

12<sup>TH</sup> KIDDERMINSTER BROWNIES

# SPORTS CHALLENGE



**2012**

This badge has been designed by the brownies to celebrate the London 2012 Olympic Games. Funds raised by the sale of badges will be divided between riding for disabled children and the 12<sup>th</sup> Kidderminster Brownies. We hope you enjoy the challenges and have a great event.

There are 4 sections to complete

- Get ready
- Get set



- Go
- Celebrate

The activities range in ability and are suitable for all sections. Any of the challenges can be adapted to meet the needs of any section. The games identified are for use as a guide, why not let the girls in your unit devise their own challenges.

**Everyone should complete the GO section. In addition**

**Rainbows should complete 1 challenge from each of the other sections**

**Brownies should complete 1 challenge from each of the other sections PLUS 2 others**

**Guides should complete 1 challenge from each of the other sections PLUS 3 others**

**Senior section should complete 1 challenge from each of the other sections PLUS 3 others**

## **GET READY**

1. Find out about the history of the Olympic and Paralympic games.

When and where did they start?

What sports were played?

What are the Olympic symbols and motto?

What does the Olympic flag look like and what does it represent?

Why not take a trip to the local library to research the Games.

Play a game: you will need A3 pieces of white card or paper, rings made in green, blue, red, yellow and black card and dice. Divide the girls into teams. The leaders will keep the paper and rings. Each team needs to throw a six to start, this will allow them to collect the white paper as the background. They must then throw numbers 1 to 5 in order, 1= blue, 2= yellow, 3= black, 4= green and 5= red. The first team to assemble their flag correctly wins.

2. Discuss how sport today can cross religious, racial and cultural divides. How do the Olympic and Paralympic games bring together people of different faiths, races and abilities. Make a poster presentation to demonstrate your discussions.
3. Design a poster and slogan that shows how sport can promote peace and use to promote your games.

4. Take a trip around your local area.

What sporting amenities are available?

Is there a park or playground near to your meeting place?

Look in the local paper, library, use the internet to identify how many different sports clubs there are in the area

Are there any facilities for the disabled?

How could you make use of what you find in your unit?

4. What would you like to see in your area? Contact your local councillor and invite them to a meeting to discuss your ideas.
5. Make a list of the countries that compete in the modern Olympic games. Choose 1 country and learn how to say hello. Goodbye, good luck and well done in their language.
6. Draw the flag of your chosen country and find out about some of the athletes that represent them and the events they compete in.

Play a game: print out the flags of countries that compete at the Games and lay out on the floor. Give each group of girls' cards with the names of countries on them. See who is first to match their countries with the correct flags.

7. Make your own Olympic flame, pass it around groups each week to add to the decoration upon it.

Use cardboard tubes and decorate with gold wrapping paper or crepe paper. Use red and yellow crepe paper or cellophane to create a flame. Add jewels, sporting pictures, ribbon etc each week.

8. Make a collage with pictures of different sports played at the Olympic and Paralympic games.
9. What is your favourite sport? Bring in some photographs or drawings of you taking part and share with the others in your unit.
10. Make your own team mascots and flags for your games.

Use old pillow cases/sheets, garden canes and fabric paints. Make a mascot from chicken wire and papier mache or plaster of paris bandages and paint.

11. Collect Sainsbury's active kids vouchers and Tesco Vouchers for Schools and use to get sports equipment for your unit.

# GET SET

## GET FIT

1. Do some exercise every day for a week. Write down what you do and how it makes you feel. You could walk to school, use a dance or sport game that involves moving around, try lifting cans of vegetables as weights.
2. Find out what foods sportsmen eat to keep healthy and fit to compete. Plan a menu for an athlete in training.
3. Keep a diary of what you eat for a week, is it healthy?
4. Make some healthy snacks at your meeting place.
5. Find out which different food groups we need to eat daily to keep healthy. Make a poster about this to promote healthy eating.
6. Discover why it is important to warm up before exercising. Select a sport or activity and identify which muscles are used.
7. Practice a warm up session
8. What effect does exercise have on the body and mind? Are there any risks or disadvantages to your chosen method of exercise?
9. Have a yoga session in your meeting place.

10. Promote a positive, confident attitude. Identify issues which can lead to a lack of confidence. What can be done to reduce them?

Have a joke telling session, laughter releases tension.

Get girls to write down something positive about everyone then read them out.

11. Sleep is important to health. How much sleep do we need? What can happen if we do not get sufficient sleep? How can you make sure you get the right amount.

12. Choose a sport and design suitable clothing and footwear that will keep the athlete safe from injury whilst competing.

13. Design and make medals for your games.

Use ribbon and gold, silver and bronze card to make medals.

## GO

Try to have an even mix of individual and team events as well as activities to suit all abilities so that all the girls are included. Decide how many activities your games will consist of and over how many meetings you will run them for. Invite another unit to participate with you or go it alone. These ideas are suggestions only, you will be able to arrange activities to suit your section.

Make a plan of the games and activities that will make up your games. Some will be team games. Some will be individual events. Ask the groups of girls to nominate a member to participate in the individual events after discussing the strengths within each group. Make up a medal chart and away you go.

- Why not try an activity away from the meeting place;

Swimming

10 pin bowling

Crazy golf at your local park

Crate stacking

- **Indoor golf (team or individual)**

You will need, inner cardboard tubes from wrapping paper or tightly rolled up newspaper, ping pong balls, small ring binders or flower pots cut in half to form a tunnel.

Set out a course with the tunnels as many holes as you wish. The winner will be the girl who manages to finish the course with the least number of hits. Make it harder by placing obstacles on the course or forfeits for using more shots than necessary.



- **Plastic cup snatch ( team)**

You will need plastic cups.

Girls should be in pairs, from different teams. Stand facing each other with a plastic cup on the floor between them. When the signal is given the first one to pick up the cup goes through to the next round and so on until there is one winner.

- **Discus (individual)**

Use a Frisbee, see who can throw it the furthest. Best done outdoors and away from dogs!

- **Obstacle course (individual or relay)**

Make up an obstacle course and dribble a football around it.

- **Balloon volley ball (team)**

You will need garden canes, string and balloons

Set up garden canes with a string across at a height to suit the girls playing.

The aim is to keep the balloon in the air on your side of the net.

- **Dry synchronised swimming (team)**

You will need music, swim hats decorated, swim wear/ leggings and T shirts. Teams to devise routine, guiders judge performances. See page 71, World of Ideas.

- **Mime ( team )**

Write down as many sports as you can think of on small pieces of card. Each team in turns should select a card and mime the sport to the other teams.

Points can be awarded for the team that guesses correctly and the team miming if no one is able to guess.

Alternatively let the leaders do the miming and the teams guess.

- **Jigsaw match (team)**

You will need old birthday cards or pictures of sports on card.

Cut each card into 4 or 5 pieces. Give each team one piece of the picture and mix the remainder up in the middle of the floor. The first team to make up their picture is the winner.

- **Target (team or individual)**

Make a target from large piece of card or chalk marks onto ground. Write scores in different sections of the target. Use a 2 pence coin/marble/bean bag to throw and score points landed on.

- **Exercise wheel (team)**

Make a fun exercise wheel (see page 54 Brownie Adventure book). Leaders act as judges . winners will be first team to reach 100 points.

- **River crossing (team)**

You will need pieces of newspaper.

Each team will be given 2 sheets of tabloid newspaper. The aim will be to get all team members from one side of the 'river' to the other without getting feet in water.



## HAVE A PARTY

Devise a ceremony to close your games and thank everyone involved.  
Announce the winners from the medal table.

- Do some relaxation exercises to warm down, try some yoga
- Hold a massage session, hand a feet massages with baby oil
- Find out about aromatherapy oils. Which ones are good for relaxation, tiredness, aching muscles
- Make up some peppermint foot fizz lotion ( see Small world publication). Use as gifts or sell to raise funds. See what other toiletries could be made to sell.
- Write a report about your games with photographs (make sure you have parental consent for this) and send to your local paper for publishing.
- Ask each team to report back about what they enjoyed the most about their games.

# **SPORTS CHALLENGE BADGE 2012**

## **ORDERING DETAILS**

**Badges cost £1.20 each. Postage and packing is free.**

**Please complete the slip below and return to;**

**Sue Smithson**

**alan@asmithson.freeseve.co.uk**

**12, Jay Park Crescent**

**Spennells**

**Kidderminster**

**Worcs, DY10 4JP**

**Cheques to be made out to 12<sup>th</sup> Kidderminster Brownies**

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**Please send me ..... badges at £1.20 each.**

**Cheque enclosed for total of £.....**

**Name and address for return**

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