

# 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.

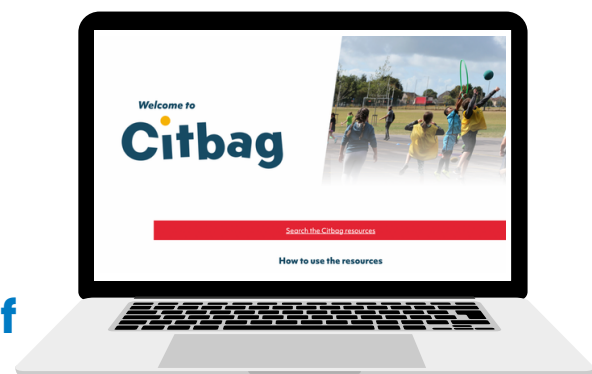
With reference to your Play to Learn packs use the activity cards to complete a game that includes:

- 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

Visit the Sport Wales [play to learn site](#)



[Click here to buy badge](#)

Physical skill Confidence Motivation  
Lots of Opportunities = Physical Literacy

