove the half-filled cup from the game and continue.



Guides



How Guides can earn this badge

Ready for some energetic fun, Guides? The Girlguiding Cymru Energise Games Challenge is here! This is your chance to get moving and try out awesome games, all by yourself or with your Guide unit.

We've got a whole list of exciting challenges for you to complete. There's even a special YouTube video where you do a warm up.

Once you've tackled all the challenges, don't forget to fill out your record sheet to keep track of everything you've accomplished.

Complete ALL the activities from your section individually or in a group and note your scores on the record sheet.

Download the record sheet [here](#)

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Girlguiding Cymru would love to see your #Energisegames photos please @GirlguidingCymruWales on Facebook and @guidingcymru on Twitter (X)



Activity 1: Beanbag darts

Equipment needed: Chalk and 3 beanbags.

Activity

Using chalk, draw a target board like the diagram below. You have 3 attempts to get as many points as you can by throwing your beanbags at the target. You must stand 25 metres away from the target to throw your beanbags. Write down your overall score on your record sheet.



Red: 150, Green: 100, Yellow: 50, Blue: 25 Missed target 10.

Activity 2: Hula hoop challenge

Equipment needed: Hula hoop and a timer.

Activity

You will have 3 attempts at this challenge. How long can you hula hoop for before the hoop falls to the floor? Time yourselves and record the longest time.

This can be adapted by using smaller hoops that can be circled around the wrist.



Activity 3: Coconut smash

Equipment needed: Plastic bottles/ triangle cones, empty tin cans and a small ball (tennis sized).

Activity

Using items that are easy to knock down (plastic bottles, triangle cones, empty tin cans), build a small stack. Once the stack is built you have 3 attempts to throw your coconut (small ball) at the stack to knock it down. You must be standing 7 metres away from the stack when you throw your coconut. How many items did you knock down? Note down your results on the record sheet.



Activity 4: Sports charades

Equipment needed: [Download sports charades pdf](#)

Activity

For this activity you will need the help from your grown-ups. Your leaders or family will perform certain sporting movements for you without using words. You must guess the sport.

Note down the amount of sports you get correct. You only have 30 seconds to guess as many sports as you can. A list of activities is available to download for this game.

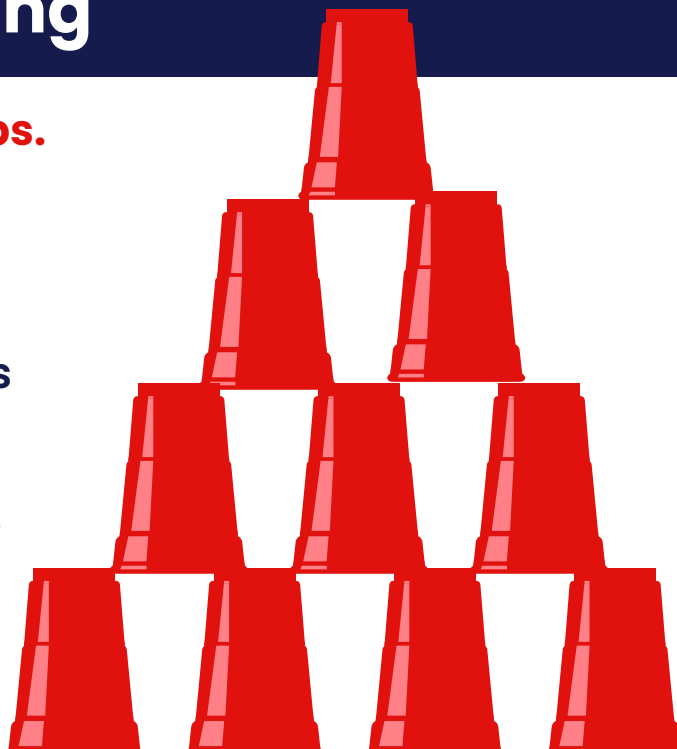


Activity 5: Cup stacking

Equipment needed: 10 plastic cups.

Activity

You will need 10 plastic cups for this challenge. Start with the cups stacked in a pyramid as quickly as you can, unstack the pyramid and re-stack it. You may have up to 5 practise rounds before you time yourself and add it to your record sheet.



Activity 6: Bowling

Equipment needed: Plastic bottles/triangle cones, small football/soft ball) or plastic bowling pins if you have them.

Activity

Set up your pins in the same way you would see at a bowling alley (you can use items such as plastic bottles, triangular cones etc). You must stand 10 metres away from the closest pin. Using a ball (small football, tennis ball, soft ball), you have two attempts to kick the ball to knock down the pins. Note how many pins you have knocked down on your record sheet.



Activity 7: Ping pong shake

Equipment needed: Small cardboard box, ribbon/string, 15 ping pong balls/bouncy balls (can make paper balls) and a timer.

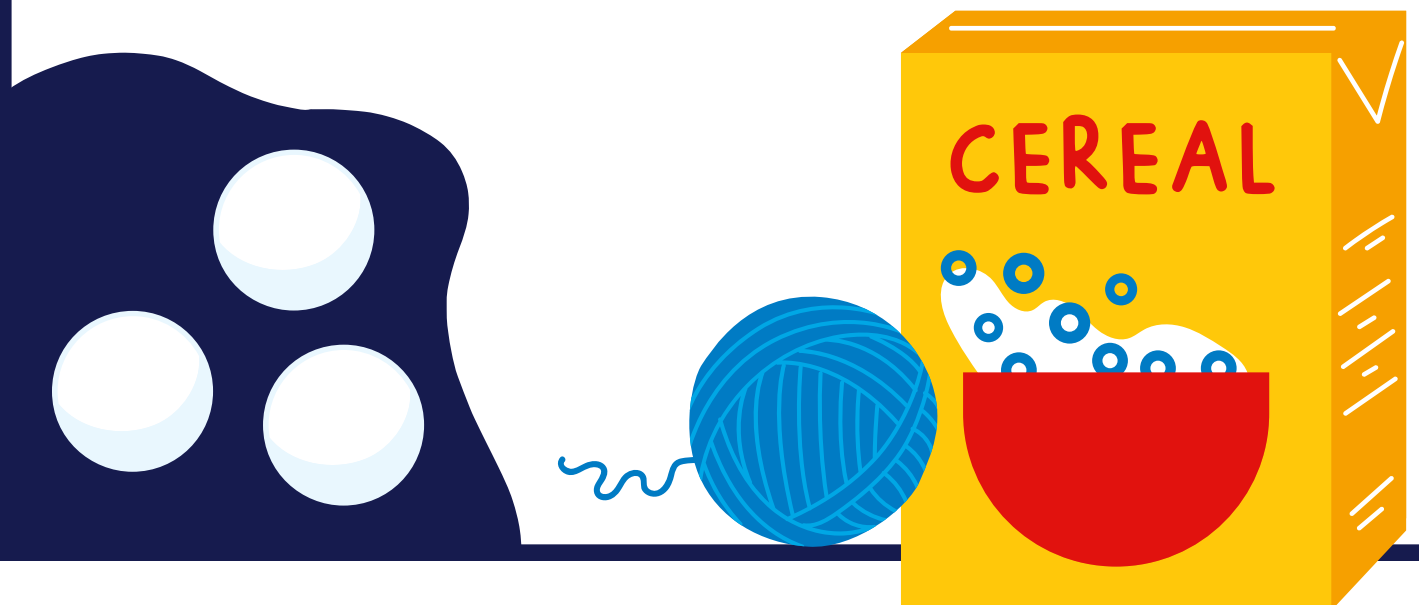
Activity

You will need a small box for this activity (spare cardboard, plastic Tupperware, empty cereal boxes etc).

You will also need to be able to tie this box around your waist or attach it to clothing around your waist (string, Velcro, ribbon etc).

Your box needs to have a small hole, big enough to insert ping pong balls inside the box and for them to fall out. The aim of this activity is to shake your body as quickly as you can to get rid of all the ping pong balls that are inside the box.

Time yourselves doing this activity and add it to your record sheet. You will need 15 ping pong balls to compete in this (you can use rolled up newspaper as balls, bouncy balls or any item that is the same shape and size of a ping pong ball).



Activity 8: Design your own sports kit

**Equipment needed: Colouring pencils/pens/crayons.
Download 'design your own kit' document.**

Activity

Using the template provided, design your own sports kit that describes you best. Think about what describes you best: Consider your personality, strengths, and interests.

Choose colors that you associate with yourself or that reflect the aspects you want to highlight. You can even add your lucky number to the back.

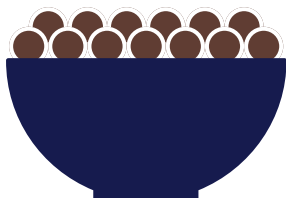


Activity 9: Malteser race

**Equipment needed: One pack of Maltesers per competitor,
bowls x 2 per person to move from one bowl to another,
straws.**

Activity

Race against another Guide or grown-up and see how many maltesers you can move from one bowl to the other in 1 minute. You can only use your mouth and a straw to move the maltesers. This can be adapted with a tongs.



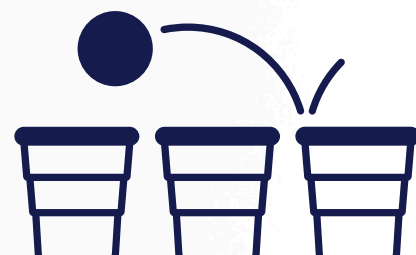
Activity 10: Cup and fire

Equipment needed: 12 cups and a ping pong ball/bouncy ball, squash/water/pop (drink of your choice) and a hard surface (floor or table).

Activity

Using plastic cups (6 per triangle) – fill them half with a drink of your choice (squash, water, pop). Set up 2 separate triangles on either side of a large table or the floor. The aim of the game is to bounce pass a ping pong ball onto the surface and land it in your oppositions cup. Your opponent will then drink what is in the cup and continue the game.

Once a cup has been emptied you remove it from the game. The first person to get the ball into all of the cups wins.



Please note – You do not have to drink from the cup, if you are unhappy to do so just remove the half-filled cup from the game and continue.

The videos that can be found on our website are designed to show you how to set up and participate in each activity.





Rangers



Energise games for Rangers

How Rangers can earn this badge

Ready for some energetic fun, Guides? The Girlguiding Cymru Energise Games Challenge is here! This is your chance to get moving and try out awesome games, all by yourself or with your Ranger unit.

We've got a whole list of exciting challenges for you to complete. There's even a special YouTube video where you do a warm up.

Once you've tackled all the challenges, don't forget to fill out your record sheet to keep track of everything you've accomplished.

Complete ALL the activities from your section individually or in a group and note your scores on the record sheet.

Download the record sheet [here](#)

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Girlguiding Cymru would love to see your #Energisegames photos please @GirlguidingCymruWales on Facebook and @guidingcymru on Twitter (X)



Activity 1: Beanbag darts

Equipment needed: Chalk and 3 beanbags.

Activity

Using chalk, draw a target board like the diagram below. You have 3 attempts to get as many points as you can by throwing your beanbags at the target. You must stand 25 metres away from the target to throw your beanbags. Write down your overall score on your record sheet.



Red: 150, Green: 100, Yellow: 50, Blue: 25 Missed target 10.

Activity 2: Hula hoop challenge

Equipment needed: Hula hoop and a timer.

Activity

You will have 3 attempts at this challenge. How long can you hula hoop for before the hoop falls to the floor? Time yourselves and record the longest time.

This can be adapted by using smaller hoops that can be circled around the wrist.



Activity 3: Coconut smash

Equipment needed: Plastic bottles/ triangle cones, empty tin cans and a small ball (tennis sized).

Activity

Using items that are easy to knock down (plastic bottles, triangle cones, empty tin cans), build a small stack. Once the stack is built you have 3 attempts to throw your coconut (small ball) at the stack to knock it down. You must be standing 10 metres away from the stack when you throw your coconut. How many items did you knock down? Note down your results on the record sheet.



Activity 4: Sports charades

Equipment needed: [Download sports charades pdf](#)

Activity

For this activity you will need the help from your grown-ups. Your leaders or family will perform certain sporting movements for you without using words. You must guess the sport.

Note down the amount of sports you get correct. You only have 30 seconds to guess as many sports as you can. A list of activities is available to download for this game.

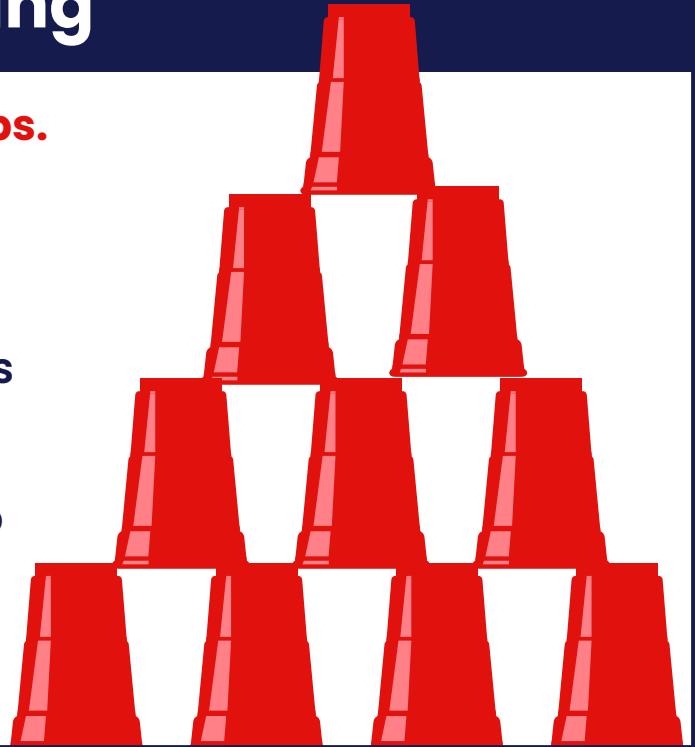


Activity 5: Cup stacking

Equipment needed: 10 plastic cups.

Activity

You will need 10 plastic cups for this challenge. Start with the cups stacked in a pyramid as quickly as you can, unstack the pyramid and re-stack it. You may have up to 5 practise rounds before you time yourself and add it to your record sheet.



Activity 6: Bowling

Equipment needed: Plastic bottles/triangle cones, small football/soft ball) or plastic bowling pins if you have them.

Activity

Set up your pins in the same way you would see at a bowling alley (you can use items such as plastic bottles, triangular cones etc). You must stand 10 metres away from the closest pin. Using a ball (small football, tennis ball, soft ball), you have two attempts to kick the ball to knock down the pins. Note how many pins you have knocked down on your record sheet.



Activity 7: Ping pong shake

Equipment needed: Small cardboard box, ribbon/string, 15 ping pong balls/bouncy balls (can make paper balls) and a timer.

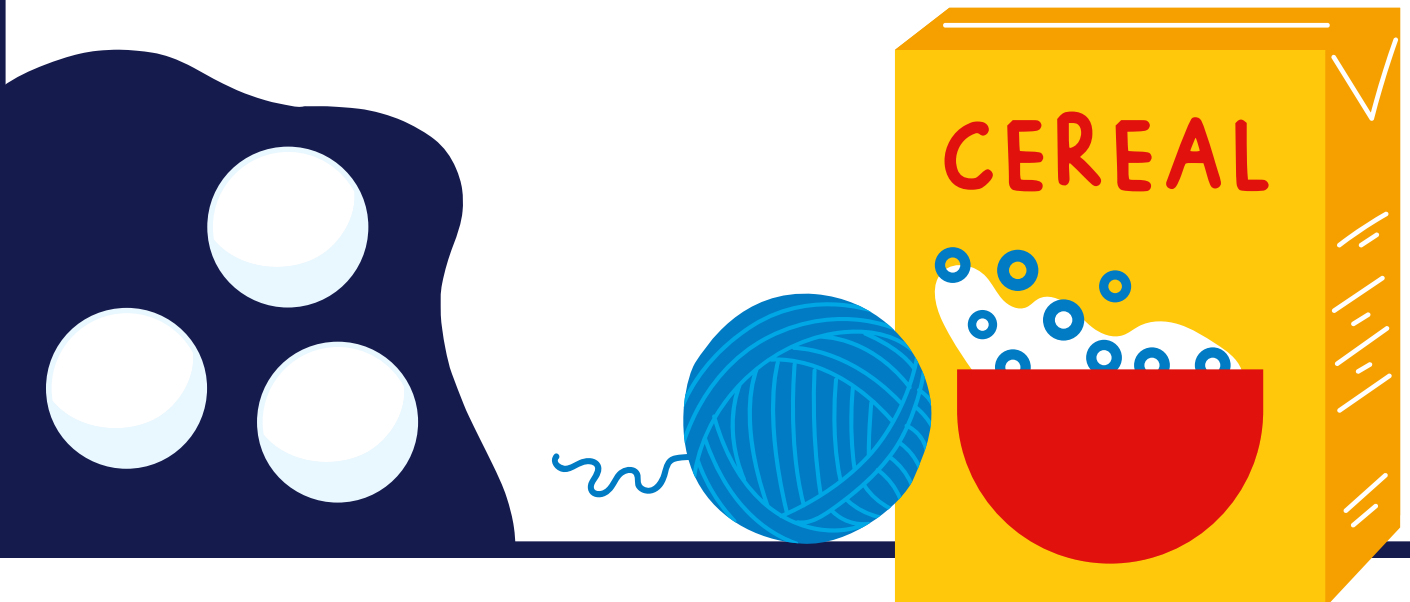
Activity

You will need a small box for this activity (spare cardboard, plastic Tupperware, empty cereal boxes etc).

You will also need to be able to tie this box around your waist or attach it to clothing around your waist (string, Velcro, ribbon etc).

Your box needs to have a small hole, big enough to insert ping pong balls inside the box and for them to fall out. The aim of this activity is to shake your body as quickly as you can to get rid of all the ping pong balls that are inside the box.

Time yourselves doing this activity and add it to your record sheet. You will need 15 ping pong balls to compete in this (you can use rolled up newspaper as balls, bouncy balls or any item that is the same shape and size of a ping pong ball).



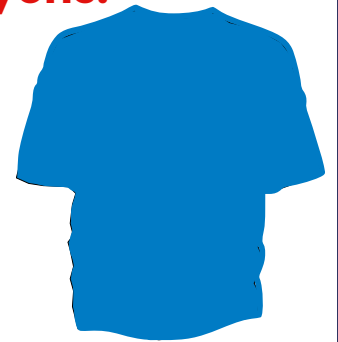
Activity 8: Design your own sports kit

**Equipment needed: Colouring pencils/pens/crayons.
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Activity

Using the template provided, design your own sports kit that describes you best. Think about what describes you best: Consider your personality, strengths, and interests.

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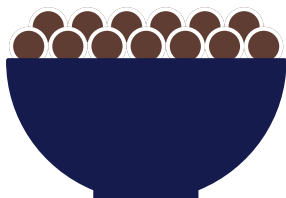


Activity 9: Malteser race

**Equipment needed: One pack of Maltesers per competitor,
bowls x 2 per person to move from one bowl to another,
straws.**

Activity

Race against another Ranger or adult and see how many Maltesers you can move from one bowl to the other in 1 minute. You can only use your mouth and a straw to move the Maltesers. This can be adapted with a tongs.



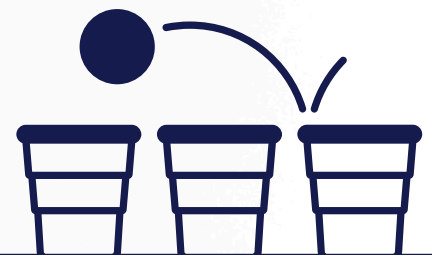
Activity 10: Cup and fire

Equipment needed: 12 cups and a ping pong ball/bouncy ball, squash/water/pop (drink of your choice) and a hard surface (floor or table).

Activity

Using plastic cups (6 per triangle) – fill them half with a drink of your choice (squash, water, pop). Set up 2 separate triangles on either side of a large table or the floor. The aim of the game is to bounce pass a ping pong ball onto the surface and land it in your oppositions cup. Your opponent will then drink what is in the cup and continue the game.

Once a cup has been emptied you remove it from the game. The first person to get the ball into all of the cups wins.



Please note – You do not have to drink from the cup, if you are unhappy to do so just remove the half-filled cup from the game and continue.

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Leaders



Energise games for leaders

How leaders and young leaders can earn this badge

Ready for some energetic fun? The Girlguiding Cymru Energise Games Challenge is here! This is your chance to get moving and try out awesome games, all by yourself or with your unit.

We've got a whole list of exciting challenges for you to complete. There's even a special YouTube video where you do a warm up.

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Activity 1: Beanbag darts

Equipment needed: chalk and 3 beanbags.

Activity

Using chalk, draw a target board like the diagram below. You have 3 attempts to get as many points as you can by throwing your beanbags at the target. You must stand 25 metres away from the target to throw your beanbags. Write down your overall score on your record sheet.



Red: 150, Green: 100, Yellow: 50, Blue: 25 Missed target 10.

Activity 2: Hula hoop challenge

Equipment needed: Hula hoop and a timer.

Activity

You will have 3 attempts at this challenge. How long can you hula hoop for before the hoop falls to the floor? Time yourselves and record the longest time.

This can be adapted by using smaller hoops that can be circled around the wrist.



Leader and YL activities

Activity 3: Coconut smash

Equipment needed: Plastic bottles/ triangle cones, empty tin cans and a small ball (tennis sized).

Activity

Using items that are easy to knock down (plastic bottles, triangle cones, empty tin cans), build a small stack. Once the stack is built you have 3 attempts to throw your coconut (small ball) at the stack to knock it down. You must be standing 10 metres away from the stack when you throw your coconut. How many items did you knock down? Note down your results on the record sheet.



Activity 4: Sports charades

Equipment needed: [Download sports charades pdf](#)

Activity

For this activity you will need the help from your grown-ups. Your leaders or family will perform certain sporting movements for you without using words. You must guess the sport.

Note down the amount of sports you get correct. You only have 30 seconds to guess as many sports as you can. A list of activities is available to download for this game.



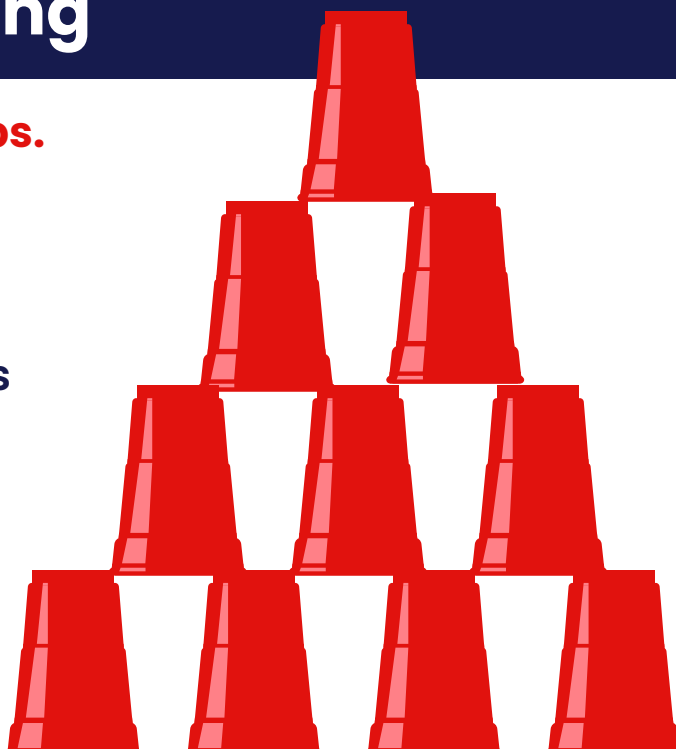
Leader and YL activities

Activity 5: Cup stacking

Equipment needed: 10 plastic cups.

Activity

You will need 10 plastic cups for this challenge. Start with the cups stacked in a pyramid as quickly as you can, unstack the pyramid and re-stack it. You may have up to 5 practise rounds before you time yourself and add it to your record sheet.



Activity 6: Bowling

Equipment needed: Plastic bottles/triangle cones, small football/soft ball) or plastic bowling pins if you have them.

Activity

Set up your pins in the same way you would see at a bowling alley (you can use items such as plastic bottles, triangular cones etc). You must stand 10 metres away from the closest pin. Using a ball (small football, tennis ball, soft ball), you have two attempts to kick the ball to knock down the pins. Note how many pins you have knocked down on your record sheet.



Activity 7: Ping pong shake

Equipment needed: Small cardboard box, ribbon/string, 15 ping pong balls/bouncy balls (can make paper balls) and a timer.

Activity

You will need a small box for this activity (spare cardboard, plastic Tupperware, empty cereal boxes etc).

You will also need to be able to tie this box around your waist or attach it to clothing around your waist (string, Velcro, ribbon etc).

Your box needs to have a small hole, big enough to insert ping pong balls inside the box and for them to fall out. The aim of this activity is to shake your body as quickly as you can to get rid of all the ping pong balls that are inside the box.

Time yourselves doing this activity and add it to your record sheet. You will need 15 ping pong balls to compete in this (you can use rolled up newspaper as balls, bouncy balls or any item that is the same shape and size of a ping pong ball).



Activity 8: Design your own sports kit

**Equipment needed: Colouring pencils/pens/crayons.
Download 'design your own kit' document.**

Activity

Using the template provided, design your own sports kit that describes you best. Think about what describes you best: Consider your personality, strengths, and interests.

Choose colors that you associate with yourself or that reflect the aspects you want to highlight. You can even add your lucky number to the back.

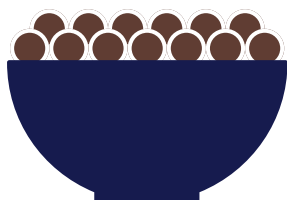


Activity 9: Malteser race

**Equipment needed: One pack of Maltesers per competitor,
bowls x 2 per person to move from one bowl to another,
straws.**

Activity

Race against another leader or girl and see how many Maltesers you can move from one bowl to the other in 1 minute. You can only use your mouth and a straw to move the Maltesers. This can be adapted with a tongs.



Activity 10: Cup and fire

Equipment needed: 12 cups and a ping pong ball/bouncy ball, squash/water/pop (drink of your choice) and a hard surface (floor or table).

Activity

Using plastic cups (6 per triangle) – fill them half with a drink of your choice (squash, water, pop). Set up 2 separate triangles on either side of a large table or the floor. The aim of the game is to bounce pass a ping pong ball onto the surface and land it in your oppositions cup. Your opponent will then drink what is in the cup and continue the game.

Once a cup has been emptied you remove it from the game. The first person to get the ball into all of the cups wins.



Please note – You do not have to drink from the cup, if you are unhappy to do so just remove the half-filled cup from the game and continue.

The videos that can be found on our website are designed to show you how to set up and participate in each activity.







girlguiding
cymru

congratulations on completing the
girlguiding cymru
Energise games challenge



Presented to:



_____ **Dated**

_____ **Signed**



Resource pack



Energise games score sheet

Name

Unit

Activity	Time or amount or points achieved
Sprint	
Long Jump	
Keepy uppies	
Egg and spoon	
Beanbag darts	
Sports charades	
Hula hoop challenge	
Design your own kit	
Maltesers challenge	
Cup and fire	

Energise games score sheet

Name

Unit

Activity

**Time or amount or
points achieved**

Sprint

Long Jump

Keepy uppies

Egg and spoon

Beanbag darts

Sports charades

Hula hoop challenge

Design your own kit

Maltesers challenge

Cup and fire

Energise games score sheet

Name

Unit

Activity	Time or amount or points achieved
Cup Stacking	
Hula hoop challenge	
Sports charades	
Ping pong shake	
Coconut smash	
Beanbag Darts	
Bowling	
Design your own kit	
Maltesers challenge	
Cup and fire	

Energise games score sheet

Name

Unit

Activity

**Time or amount or
points achieved**

Cup Stacking

Hula hoop challenge

Sports charades

Ping pong shake

Coconut smash

Beanbag Darts

Bowling

Design your own kit

Maltesers challenge

Cup and fire

Energise games score sheet

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Maltesers challenge

Cup and fire



Energise games score sheet

Name

Unit

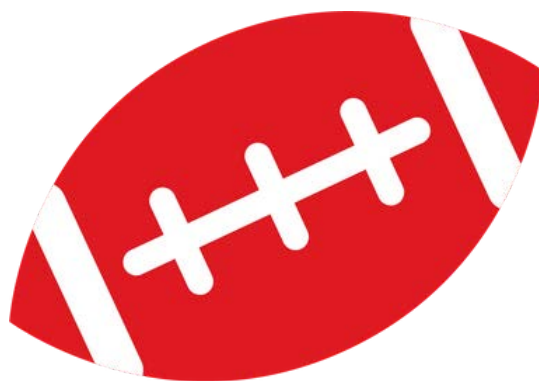
Activity	Time or amount or points achieved
Cup Stacking	
Hula hoop challenge	
Sports charades	
Ping pong shake	
Coconut smash	
Beanbag Darts	
Bowling	
Design your own kit	
Maltesers challenge	
Cup and fire	

Energise games sports charades cards

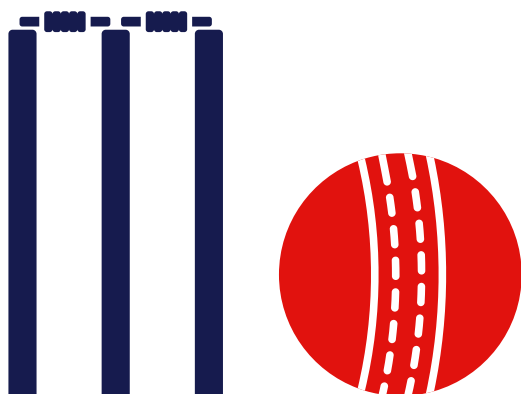
Football



Rugby



Cricket



Long jump

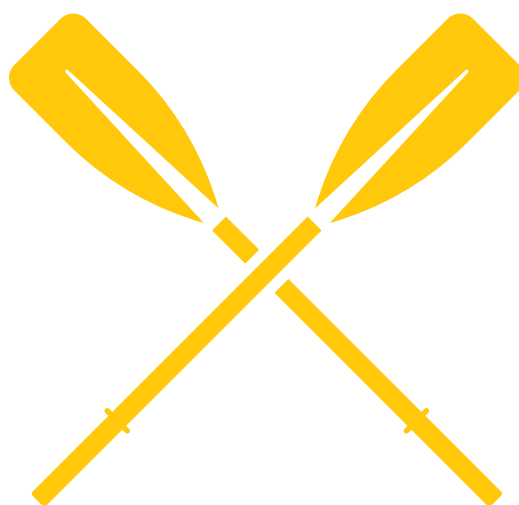


Energise games sports charades cards

Ice hockey



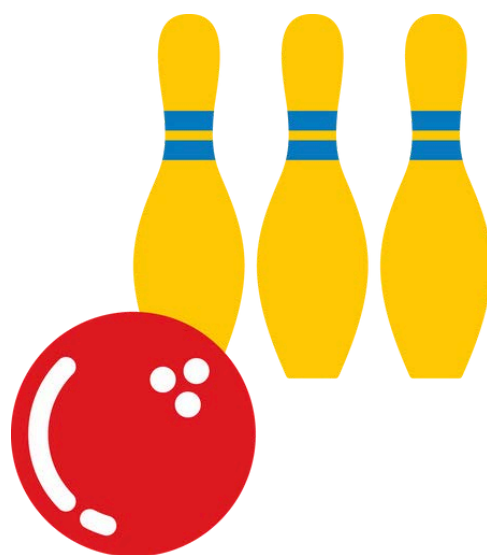
Rowing



Boxing



Bowling



Energise games sports charades cards

Diving



Sprint



Javelin



**Rhythmic
gymnastics**



Energise games sports charades cards

Volleyball



Basketball



Trampoline



Tennis



Energise games sports charades cards

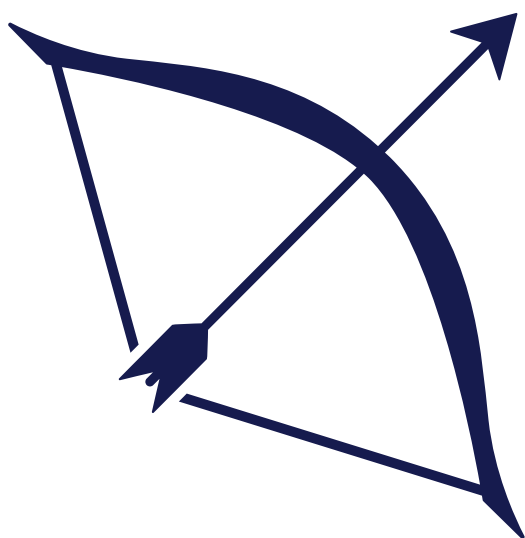
Cycling



Dance



Archery



Swimming

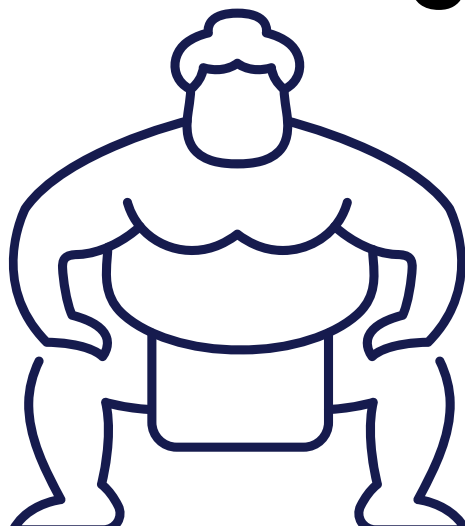


Energise games sports charades cards

Gymnastics



Sumo Wrestling



Karate



Netball



Energise games sports charades cards

Golf



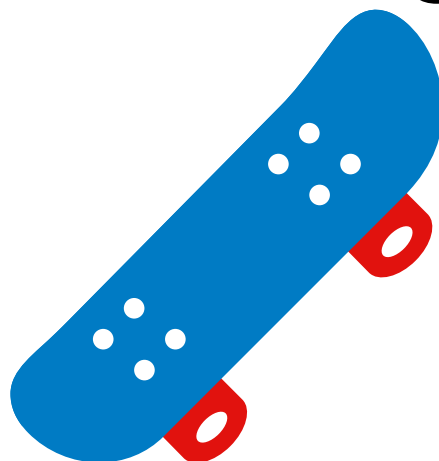
Skiing



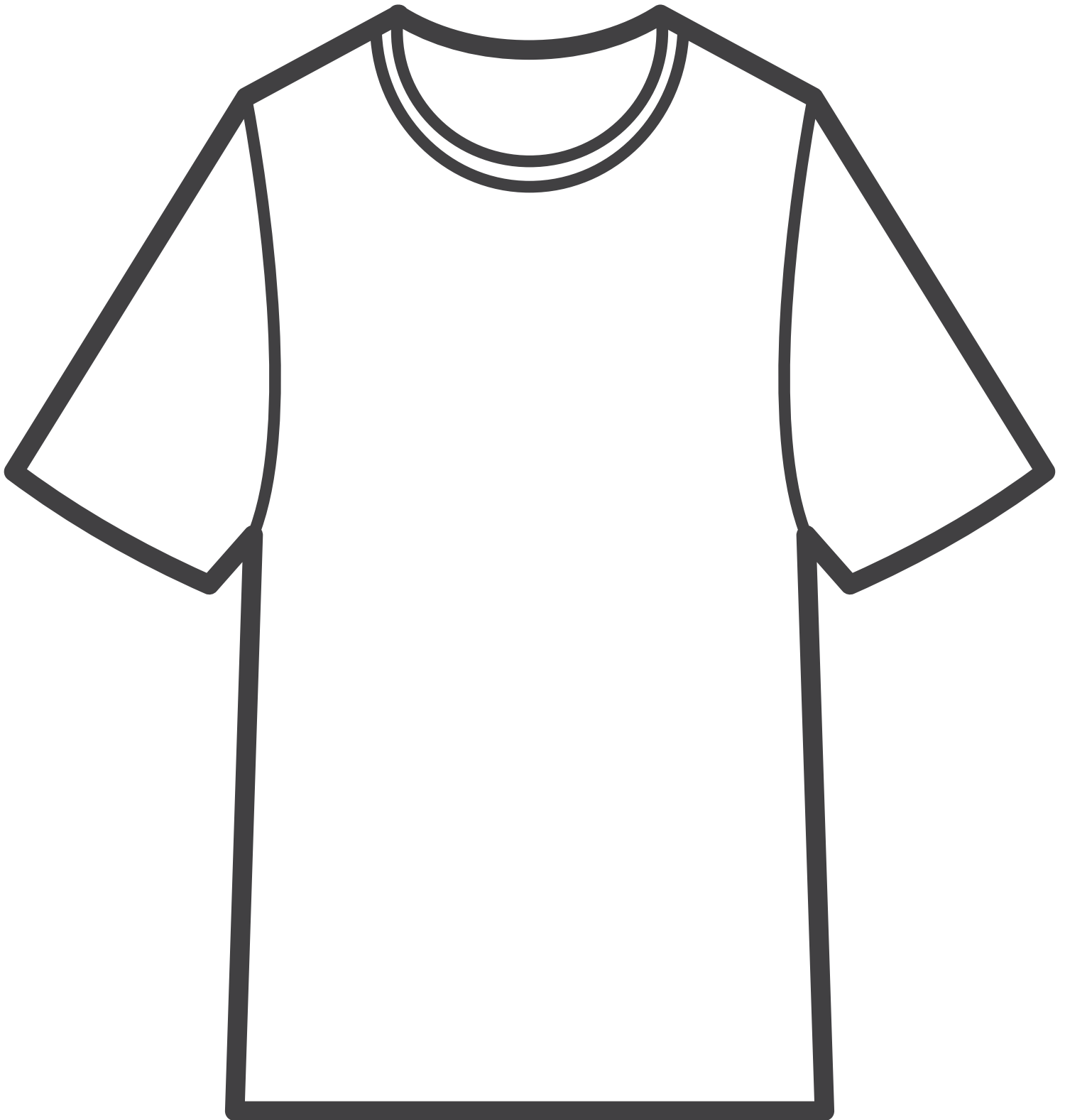
**Figure
skating**

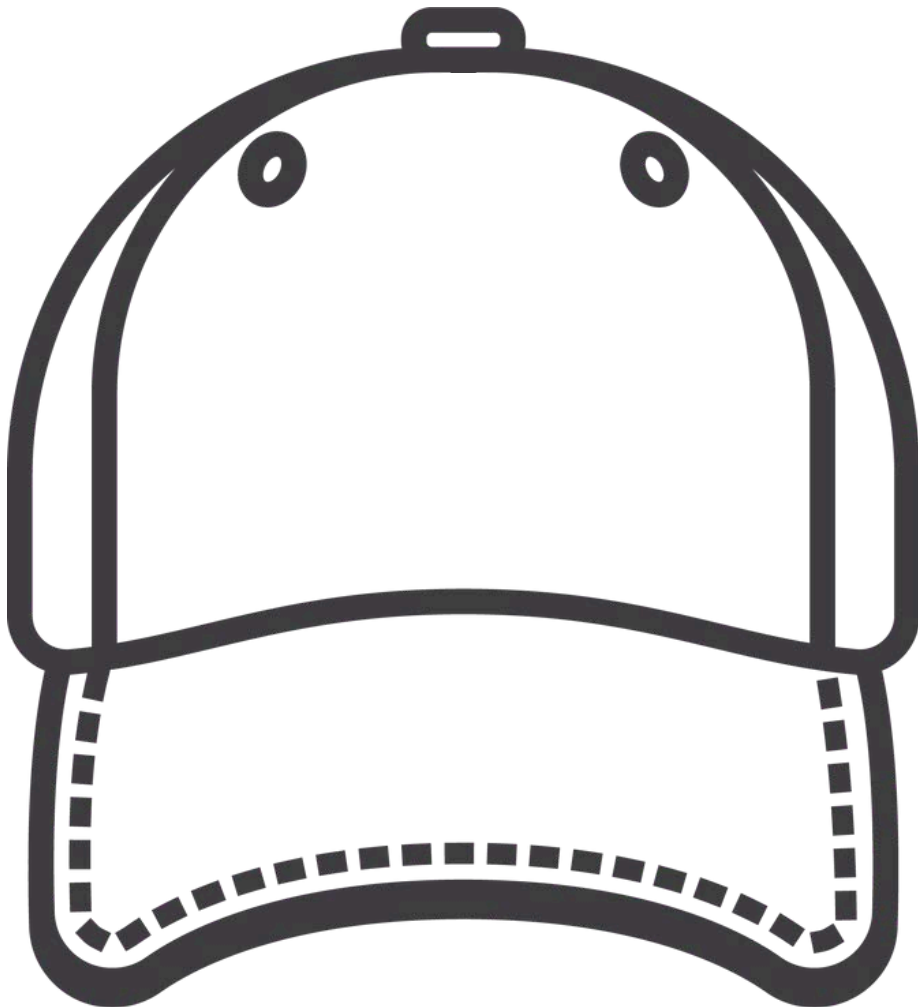


**Skate
boarding**



Design your own sports kit







Girlguiding
Cymru

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