

# 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.

[Click here to buy badge](#)

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.

