

Give it a Go Physical literacy badge



To gain your 'Give it a Go' physical literacy badge, you must complete 8 of the following activities with the help of your unit leader.

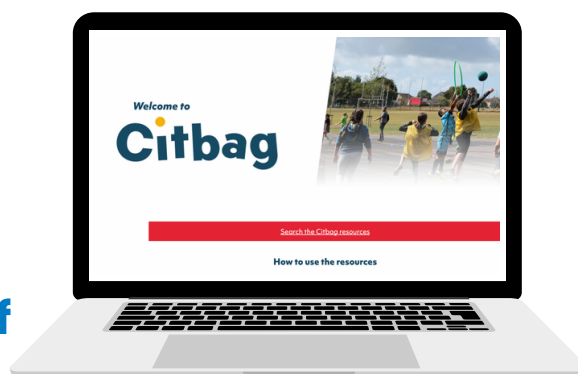
With reference to your Play to Learn packs use the activity cards to complete a game that includes:

- Throwing and catching
- Kicking and dribbling
- Hitting an object
- Jumping and landing
- Crawling
- Aiming at a target
- Running
- Gymnastics
- Dance
- Rolling – an object or yourself

Additional activities

Assault courses Relay races

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**Physical skill Confidence Motivation
Lots of Opportunities = Physical Literacy**



Give it a Go Rainbows Rugby badge



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

Name 2 basic rules in the game of rugby.
Name 3 famous rugby players.
Create a poster about your favourite player.

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1 Activity 1 - Relay race

- In equal teams, race against each other to see who is the quickest.
- Run to the cone, touch the ball on the floor and run back to the next player.
- Weave in and out of the cones, touch the ball on the floor and sprint back to the next player.
- Side step up to the cone, touch the ball on the floor and side step back to the next player.

2 Activity 2 - Passing

- In pairs pass the ball back and forth.
- How many times can you do this without dropping the ball
- Take a step further away from each other, pass back and forth.
- How many passes can you complete in 30 seconds?



3 Activity 3 - Tag rugby

- In your team you have to try and score at the other end of the hall/pitch by placing the ball on the floor.
- You can pass in any direction as long as it is to your own team.
- If a player from the opposite team touches you with both hands you stop and pass. After 6 touches the ball goes to the opposite team.



Give it a Go Rainbows Kayaking badge



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

1 Activity 1 - Hand paddle

A great safety exercise as it teaches you how to move without a blade.

- Use your hands to paddle your boat.
- Try going in different directions.
- How fast can you go?
- Race against your friends to see who wins.

2 Activity 2 - Simon says

You will have a go at:

- The forward stroke.
- The reverse stroke.
- The sweep stroke (how to turn).

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3 Activity 3 - Sharks and minnows

- One player is the shark and the rest are minnows.
- Shark paddles around trying to tag the minnows.
- If you are tagged, you turn into a shark.
- Last person to be tagged wins.

4 Activity 4 - Wacky races

- Race against your friends in a kayak race.



Give it a Go Rainbows Triathlon badge



To gain your 'Give it a Go' Triathlon badge, you should try each of these activities below with the help from your leader or take part in a triathlon taster session with a qualified coach.

Run, swim, cycle!

1 Activity 1 - Hungry birds running game

- There will be four areas (bird house) set up in each corner.
- All equipment and items will be placed in the middle of the hall/field.
- Aim of the game is for your team to collect as many items as possible and bring it back to their own bird house.
- Only one person at a time and only ONE item at a time.

The following activities would need to be completed at a venue with the relevant facilities (Swimming pool/safe area for cycling). Please make these activities challenging to the individual not as a whole group.

2 Activity 2 - Pool ping pong swimming game

- Split girls into teams.
- Girl can either sit on the edge of the pool or stand in the pool.
- Throw the ping pong balls in random areas of the pool.
- The team to retrieve the most ping pong balls wins.

3 Activity 3 - On your bike cycling game

- Cycle your bike from a starting point to a finishing point.
- Cycle in and out of the cones without falling over.
- Race against yourself to see how fast you can get from the start to the finish.
- Complete each activity 3 times recording your fastest time.

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Give it a Go Rainbows Tennis badge



To gain your 'Give it a Go' tennis badge, you should try each of these games below with the help from your leader or take part in a tennis taster session with a local coach.

1 Activity 1 - Pacman

- One player is on and stands on the T section of the court.
- The player runs around and tags other players.
- You are only allowed to run on the lines of the court.
- If you get tagged, you sit down and act as a blocker.
- If you run off the lines you sit down and act as a blocker.
- Play continues until there is one player left.

2 Activity 2 - Under the bridge

This exercise promotes early stroke progression to help develop their fundamental motor skills.

- Each person will stand in front of a cone opposite a player.
- One player will hit a forearm shot along the ground.
- The aim is to hit the ball through the legs of the player opposite and hit the cone behind them.
- How many times can you hit the cone?

3 Activity 3 - Catch and hit

- In pairs one person will throw the ball.
- The other will hit the ball back with their racquet.
- If the ball is caught, then you get one point.
- How many points can you get in 5 minutes?



4 Activity 4 - First to three

- Partners should try and rally between each other
- First to 3 win a point – how many can you do in 2 minutes?

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Give it a Go Rainbows windsurfing badge



To gain your 'Give it a Go' windsurfing badge, you should try each of these activities below with the help from your leader or take part in a sailing taster session with a local coach.

1 Activity 1 - Port and starboard - On land activity

- You will all stand in the middle of a boat shaped area.
- Leader will call out "port, starboard, bow or stern".
- Must run to the correct area that has been called.
- If you go to the wrong area you're out of the game.

This warm up game helps get the right terminology for when they are on the boat sailing - it teaches them the areas of the boat.

2 Activity 2 - The bomb

- You will all be in your boats.
- A ball, also known as the bomb will be thrown around from boat to boat.
- The bomb will explode if it's not passed into someone else's boat in 10 seconds.
- If you miss someone's boat you must sail to pick it up and pass it on.

3 Activity 3 - Ball collecting

- Coloured balls will be scattered over the water.
- In pairs you have to sail/paddle to collect as many balls as you can.
- Different colour balls will have different point values.
- The team with the most points win.



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Give it a Go Rainbow Hockey badge



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

1 Activity 1 – Correct grip

Demonstrate correct hockey grip:

- Firm left hand grip at the top of stick
- Right hand well down the stick
- Used to dribble, trap the ball, backhand passes and push passing

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2 Activity 2 – Treasure chest

Set up a relay game where girls have to collect treasure (balls) from middle of the circle and return them to their area.

- Only one player from each area can run in at a time– they must use their stick to bring the ball out and dribble it back to their area.
- Repeat until all balls have been collected– see who wins...

3 Activity 3 – Paired passing

In pairs, facing each other– take 10–15 steps backwards.

- Pass the ball to your partner using correct technique.
- 2nd player should stop ball by trapping it before returning with a pass.
- Complete 15 passes each using a push pass, then swap to a hitting pass (which requires more power).



Give it a Go Rainbow Volleyball badge



To gain your 'Give it a Go' Volleyball badge, you should try each of the games below with the help from your leader or take part in a volleyball taster session with a local coach.

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1 Activity 1 – Big bumps, little bumps

- Everyone gets a volleyball each.
- Call out big bumps – hit the ball high in the air.
- Call out little bumps – hit the ball lower in the air.

2 Activity 2 – Keepy uppy

- Everyone has a ball each.
- How many times can you bump the ball in the air without it hitting the floor.
- How many bumps can you do in a minute whilst the leader times you.

3 Activity 3 – Bump and spike

- In pairs you should practise bumping and spiking.
- Bump the ball to your partner by hitting the ball using your forearms.
- Spike the ball to your partner by using the palm of your hand to hit the ball as hard as you can.

4 Activity 4 – Come knock down

- How many cones can you knock down?
- Everyone has a ball.
- Set up cones all over the area.
- Aim of game is to spike the ball and hit down the cones.



Give it a Go Rainbow Golf badge



To gain your 'Give it a Go' golf badge, you should try each of these games below with the help from your leader or take part in a golf taster session with a local coach.

1 Activity 1 - Crazy capers

- In small groups you will race to collect as many balls as you can.
- On the whistle one at a time you run into the middle and pick up a ball.
- Must hit the ball back to team mates with a club.
- Next person only goes once the ball is back safe in their corner.
- Group with the most balls at the end win.

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2 Activity 2 - Putting

- In pairs you will putt the ball back and forth.
- How many can you do without losing control of the ball.
- How many can you do in one minute with a leader timing you.

3 Activity 3 - Tunnel ball

- Cones will be set out as a tunnel.
- Aim is to hit the ball through the middle of the tunnel.
- How far can you hit the ball without it coming out of the tunnel?

4 Activity 4 - Mini golf

- Hitting the ball into small coned areas.
- Try and get the ball to stop in the coned areas.
- How many coned areas did you get through?

Game designed to work on aim, accuracy and power.



Give it a Go Rainbow Netball badge



To gain your 'Give it a Go' netball badge, you should try each of these activities below with the help from your leader or take part in a netball taster session with a local coach.

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1 Activity 1 – Exploring your surroundings

- Roll the ball around your body whilst moving into space.
- Bounce the ball and catch it whilst moving.
- Throw the ball above your head – how many times can you clap your hands before catching the ball.
- Roll the ball along floor – leap after it and pick it up as quickly as you can.

2 Activity 2 – Catch a coconut

- In small groups form a circle with a target in the middle of the circle.
- When the whistle is blown whoever has the ball aims and throws ball into the target (bucket).
- Make the circle bigger so it's harder to aim

3 Activity 3 – Sleeping monkey

- There will be a sleeping monkey in one corner.
- Creep around and collect the all the bananas without waking the monkey up.
- If the monkey wakes you must freeze in a marking action – if the monkey gets up it will chase you back to the start.

4 Activity 4 – Jungle run obstacle course

- Walk over bridge (bench)
- Crawl through jungle roots (chairs or a tunnel).
- Weave in and out the swamp (cones).
- Step across the lake (spots or flat cones).
- Log roll across the sandpit (parachute).
- Catch the ball from your leader and throw it into the target (bucket).



Give it a Go Rainbows football badge



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 and join in with a Huddle session. You should take part in a warm-up and cool down activity before and after the session.

1 Activity 1 - Treasure chest

Working alone, in pairs or small groups - players start in their 'home corner' of a large space 'garden'. Place several balls (the treasure) into the middle of the 'garden'. One player moves at a time from each corner, collects a ball using their feet and dribbles it back to their corner. Continue until all pieces of treasure have gone.

2 Activity 2 - Coconut smash

Working in pairs- you need 2 balls, then find space & place a cone in your area and put a ball on top. Take 5-10 big steps back so you are now facing your partner. The first player should kick their football at the cone and try to knock the coconut (ball) off the cone. If you succeed you get a point, then your partner has a go. Repeat until you've both scored 5-10 times.



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Give it a Go

Rainbows 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.

- Research a famous sports person who has a disability.
- Create a poster of who you have chosen and the reasons why you chose that person.

1 Activity 1 - Obstacle course

- An obstacle course will be set up in your unit.
- Complete the course as quickly and safely as you can.
- Complete the course again in pairs (one of you will be blindfolded and the other will guide her).
- Discuss the difference between the first and second course.

2 Activity 2 - Me to you, you to me

- In pairs whilst sitting opposite each other (floor), roll the ball back and forth. Complete this exercise without moving your legs.
- In pairs, sitting on chairs, bounce the ball back and forth – catch the ball without getting off your seat.
- Repeat the exercise but throw the ball instead of bouncing the ball.

3 Activity 3 - Relay race

In teams complete some of the races below or create your own

- Army crawl race
- Hopping race
- Log roll race
- Crawling race

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Give it a Go Rainbows Cricket badge



To gain your 'Give it a Go' cricket badge, you should try each of the games below with the help from your leader or take part in a cricket taster session with a local coach.

1 Activity 1 - Ball collect

This warm up is aimed at working under pressure and accuracy of throwing skills.

- Loads of balls should be placed around the area.
- Aim of game is to collect the balls as quickly as possible.
- You must throw the ball into the buckets placed.
- Game only finishes once all the balls have been collected and thrown into the buckets.

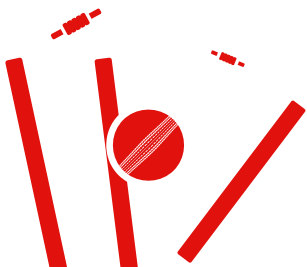
2 Activity 2 - Target practice

- In pairs throw an overarm throw back and forth.
- Count how many you can do without dropping the ball.
- How many throws can you complete in 1 minute?
- Must start from 0 if you drop the ball.

3 Activity 3 - Bat up's

- Everyone has a bat and a soft ball.
- Try and do as many keepy uppies as possible.
- Try and jog whilst doing keepy uppies.
- Can you zig zag between cones and do keepy uppies?

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Give it a Go Rainbows Paddleboard badge



To gain your 'Give it a Go' paddleboard badge, you should try each of the activities below with help from your leader or take part in a paddleboard taster session with a local coach.

1 Activity 1 - Positioning

- How do you stand on a paddleboard?
- What way should your body be facing?
- Where should your feet be?

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2 Activity 2 - Up down, up down

Everyone has a paddleboard placed on land.

- Start lying down on the board.
- Call out up and have to get to feet and balance.
- Call out down and have to get onto knees and balance.



3 Activity 3 - Stroke practice

- Still on land pick up your paddle
- Standing on your board reach forwards with your paddle
- Pull the paddle backwards past your body
- Make sure to switch sides after every couple of strokes.

4 Activity 4 - Ready to board

- Find an area with calm water (no waves).
- With help from a coach or leader climb onto the paddleboard.
- Stay on your knees and balance on the board.
- Pull your paddle through the water and try and travel forwards.
- Challenge yourself - try standing up, how long can you last?

Health and safety

- You must be able to swim.
- Make sure you are wearing a life vest at all times
- Make sure you are strapped into the board leash at all times.
- Do not go in the water unless you are accompanied by a leader or coach.



Give it a Go Rainbows Cycling badge



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

Research a famous cyclist and create a poster about them.
Name 2 important health and safety aspect when cycling.
Discuss what protective gear should you wear when cycling and why.

1 Activity 1 - Pool noodle limbo

- Your unit leader will hold the pool noodle up in the air.
- You must cycle underneath the pool noodle.
- Your unit leader will lower the noodle after each go making it harder.
- How low can you go?

2 Activity 2 - Cycle path

- With the use of chalk, create an obstacle course that you will then follow yourself on your bike.

3 Activity 3 - Obstacle course

- Complete an obstacle course that involves, weaving, moving forward, turning left and right, bending down on the bike and standing up.
- How fast can you complete the course in – can you beat your time?

Health and safety

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

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Give it a Go Rainbows 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 take part in a dance session with a local coach.

Name 2 different types of dance
Research a type of dance and tell your leader what you have learnt.

1 Activity 1 - Warm up

- Complete a relevant dance warm up.

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2 Activity 2 - Competition time

- Show off your best dance moves in a game of musical statues.

3 Activity 3 - Obstacle course

- Create a small dance routine lasting 20 – 30 seconds.
- (This can be done in pairs or as a small group as well as individually).

4 Activity 4 - Obstacle course

- Perform your dance routine to the rest of your unit or your leader.



Give it a Go Rainbows Gymnastics badge



To gain your 'Give it a Go' gymnastics badge, you should try each of these activities below with the help from your leader or take part in a gymnastics session with a local coach.

- Find a famous gymnast and create a poster to celebrate their achievements.

1 Activity 1 - Warm up

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

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 three 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

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

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