

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





READY...STEADYGOLD!!

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... Gold Badge Order Form

Name:	
Unit:	
Email:	
Address:	

Badges required

GIRLGUIDING LEEDS Ready Steady... Gold Badges	
Number badges @ £1 each	Total cost :
Number:	
Postage (Under 20 badges £1.50, over 20 badges £2.50)	Cost:
I wish to pick up from the Trefoil Centre (free)	
Total payment:	

Payment information

Please send completed form to:

- County Administrator, Trefoil Centre, 16a Morris Lane, Kirkstall, Leeds LS5 3JD
- Or email admin@girlguidingleeds.org.uk

Payment can be made by cheque or BACs, please **do not send cash**:

- Cheques should be made payable to **Leeds County Guide Association**.
- BACs payments can be made to **Leeds County Guide Association**, Sort Code: 40-52-40; Account No: 00024618; Reference: RSG Badges/[Your Unit Name].

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