

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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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.

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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)

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Activity 3 - Relay race

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

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Activity 4 - Wheelchair rugby

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

