

Give it a Go Guides Physical literacy badge

Guides
Girlguiding
Cymru



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.

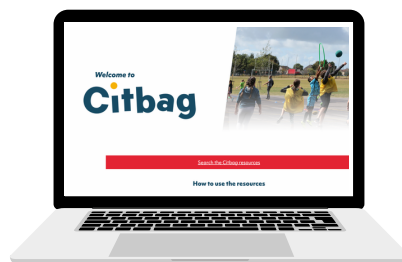
Activity 2: Create your own warm up or cool down and demonstrate it to your unit.

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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Physical skill Confidence Motivation Lots of Opportunities = Physical Literacy

