

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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