

Give it a Go Guides Physical literacy badge

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To gain your 'Give it a Go' physical literacy badge you must complete the activities below.

Activity 1: Understand the importance of a warm up and cool down – share ideas in an interesting way.

Activity 2: Create your own warm up or cool down and demonstrate it to your unit.

Activity 3: In groups, create a circuit that involves using all the fundamental movement skills, refer to play to learns packs and dragon sport pack for help.

Activity 4: Use the activity cards to complete 15 – 20 activities/games – you may choose your own activities.

Activity 5: Share your ideas in a way of your choice, for example: poster, public speaking, debating, acting out etc.

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

Physical skill Confidence Motivation Lots of Opportunities = Physical Literacy



Give it a Go Guides football badge

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To gain your 'Give it a Go' Football badge, you will be required to take part in a 60-minute football taster session with your unit leader, a Ranger or a local coach. A coach could visit your unit or you are welcome to visit a local club.

1 Activity 1 - Demonstrate the following

1. Suitable warm up and cool down exercises for the upper, middle & lower body
2. Which part of the foot is used to kick a football
3. Create an exercise circuit that incorporates generic movements (agility, coordination & balance).
4. Passing & Receiving drills- 20 passes on both right and left foot
5. The ability to dribble a football in a straight line, around cones & past a defender
6. Basic throw-in technique
7. How to complete a goal kick- both high and long distance.
8. How to volley a ball
9. Score a goal

2 Activity 2 - Club visit

- Go to your local Huddle club and attend a session



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.
- Progress by introducing corner kicks or free kicks

4 Activity 4 - Competition

- Take part in a football match or competition. Could be as an individual or as a unit at an event.



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Give it a Go Guides Rugby badge

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To gain your 'Give it a Go' rugby badge, you should complete each of these activities with the help from your leader or attend a taster session with a local coach.

- Research information about the New Zealand rugby team
- What is a haka and why do they perform it?
- Learn the offside rule in rugby



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1 Activity 1 - Precision passing

- In pairs pass ball back and forth – both of you kneeling on one knee facing side on.
- Ball starts on the floor in between gap in legs – try and pass the ball from the floor. Arms should be on either side of leg.
- Pass the ball back and forth whilst running up and down the hall.

2 Activity 2 - Rugby netball

- Split the group into 2 teams.
- Aim of the game is to score a try at the opposite end of the playing area.
- If you have the ball you cannot move
- You can pass in any direction
- Place the ball on the floor over the try line to score.

3 Activity 3 - Haka

- Re-enact the original New Zealand haka.
- Create your own version of the haka and perform it to your leaders



Give it a Go Guides Hockey badge

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To gain your 'Give it a Go' Hockey badge, please complete the following activities or attend a 60 – minute taster session with a local qualified coach.

1 Activity 1 – Warm it up

Create a suitable warm up and cool down exercise.

2 Activity 2 – The rules

Name 5 rules in Hockey.

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3 Activity 3 – Ball dribbling

Create an exercise circuit that incorporates generic movements related to hockey.

- Passing & receiving
- Dribbling
- Shooting
- Agility
- Speed

4 Activity 4 – Matchmaker

- Organise a hockey match within your unit or against another unit.



Give it a Go Guides Volleyball badge



To gain your 'Give it a Go' volleyball badge, you should complete the requirements below.

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1 Activity 1 - Demo

- Warm up before exercising and complete a valid cool down afterwards.
- Create your own up making sure you target all the main muscles used for volleyball.
- Name the main rules in volleyball, how to score points, how many players on a team, etc.



2 Activity 2 - Circuits

Create a circuit that incorporates the different types of hitting the ball in volleyball

- serve
- bump
- spike
- set



3 Activity 3 - Demo

Play small sided games against another team in your unit:

- 2v2
- 3v3
- 4v4

4 Activity 4 - Game on

- Organise a volleyball game within your unit or against another unit in your area.



Give it a Go Guides Netball badge

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To gain your 'Give it a Go' netball badge you should complete the following activities or take part in a netball taster session with a local coach.

- Name 3 important rules you need to follow to play netball.
- Research positions and what part of the court they play in.
- Research the length of a netball game and their scoring system.

1 Activity 1 - Warm up

- Create a relevant warm up that incorporates all the muscles and movements you would use in a game of netball.

2 Activity 2 - Passing

- In pairs or small groups.
- Perform a chest pass, bounce pass and shoulder pass.
- Discuss when you would use these passes in a game and why.

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3 Activity 3 - Defence and intervention

- Create a circle in groups of 9, with 2 defenders in the centre of the circle.
- Attackers on the outside of the circle must pass the ball around whilst the defenders try to intercept the pass.
- If the defender intercepts the pass, they swap with the attacker who threw it.

4 Activity 4 - End zone netball

- Split the group into small sided teams. (4v4)
- The aim is to get the ball to the oppositions end zone to score a point.
- Netball rules apply – cannot move with the ball, must pass in 3 seconds.
- You are able to travel anywhere within the court and must pass 4 times before getting to the end zone. The ball goes to opposite team once point has been scored.



Give it a Go Guides disability in sport badge



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

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

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1

Activity 1 - Sitting volleyball

- Split into 2 teams (ratio depends on unit size) with a net placed in the centre (can use a bench as a net or a tennis net etc).
- Using your hand/arm hit the ball to the opposite team with the aim of grounding the ball. (A point is won each time its grounded in the oppositions half) Whoever wins the point is the team to serve the ball.
- Your team has a maximum of 3 hits (1 per person) to get the ball back to the oppositions team without the ball touching the floor.
- Your backside must remain in contact with the floor at all times.

2

Activity 2 - Ball relay

- Everyone must be sat on chairs – get the ball to the back of the line – last person runs to the front – everyone else moves to the chair behind them.
- Over and under.
- Side to side.
- Tunnel ball. (roll ball under the chairs to the back of the line)

3

Activity 3 - Relay race

- 3 legged race.
- Army crawl only with use of arms.
- Backside shuffle.

3

Activity 4 - Wheelchair rugby

Participate in a wheelchair rugby activity via a local club or links with the WRU.



Give it a Go Guides Triathlon badge



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

Run, swim, cycle!

1 Activity 1 - Cops and robbers

- Split the group into two teams and cone up a "jail".
- Team one (the cops) will try to chase team two (the robbers). Robbers are arrested by tagging them and bringing them to jail.
- Robbers can stage a jailbreak by tagging one of the prisoners without being tagged themselves.
- The cops have won when all robbers are in jail.

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

- Tag game: One person is on and tries to tag the other participant.
- If tagged must stand frozen like a popsicle with hands straight in the air.
- Can only be freed once another person has swum between their legs to free them.

**Please note: If there are any individuals who are unable/unconfident to swim or scared of water then organise an activity that is challenging to them (e.g. getting in the pool and walking around, swim a width, play a game in the baby pool so the water is shallow).

3 Activity 3 - Slow ride

- In a line you will all race against each other to get to the other side.
- The winner of the race will be the cyclist who gets to the finish line last.
- This race is all about control of the bike and how slow you can cycle without falling.
- If you put your foot down on the floor – you are disqualified from the race.

4 Activity 4 - Mini triathlon

- Complete a 1km brisk walk/jog/run, a 500m cycle and a 50m swim of 2 lengths. See note above for non confident swimmers.



Give it a Go Guides Tennis badge

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To gain your 'Give it a Go' tennis badge, you should complete the following activities or take part in a tennis taster session with a qualified local coach.

- Name 4 pieces of equipment needed to play tennis.
- Research and discuss the points system with your leader.
- Research the rules and explain at least 3 to your leaders and unit.

1 Activity 1 – Correct technique

Learn the correct technique for the following

- Forehand
- Backhand
- Serve
- Volley



2 Activity 2 – Rallies

- Players start on the service line.
- On 'go' Player 1 gets a ball from their hoop and returns to the service line to rally.
- When the team gets a rally of 10, Player 1 takes the ball and puts it in another team's hoop.
- Player 1 then gets another ball from their hoop and starts again.
- The winning team is the first one to have no balls in their hoop.

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3 Activity 3 – The aim game

- Place cones on the other half of the court.
- Rallying against your partner, you must aim the ball to knock down the cones.
- First one to knock down all the cones wins.



Give it a Go Guides Cricket badge



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

- Name 3 main rules of cricket
- Discuss what health and safety gear must be worn and why.

1 Activity 1 - Technique

Demonstrate the correct technique in bowling and catching the ball. In pairs/small groups:

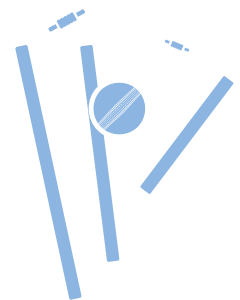
- Complete 10 bowling actions
- Complete 10 overarm throws
- Make sure your bowls and throws go directly to your partner. (Aim and accuracy)

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[Visit Cricket Wales site](#)

2 Activity 2 - Batting

- In pairs/small groups take it in turns to underarm bowl whilst the other bats the ball back to you.
- The batter needs to hit the ball back directly to the bowler.
- The bowler will catch the ball and bowl again.
- Swap over after 8 goes each.



3 Activity 3 - Complete a cricket circuit

Work on your cricket skills and fitness with an exercise circuit.

The circuit must focus on:

- speed (e.g. running back and forth to a wicket),
- agility (e.g. running in and out of cones),
- balance (e.g. balancing on a rope or floor markers) throwing/catching (e.g. throwing the ball in the air and catching – how many times can you clap before catching it).



Give it a Go Guides Golf badge

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

- Name 4 pieces of equipment needed when playing golf.
- Name as many types of golf strokes as you can.
- As a unit/group discuss the points system used in golf.

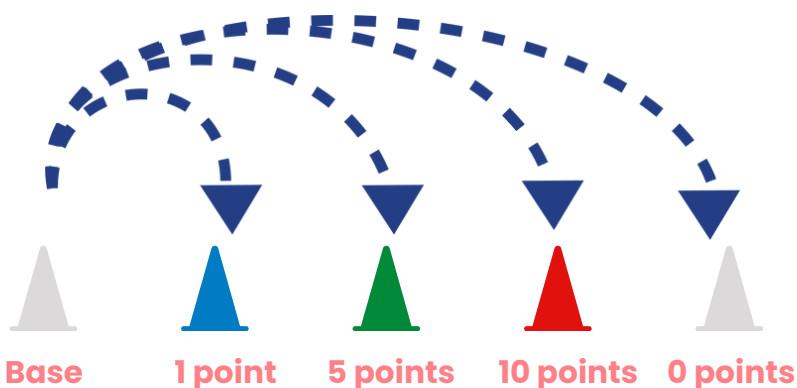
1 Activity 1 - Demonstrate

Demonstrate the correct technique for the following:

- Stance
- Hand positioning on the club
- Hitting the ball
- Follow through
- Compete against your friends to see who can hit the ball the furthest.
- Compete to see who can hit the ball at a large target.
- Make the target smaller as the girls get better.

2 Activity 2 - Golf game

- In teams of 5 standing on each tee, (white cones) chip the ball in to the air over the fences (made with different coloured cones) to score points. Team with the most points at the end wins.
- Blue cone - 1 point
- Green cone - 5 points
- Red cone - 10 points
- White cone (at other end of area) - 0 points Score the point from where the ball lands not from where it stops.



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Give it a Go Guides Kayaking badge

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To gain your 'Give it a Go' kayaking badge, you should complete the requirements below.

- Understand the health and safety issues with regards to kayaking.
- Name 3 main parts/equipment on the kayak.
- Demonstrate the correct technique in holding and using the paddle.

1 Activity 1 - Strokes

Perform at least 3 different types of strokes.

- Reverse stroke
- Sweep stroke
- Draw stroke
- Forward stroke

2 Activity 2 - Races

Race your fellow friends in a variety of different races. These can include:

- Forward stroke racing,
- Draw stroke racing
- Point to point racing.



3 Activity 3 - Obstacle course

Race against the clock around an obstacle course. How fast can you complete the course?

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Give it a Go Guides windsurfing badge

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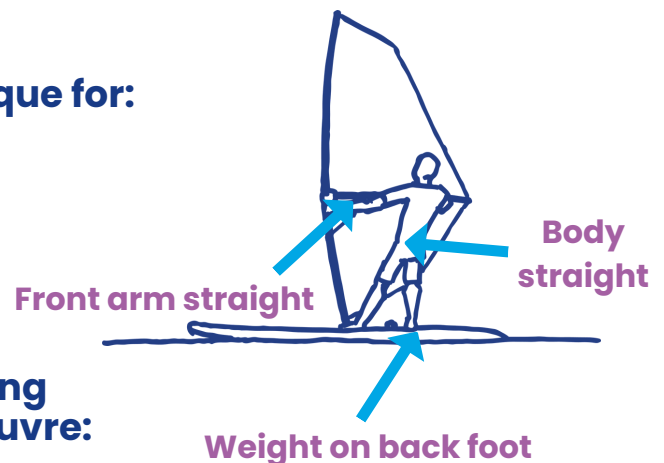
To gain your 'Give it a Go' windsurfing badge, you should complete the requirements below or take part in a taster session with a level 2 qualified windsurfing instructor.

- Name the health and safety issues related to windsurfing.
- Name at least 3 pieces of equipment needed to windsurf.
- Know 3 different types of manoeuvres.

1 Activity 1 – Perfect position

Demonstrate the correct technique for:

- Stance
- Arm positioning
- Body positioning
- Head positioning



2 Activity 2 – Steering

- Learn the correct way of steering
- the board to be able to manoeuvre:
- Forward
- Left & right turn
- Changing direction

3 Activity 3 – Ready steady go

- Race against your friends from a starting point to a finish point in a straight line.
- Windsurf around a set obstacle course – how far can you get without falling?
- Race against your friends to see who can complete the course first.
- In teams complete a relay race from one side to the other.

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Give it a Go Guides Paddleboard badge

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To gain your 'Give it a Go' paddleboard badge, you should try each of the activities below with the help from your unit leader and attend a local taster session with a qualified instructor.

- Name and describe 3 pieces of equipment needed to paddleboard.
- Name 3 different types of paddling strokes.

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1

Activity 1 – Demonstrate

- You must be able to demonstrate:
- How to get on the board.
- Correct stance (on knees and on feet).
- Correct way of falling.
- Paddling strokes.



2

Activity 2 – Practice makes perfect This can be done on your knees or standing

- Paddle board forwards at least 60metres
- Turn around and travel back to your starting point. (Remember correct technique)
- Repeat until you are comfortable on your board.
- In teams have a relay race to see how quickly you can get from one side to the next as a team.
- If you fall off, then get back on and carry on from where you fell.

3

Activity 3 – Obstacle course

- Complete a mini obstacle course.
- Who can get the furthest before falling?
- Who can complete the course the quickest?

Health and safety

- Please note: You must be able to swim or tread water to be take part in the water – only some aspects can be done on land.



Give it a Go Guides Archery badge



To gain your 'Give it a Go' archery badge, you should complete all of the activities below with a qualified instructor.

- Understand the health and safety points for archery
- Name 4 pieces of equipment needed to take part safely
- Name the 5 phases of shooting

1 Activity 1 - Demonstrate technique

- Stance – the correct positioning
- Bow – how to hold the bow and shoot safely
- Arrow – load your arrow correctly
- Collect your arrows safely

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2 Activity 2 - Shooting

- Aim and shoot 3 arrows at a target
- What colours can you hit and how close can you get to the bullseye
- Self-evaluate how you've done and adjust what you think needs improving.

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.
- If you hit the blue, red or yellow it will give you one of the pieces of cutlery.
- If you miss or hit any other colour 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 Guides Cycling badge



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

- Name and identify the key parts of a bike.
- Identify what is essential to have on bikes to remain safe and in control.
- Research and discuss the importance of bike maintenance and road safety.

1 Activity 1 – Snail race

- In a line you will all race against each other to get to the other side.
- The winner of the race will be the cyclist who gets to finish line last.
- This race is all about control of the bike and how slow you can cycle without falling.
- If you put your foot down on the floor – you are disqualified from the race.

2 Activity 2 – Obstacle course

- Weave through the obstacle course as quickly and safely as you can.
- If you put your foot on the floor more than 3 times you must start again.
- Time your go and see if you can improve it.

3 Activity 3 – Water balloon pop

- Place water balloons on the floor.
- The aim is to cycle over the balloons to pop them
- How many balloons can you pop in one cycle around the circuit.

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4 Activity 4 – Bowling

- With your bike aim at the pins, either inflatables or large cones.
- Use anything light, and knock down as many as you can in 2 bowls.
- Use the same score system as you would in bowling (e.g. strike, split)

Health and safety

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



Give it a Go Guides 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 attend a dance taster session with a local instructor.

- Research a dance from another country

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1

Activity 1 - Pass it on

- Memory game: One person starts off with a dance move and passes it on to the next.
- Second person will copy the first dance move and add her own.
- This continues until someone forgets the dance move

2

Activity 2 - Your choice

- Choose a type of dance that is of interest to you and share it with your unit.
- Create a small routine to your favourite type of dance and music.

3

Activity 3 - Strictly come dancing

- In pairs create a routine that involves a type of dance you would find on strictly come dancing.

4

Activity 4 - Emoji dance

- Your unit leader will select an emoji.
- In pairs/small groups you have to create a dance move or small routine to the theme of the emoji.
- You will choose the music that best fits the routine and the theme of the emoji.



Give it a Go Guides Gymnastics badge

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To gain your 'Give it a Go' gymnastics badge, you should try each of these activities below. You must take part in a gymnastics session with a local coach using safe equipment.

- Find out about the equipment used in gymnastics and talk about it.
- Create a poster about Simone Biles. Find out about her challenges and successes.

1 Activity 1 - Warm up

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

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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 five 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
- Backwards walkover

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

You can adjust the quantity and skills for members with physical or motor co-ordination needs.



4 Activity 4 - Equipment

Use one of the following pieces of equipment,

- Bars, tramp track, beam, vault
- Smaller guides can use a block/trampette instead of a vault.