

Give it a Go Rangers Physical literacy badge



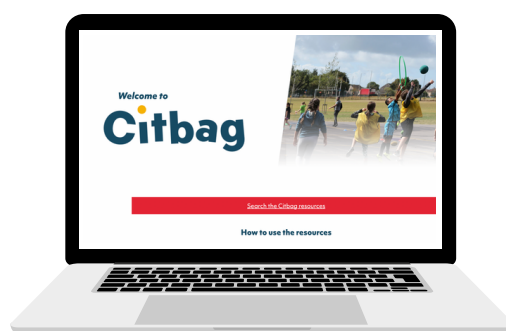
To gain your 'Give it a Go' physical literacy badge please complete the activities below.

Activity 1: Complete 2 activities from each section within the dragon sports multi pack.

Activity 2: Deliver a 'play to learn' story book session to a Rainbow or Brownie unit within your county.

Activity 3: Complete 5 unit sessions volunteering at your local rainbow, brownie or guide unit. You must help the leader or sports educator deliver sporting sessions using the physical literacy resource.

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If you have enjoyed doing this then come and sign up as a sports educator and earn your Level 1, 2 or 3 in sports leadership.

Visit the Sport Wales play to learn site

Visit Sport Wales site to download cards here

Give it a Go Rangers football badge



To gain your 'Give it a Go' Football badge you must complete the following either with the help from your leader or from a local football coach...

1

Activity 1 - Identify the rules in football.

- Use google to create a sheet that explains the rules.



2

Activity 2 - Warm it up

- Identify the importance of warming up and cooling down before taking part in exercise.

3

Activity 3 - Complete a circuit that targets the fundamental skills needed in football such as:

- Agility
- Dodging
- Fast-feet
- Changing direction at speed
- Jumping etc.



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4

Activity 4 - Demo

- Demonstrate competence in passing a football with correct technique.
- Demonstrate competence in dribbling a ball around defenders and scoring a goal.

5

Activity 5 - Round robin

- Organise a round-robin tournament with another unit.
- Complete small-sided games, and rotate after a 15-minute playing period.

6

Activity 6 - Pass it on

- Volunteer at your local rainbows, brownies and guides unit for one hour (3 hours total) to help deliver the 'Give it a Go' football badge.

Give it a Go Rangers Kayaking badge



To gain your 'Give it a Go' kayaking badge, follow the instructions below and attend a session with a qualified instructor.

To complete this badge, you must attend a session with a qualified instructor to carry out activities in water. The safety of our girls is the most important aspect.

1 Activity 1 - On land activity

- Remove all the pieces of each kayak (rudders, drain plugs, cords, hatch covers, etc).
- Make sure the kayaks are lined up in the same area.
- In groups race to get it ready for launch, and show them a specifically marked place to place the kayak once they have finished.
- The team to do this the quickest wins.



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Give it a Go Rangers Rugby badge



To gain your 'Give it a Go' rugby badge, you should complete each of the following activities, with the help from your unit leader or attend a taster session with a local rugby team/coach. (Your session must last 2 hours if you are doing this badge outside of your unit meeting).

- Learn and understand the rules of tag rugby.

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1 Activity 1 - Tag

- Play a game of tag rugby against your fellow Rangers.



2 Activity 2 - Tournament

- Organise a tag tournament/game with other local units.

3 Activity 3 - Ref!

- Referee a tag game, take in turn to referee whilst playing against other units/groups – 5 – 10mins each.

4 Activity 4 - Deliver it

Deliver a fun and safe rugby related skills session to your local Rainbow, Brownie and Guides unit. These sessions must last at least 30minutes. Activities can include fun games such as:

- Relay races
- Stuck in the mud
- Passing races

5 Activity 5 - Haka

Research the different types of hakas performed and demonstrate that haka to your unit (NZ, Samoa, Fiji, Pacific Islands)

6 Activity 6 - Guiding Haka

Create your own version of a Haka – the Girlguiding Cymru way.

Give it a Go Rangers 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 - Rules
Identify the rules in Hockey

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2 Activity 2 - Warm up
Identify the importance of warming up and cooling down before taking part in exercise.

3 Activity 3 - Video it
Create a warm up related to skills in hockey and create a YouTube type video to demonstrate this.

4 Activity 4 - Matchmaker
Complete a minimum of 2 hours practical delivery with a qualified hockey coach. You should show competency in:

- Passing and receiving
- Dribbling
- Shooting
- Match

5 Activity 5 - Tournament
Organise a tournament with another unit... Complete small-sided games, and rotate after a 15-minute playing period.

6 Activity 6 - Pass it on
Volunteer at your local rainbows, brownies and guides unit for one hour (3 hours total) to help deliver the 'Give it a Go' hockey badge.

Give it a Go Rangers Volleyball badge



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

- Understand and learn the rules of volleyball.
- Research the difference between indoor volleyball and beach volleyball.

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1 Activity 1 - Keepy uppies

- Working as a team how long can you keep the ball up in the air by hitting it back and forth.
- You can only touch the ball once to pass onto the next person.
- If the ball touches the floor, then you start again.

2 Activity 2 - Game time

- Play a small sided volleyball game in your units.
- Take it in turns to referee the volleyball games (5minutes each).
- Organise a volleyball game with another local unit.

3 Activity 3 - Para volleyball

- Take part in an inclusive game of volleyball.
- This only requires a small space/area.
- The rules are identical apart from the fact that you must be sitting down on your backside at all times.



Give it a Go Rangers Netball badge



To gain your 'Give it a Go' netball badge you should complete each of the following activities with the help from your unit leader or attend a session with a local coach or sports educator.

- Understand and comply with the main rules of netball
- Understand and learn the positions played in netball and where they are able to travel.
- Create a warm up that is fun, creative and relevant to the skills used in netball.

1 Activity 1 - Technique

- Demonstrate the correct techniques for the 3 different types of passes.
- Chest pass, Bounce pass, Shoulder pass

2 Activity 2 - Frisbee netball

- Split yourselves into 2 teams.
- Play a game of netball by using a Frisbee instead of a ball.
- To score a 'goal' tap the Frisbee against the post (or any equipment you have used to create a post).

3 Activity 3 - Game on

- Organise and take part in a netball game against another unit.

4 Activity 4 - Mini tournament

- Organise and take part in a mini tournament/festival against other units in your area.

5 Activity 5 - Pass it on

- Use your knowledge and skills to deliver a netball session to your local Rainbow, Brownie and Guides units.
- Session must be at least 30 minutes in duration and delivered to each section.



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Give it a Go

Rangers disability in sport badge



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

Explore the different sports available in the Paralympics and take part in at least 2 of those activities.

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1 Activity 1 - Visit a club

Do you have any clubs in your area that specialise in inclusive sports for all? Attend a session to see what they offer OR adapt a sporting session of your choice to include everyone in your unit.

2 Activity 2 - Ball relay

Deliver adaptive and inclusive sessions to a local Guide, Brownie or Rainbow units.

3 Activity 3 - Create your own paralympics

Design activities/games that are inclusive and fun to all.



Give it a Go Rangers Triathlon badge



To gain your 'Give it a Go' triathlon badge, you should complete each of these activities below with the help from your unit leader or attend a taster session with a qualified coach.

Run, swim, cycle!

1 Activity 1 - Capture the flag

- You will be split into 2 teams.
- The aim of the game is to capture the flag from your oppositions team and get it back on your side without getting caught.
- If you get caught you go to jail (your team can free you by tagging you out)
- You can only be tagged in your oppositions half and if you have the flag it must be returned to its base.

The following activities would need to be completed at a venue with the relevant facilities (Swimming pool/safe area for cycling).

2 Activity 2 - Swimming obstacle course

- Swim your way through the obstacle course as quickly and as safely as you can. In your obstacle course please include: Swimming through hoops, picking up sinkable objects, swimming underwater, pushing a ball through the water.

****Please note:** If there are any individuals who are unable/unconfident to swim or scared of water then organise an activity that is challenging to them (e.g. getting in the pool and walking around, swim a width, play a game in the baby pool so the water is shallow).

3 Activity 3 - Slow ride

- Set out a straight course and race your peers to the end
Compete in a relay race – which team will win? Complete a 30minute cycle in a safe environment.

4 Activity 4 - Mini triathlon

- 100m swim (4 lengths of a 25m pool)
- 2km cycle
- 1km brisk walk/jog/run



Give it a Go Rangers Tennis badge



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

- Discuss the main rules of tennis.
- Understand and use the points system correctly.
- Research the difference between female tennis and male tennis.
- Discuss how many games are played to win a set. (First person to 2 sets – 6 games in a set)

1 Activity 1 - Correct technique

Learn the correct technique for the following

- Forehand
- Backhand
- Serve
- Volley



2 Activity 2 - Target practice

- Targets will be placed on the opposite end of the court.
- Each person will have 10 attempts to hit the targets
- You cannot hit the same target twice.
- How many targets are you able to hit?

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3 Activity 3 - Jail game

- Objective is to hit the ball over the net into a specified area.
- If you get the ball into the area you are able to carry on, but if you miss you go to jail.
- When in jail you stand on the outside of the court and try to catch the ball – if its caught then the person who caught it is allowed back in the game and the person who's missed goes to jail.
- Last person standing gets 3 attempts to hit the ball into the area – if misses everyone is allowed back into game – if caught everyone is allowed back in and the game restarts.

Give it a Go

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Cricket badge



To gain your 'Give it a Go' cricket badge, you should complete each of the activities below with the help from your unit leader or attend a taster session with a local coach. (Session must last 2 hours if not doing this badge as a unit).

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[Visit Cricket Wales site](#)

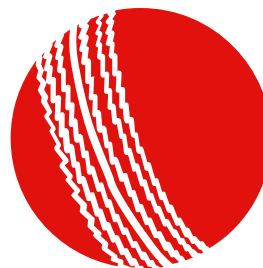
1 Activity 1 - Technique

Demonstrate the following techniques

- Bowling and catching
- Hand positioning on the bat
- Hitting the ball

2 Activity 2 - Target practice

- Targets will be placed all over the playing area.
- Girls must bowl the ball and try and hit the targets.
- 1 point for each target hit.
- How many points can each girl get in 8 bowls?



3 Activity 3 - Competition time

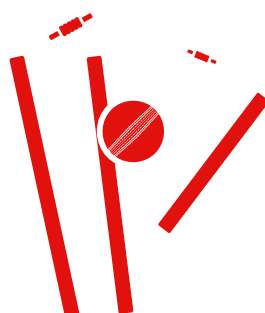
- Split the girls into 2 teams on opposite ends of the playing area.
- A large ball will be set up in the middle of the area.
- Girls must bowl/throw the cricket balls (or tennis) at the large ball in the middle attempting to move it to the oppositions side.
- First team to get the ball to the oppositions side wins.

4 Activity 4 - Kwik cricket

- Play a game of kwik cricket in your unit using [this link](#) below which will take you to the rules of how to play – there are several different versions you can choose from)

5 Activity 5 - Match it

- Attend a local, regional or international cricket match.



Give it a Go Rangers Golf badge



To gain your 'Give it a Go' golf badge, you should try each of the following activities or attend a taster session with a local qualified coach. Research and discuss the different clubs used in golf and why/when they are used in a game

1 Activity 1 - Demonstrate

Demonstrate the correct technique for the following types of clubs:

- Wedge
- Iron
- Putter
- Wood

This should also include the correct technique of:

- Stance when hitting the ball.
- Hitting the ball.
- Follow through after the ball has been hit.

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2 Activity 2 - Target practice

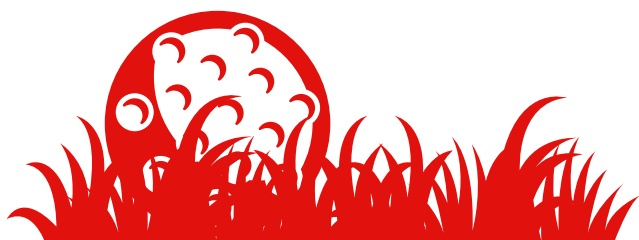
- Different types of targets will be placed around the area (small, big, narrow, wide). Using the 4 different clubs hit as many targets as you can. You will have 6 goes each. Demonstrate your knowledge and pick the right club for each distance

3 Activity 3 - Crazy golf

Attend a crazy golf session OR create your own crazy golf course.

4 Activity 4 - Game on!

Attend a local golf course and play a 9-hole game.



Give it a Go Rangers windsurfing badge

**Rangers**

Girlguiding
Cymru



To gain your 'Give it a Go' windsurfing badge, you should follow the instructions below and attend a session with a qualified coach.

To complete this badge, you must attend a session with a qualified instructor to carry out activities in water. The safety of our girls is the most important aspect.



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Give it a Go Rangers Paddleboard badge



To gain your 'Give it a Go' paddleboard badge, you should complete each of these activities with a qualified instructor.

To complete this badge, you must attend a session with a qualified instructor to carry out activities in water. The safety of our girls is the most important aspect.

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1 Activity 1 - Demonstrate

Ask your instructor to

- Demonstrate the correct technique:
- Stance
- Paddle strokes
- Board placement

2 Activity 2 - Race to the end

- Set up and compete in a paddleboard race on the water.

3 Activity 3 - Obstacle course

- Create an obstacle course for your peers to paddleboard around.

4 Activity 4 - Delivery

- Deliver fun and challenging games for the girls to compete in.



Health and safety

- Please note: You must be able to swim or tread water to be take part in the water – only some aspects can be done on land.

Give it a Go Rangers Archery badge



To gain your 'Give it a Go' Archery badge, you should complete each of the activities below with a qualified instructor.

- Name the main health and safety points for archery.
- Name 5 items of equipment needed to play archery.

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1 Activity 1 - Demonstrate technique

- Demonstrate the correct technique:
 - Stance – the correct positioning
 - Bow – how to hold the bow and shoot safely
 - Arrow – load your arrow correctly
 - Collect your arrows safely



2 Activity 2 - Shooting

- Shoot 6 arrows at the target to practise your technique and aim.

3 Activity 3 - Demo

- Lead your own demonstration to your peers (or a partner) of how to use the correct technique to shoot in archery safely.

4 Activity 4 - Evaluate

- Evaluate another person's technique and correct any mistakes/ discuss any areas for improvement.

5 Activity 5 - Balloon pop

- There will be balloons attached to your target.
- Within the given time limit you must pop as many balloons as possible.
- You can only do this by shooting arrows.
- The person who pops the most balloons in the given time wins.

Give it a Go Rangers Cycling badge



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

Health and safety

These activities will need to be completed outside of the unit meeting area, in a large space that is safe for cycling.

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

1 Activity 1 – Bike maintenance

- Complete these basic bike maintenance and safety activities: (Research as a unit or individually)
- Repair a puncture on: Wheels, inner tube
- Clean your bike with the correct equipment.
- Check if your bike is safe to ride
- Make sure you have suitable clothing.
- Learn how to fit your own helmet correctly and safely.

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2 Activity 2 – Pokemon Go!

- Go on a hunt for pokemon on bikes in your local area.
- Activity must be done for at least 30 minutes.
- How many pokemon can you find?
- Complete this with your unit, your family and your friends.

3 Activity 3 – On your marks!

- Relay race (complete this in an area that has ample space for several groups to participate safely)
- In teams of 4, each participant will cycle the distances below to their next team mate. The last team mate will cross the finish line – team to complete this first will win.
- Choose from the following race formats
- 1) 4x4 100m race 2) 4x4 200m race 3) 4x4 400m race 4) 4x4 800m race



Give it a Go

Rangers

Dancing badge



To gain your 'Give it a Go' dance badge, you should try each of these activities below or attend a dance session with a local coach.

Research, learn and perform a dance from another culture.

1 Activity 1 - Choreo

- In groups or individually develop your own dance routine. Your routine must last at least 50 seconds. All music must be appropriate (Radio edits only)

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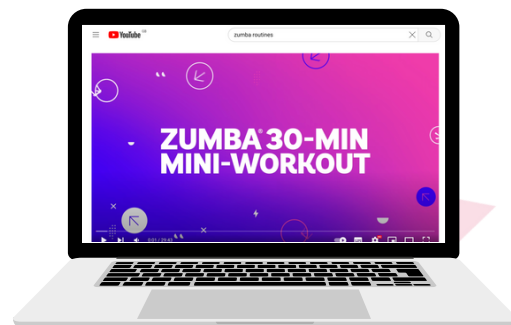
2 Activity 2 - Perform it!

- Perform your routines to the rest of your unit as part of a dance off competition.
- 2 groups/individual will compete against each other at the same time.
- Winner will be decided from the participants watching.
- Each group/individual will compete against each other to take part in the dance off final.
- The most important aspect of this is to enjoy yourself and have fun by exploring new moves and dances.

3 Activity 3 - Zumba

Take part in Zumba, choose one of the following depending on availability and convenience.

- Attend a local Zumba class
- Arrange for an Instructor to deliver a session to your unit.
- You could also use a copy of a relevant up to date Zumba DVD or this [Youtube video](#) in your unit



4 Activity 4 - Ballet workout

- Ballet dancers carry out conditioning that rivals an olympic athlete.
- Try the New York City Ballet Workout [here](#)

Give it a Go Rangers Gymnastics badge



To gain your 'Give it a Go' gymnastics badge, you should try each of these activities below. You must take part in a gymnastics session with a local coach using safe equipment.

- Research Gymnastics at Olympic level. Find out how the point scoring system works.
- Choose any olympic Gymnast to create a presentation on.

1 Activity 1 - Warm up

- Create your own 20 minute warm up routine that ensures your entire body is ready.

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2 Activity 2 - Leotard design

- Design a leotard for gymnastics. It could be a long sleeve, short sleeve or unitard. Think about comfort and ease of use.

3 Activity 3 - Skills

Using gymnastics mats, learn five 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
- Backwards walkover
- Backwards roll

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

You can adjust the quantity and skills for members with physical or motor co-ordination needs.

4 Activity 4 - Equipment

Use one of the following pieces of equipment,

- Bars, tramp track, beam, vault
- Perform a small routine using one of these pieces.

