

**READY...STEADY  
.....GOLD!!**





# **READY...STEADY .....GOLD!!**

## **Introduction**

In 2024 the Olympics and Paralympics take place in Paris, so we have an exciting challenge badge to get you into the spirit!

There is something for everyone in this challenge. It's not just about sport! There's lots of crafts and debating to do and history to learn!

We hope you enjoy the badge and make sure to share your attempts with us on the Girlguiding Leeds Members Facebook group (with the correct photo permissions) at <https://www.facebook.com/groups/girlguidingleeds/>

So what are you waiting for?  
Ready, Steady... Gold!

## **Sections to complete:**

Rainbows 1 from each section

Brownies 2 from each section

Guides 3 from each section

# READY...STEADY... ...GET SPORTY!!

- Have a sports themed night
- Try a new sport
- How far can you jump?
- How far can you throw a bean bag?
- Earn one of Girlguiding's new Land or Water badge
- Understand the importance of warming up and cooling down after a workout
- Make up your own stretching routine
- As an individual/unit walk or run 24km in total
- Visit a sporting venue and have a go at that sport
- Hold a scavenger hunt themed around the different sports in the Olympics

## INTEREST BADGES TO TRY OUT:

Rainbows: Agility

Brownies: Dance

Guides: Fitness

Rangers: Sports

### Programme Links

#### **Rainbows:**

Ready Steady Sport UMA, Karate Tennis UMA, Swimming to Safety UMA

#### **Brownies:**

Cluck Cluck Goal UMA, Finders Keepers UMA, Finding Fluids SB, Use it to Move It SB, Keep on Throwing UMA, Triple Boxer UMA, Kabaddi UMA, Team Effort SB, The Great Guiding Record Challenge UMA, Invent a Sport UMA

#### **Guides:**

Team Effort SB, Warm Up Work Out SB, Penny Hike UMA, Touch Down UMA, Totally Gaga UMA, Kho Kho UMA, Animal Athletes UMA, Mastering the moves UMA

#### **Rangers:**

Karate Block UMA, Anything Goes Hockey UMA, Kicking It UMA, Tennis Tournaments UMA

# READY...STEADY... ...OLYMPIC FEVER!!

- France is the host country this year. Hold a French themed night
- Learn to count to 10 in French
- Find out what the Olympic symbol means
- Create the Olympics logo using only the people in your unit
- Plan an Olympics themed night and run it with another unit or split your unit into two and run two themed events!
- Make your own flags and have your own opening ceremony!
- The Olympians originally started in Greece. Find out what sports they did. Can you do any of them?
- Find out what are the newest sports to become Olympic events
- Discuss - Do you think video gaming should be an Olympic sport? What sports would you like to see in the Olympics?
- Make up a song about the Olympics. For a starting point think about coming together and doing your best!
- Hold your own crazy Olympics – you could use cotton wool, popcorn, pompom balls – or hold your own vegetable Olympics e.g. celery fencing, orange shotput, carrot javelin
- Try food from countries other than the UK – what was your favourite?
- Learn the Olympic motto

## INTEREST BADGES TO TRY OUT:

Brownies: Languages

Guides: Aspirations

Rangers: Morals & Values

### Programme Links:

#### **Rainbows:**

Cheer Challenge UMA, Mascot Maker UMA

#### **Brownies:**

Sound of my Unit UMA, Local Munch UMA, Respect the Ref UMA

#### **Guides:**

Animal Athletes UMA, Team Effort SB, Tasty Testing SB, Sensational Sound Effect UMA, Campfire Playlist UMA, Music Video Magic UMA, Accessstival UMA, Sounds Around UMA, Battle of the Airbands UMA

#### **Rangers:**

In the Hot seat UMA, Meal time missions UMA



**READY...STEADY...**  
**...FAMOUS OLYMPIANS!!**

Learn about these famous Olympian athletes:

- **Ellie Simmonds**
- **Jessica Ennis-Hill**
- **Josie Pearson**
- **Charlotte Dujardin**
- **Nicola Adams**
- **Hollie Arnold**
- **Jessica Learmonth**

**READY...STEADY...**  
**...GET CRAFTY!!**

- Make your own medals  
e.g. they could be edible, made out of clay or anything in your cupboard!
- Make your own laurel wreath crown
- Make a collage of your favourite sport using only the Olympic colours, red, blue, green, yellow, black
- Make your own Olympic torch and hold a relay race
- Can you do your own sporting A-Z?
- Create your own advert to encourage more people to participate in sports
- Design the Olympic kit for a country of your choice. Can you create it out of bin bags?
- Design a national mascot. Can you make it out of clay?

### **INTEREST BADGES TO TRY OUT:**

Brownies: Baking

#### **Programme Links**

##### **Brownies**

Trash Fashion UMA, Demanding Designs UMA, Hole in One UMA

##### **Guides**

Designer Drawings UMA, Build A Beast UMA, Mission Managed SB, Team Effort SB, Who Cares SB, Awful Adverts UMA, Baking is a Science UMA, A-Z of Nature UMA, Build it with food UMA, Build it up SB, Work of Art SB

# READY...STEADY... ...PARALYMPICS!!

- Discussion - Should Paralympians be able to compete in the able-bodied Olympics?
- Some Paralympic runners have a guide if they are visually impaired. In pairs, run a course but one of the pair is blindfold and the other person must safely guide them around the course.
- Discussion - How many sports can you name which are allowed to compete mixed gender?
- Try a throwing event using your wrong hand
- Play sitting volleyball – think about how you will get the ball if you can't reach it

## INTEREST BADGES TO TRY OUT:

Brownies: Speaking Out

Guide: Human Rights,  
Campaigning

### Programme Links:

#### **Rainbows:**

Fun and Fair UMA, Lovely Losers UMA, Roller Relay UMA

#### **Brownies:**

Fairest of them All UMA, Game On UMA, Uniquely You UMA, Rope Race Challenge SB

#### **Guides:**

One size doesn't fit all SB, Leave it out SB, Being deaf friendly SB, Sign it spell it UMA, Cheerleader vs sneerleader UMA, High flyers UMA, Equal everything UMA

#### **Rangers:**

Break the Boas UMA, Sitting Volleyball UMA



**READY...STEADY...**  
**ORDER FORM**

NAME:

UNIT NAME:

ADDRESS:

TELEPHONE:

NUMBER OF BADGES: