

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).

