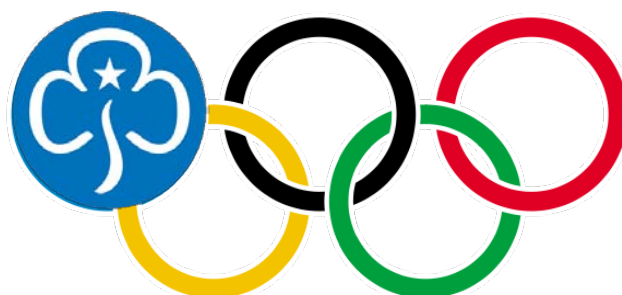


The Guiding Olympian Challenge!!!

Are you a Guiding Olympian??



Information Sheet

Welcome to 1st Barnehurst Rainbows' Guiding Olympian Challenge. This pack will enable you to plan meetings along an Olympic theme in preparation for London 2012.

Requirements

The challenge is broken up into 5 sections and tasks from each section must be completed.

Below states what each section needs to complete;

- If you are a **Rainbow** you must collect 1 Olympic Ring from each section
- If you are a **Brownie** you must collect 2 Olympic Rings from each section
- If you are a **Guide** you must collect 3 Olympic Rings from each section
- If you are a member of **Senior Section** or an **Adult Member** you must collect 4 Olympic Rings from each section

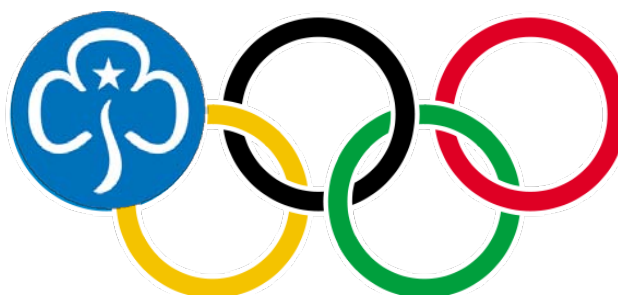
EVERYONE MUST ALSO HOLD THEIR OWN OLYMPIC GAMES EVENING; EITHER AS A UNIT OR ON A LARGER SCALE.

All the resources needed to complete the challenge can be found at the back of this pack; for more information or for separate electronic copies please email

vstorey@glos.ac.uk

SECTIONS

- Paralympics
- Sports
- History and Future
- London
- Competing Nations



Section One: Paralympics

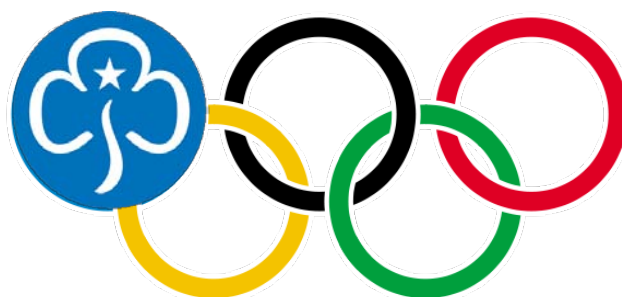
Olympic Ring 1: Complete the Quiz found within the resources section. It can be done together as a unit or as a unit competition with patrols/sixes competing against one another. (Resource 1).

Olympic Ring 2: Find out about Boccia and have a go within the unit. (info sheet1)

Olympic Ring 3: Raise money for a charity providing opportunities in sport for people with a disability. (info sheet2)

Olympic Ring 4: For the duration of a unit meeting each girl should have one of the following disabilities (visual impairment, hearing impairment or physical impairment). Record your findings in the table provided in the resource section. (Resource 2).

Olympic Ring 5: They are called the Paralympics as they are supposed to be parallel to the Olympic Games allowing athletes with a disability the opportunity to compete parallel and equally with 'normal' athletes. Does the Olympic and Paralympic games actually do this? Discuss and present your ideas and findings as a poster.



Section Two: The Sports

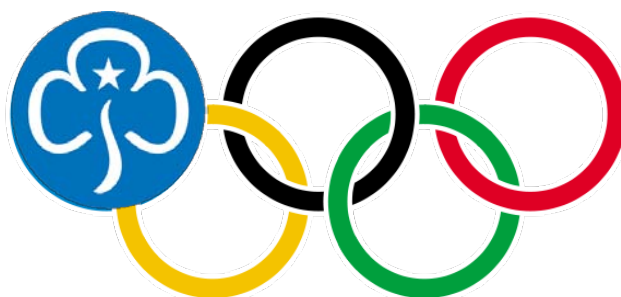
Olympic Ring 1: There are 26 sports held within the 2 weeks of competition. You have £250 million to distribute to the full 26 sports for training of athletes. Look at *information page 3* to see where the funding was given for the 2008 Olympics but also for the 2012 Olympics. How does yours compare?

Olympic Ring 2: Complete the Anagram Sheet. (Resource 3).

Olympic Ring 3: Hold a Sports Night, Girls can show and tell about a sport they play, if a child does not play any sport then perhaps they can research a sport of their choice to show and tell.

Olympic Ring 4: Invite an instructor in to teach the girls a sport that they have never played before; or visit a local leisure centre to take part.

Olympic Ring 5: Devise a new sport that could be introduced into future Olympics. How many people would be involved? List the rules and have a go.



Section Three: The History and Future

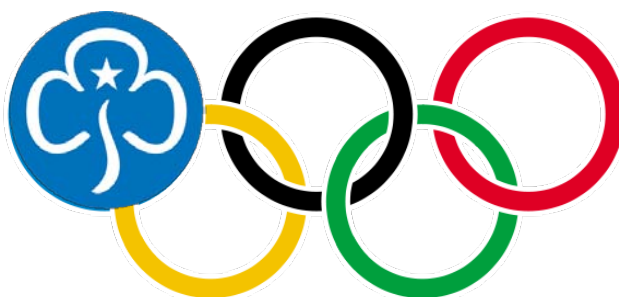
Olympic Ring 1: The Olympic Flame is the most historic part of the Olympic Games as this element dates back to the ancient Olympic Games in Greece. However the first time it was seen in the modern games was in 1928 at the Amsterdam Games. Make yourself an Olympic Torch and hold a relay to pass on the Torch between girls in the unit.

Olympic Ring 2: The Olympic flag contains five interconnected rings on a white background. The five rings symbolize the five significant continents and are interconnected to symbolize the friendship to be gained from these international competitions. The rings, from left to right, are blue, yellow, black, green, and red. The colours were chosen because at least one of them appeared on the flag of every country in the world. Find out about the GFF (Guide Friendship Fund) and complete two activities from the Making a Difference pack. (<https://www.girlguiding.org.uk/pdf/GFFActivityPack.pdf>)

Olympic Ring 3: Where would you like to have the Olympic Games in the future? Design the main stadium, any additional events; what would the athletes wear for each event, and what would their tracksuit look like?

Olympic Ring 4: The first ancient Olympics only had one event – the Stade. This was a sprint over 192 metres the length of the stadium at Olympia. Travel this distance in as many ways as possible

Olympic Ring 5: The Future of the Olympic Games is in your hands, pick a city for the next Games, why would you choose that city, what does it have to offer, what are their best sports. How did they do in the last Olympic Games, where did they place in the medal table and did they win any Gold medals?



Section Four: The London Olympics

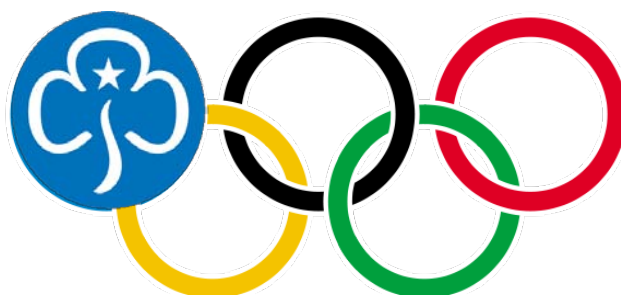
Olympic Ring 1: The opening ceremony of the Olympic Games first dates back to the 1908 Games held in London. The ceremony has become an important part of any Games. Create your own Olympic Opening Ceremony; including dance, music and speaking.

Olympic Ring 2: Take a trip to London or one of the nearby places holding events for the London 2012 Olympics. This could be done within the meeting place (as a virtual trip). If taking a trip to London make sure you check out some of the tourist sites like the athletes will in 2012.

Olympic Ring 3: At each Olympic Games the medals change slightly to fit in with the venue of the Games. Design a set of three medals for the London 2012 Games.

Olympic Ring 4: The reigning Olympic Champions for the Tug of War last held in 1920 were the City of London Police. Should this event be reinstated? Hold a tug of war with members of your unit

Olympic Ring 5: London is the only city to have hosted the Olympic Games three times – 1908, 1948 and 2012. In 1908 the marathon was altered from 25 miles to 26 miles 385 yards so the British Royal Family could view the starting line from a window of Windsor Castle. Hold your own “marathon” e.g. sing 26 songs, make 26 new friends



Section Five: The Competing Nations

Olympic Ring 1: Choose a competing nation from the list in *Information Sheet 4* hold an evening based around this country, try to find out what sports they are best at and why. Are there any Guides, Brownies or Rainbows in your chosen country, if so what are they called?

Olympic Ring 2: Since 1972 host countries have had mascots. Often these are animals. Find out about one of them and make a mask of this animal.

Olympic Ring 3: Over 206 nations will take part in the Olympic Games. Each has its own national anthem. Devise a song which could be used by any nation and perform it.

Olympic Ring 4: Competitors make many new friends during the Olympics. Learn to say hello and goodbye in at least 12 different languages.

Olympic Ring 5: The Olympics is often known as the friendly games. Learn to make friendship bracelets and send these to another unit for your section anywhere in the world.



Order Form

Please complete the order form below and return to:

1st Barnehurst Rainbows
 2 Hall Place Crescent
 Bexley
 Kent
 DA5 1PL



Cheque payable to 1st Barnehurst Rainbows

1st Barnehurst Rainbows – Guiding Olympian Challenge

Unit

County

Country/Region

Contact Name

Delivery Address

Postcode

Telephone

Email

Item

Number Ordered

Total Price

Embroidered Badge (£1 each)

Postage (1-30:£1; 31-100:£1.50; 100+:£2)

Cheque enclosed for:

Activities Completed (Please Circle)

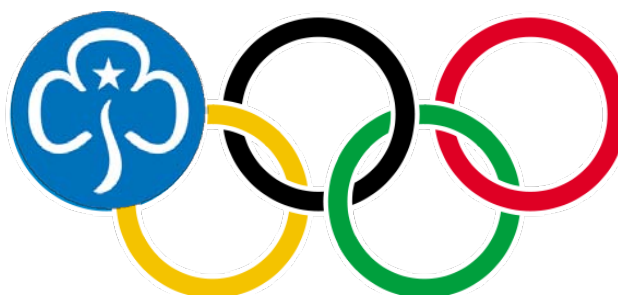
Section 1
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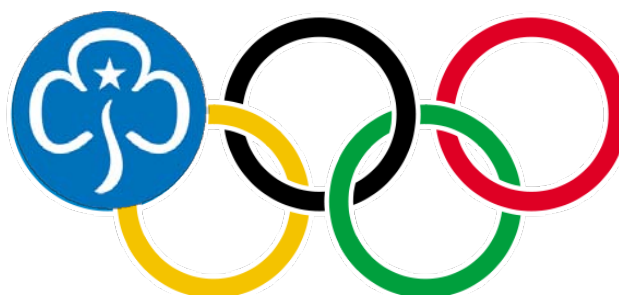


Resources

Sheet 1: Quiz

1. What are the Paralympics?
A- Olympics for people who didn't qualify for them
B- Olympics for pets
C- Olympics for people with disabilities
D- Olympics for the blind only
2. What are 3 sports played in the Summer Paralympics?
A- Basketball, Shopping, and skiing
B- Wheelchair rugby, shooting, and boccia
C- Amputee, cerebral palsy, vision impaired
D- Swimming, backstroke, ice skating
3. What does "Les Autres" mean in French?
A- Nothing
B- Eat my dust! I'm going to beat you in this race!
C- All of us
D- The others
4. What are four of the categories in the Paralympics?
A- Amputee, Les Autres, cerebral palsy, and vision impaired
B- There are no categories because there is no such thing as the Paralympics
C- Les Autres, amputee, cancer, and head injuries
D- Amputee, cerebral palsy, Les Autres, and stomach problems
5. When did the official Paralympic games start?
A- 1952
B- 1980
C- 1960
D- 1964
6. Where were 5 of the Paralympics held?
A- Atlanta, Indonesia, Utah, Antarctica, and Rome
B- Poland, Iran, Germany, Australia, and the Netherlands
C- Atlanta, the Netherlands, Australia, Spain, and Israel
D- Canada, Argentina, Scotland, Sweden, and Russia
8. When was sailing introduced as a full medal sport?
A- Sailing is not a Paralympic sport
B- 1996
C- 1943
D- 2000
8. In wheelchair rugby, there are classifications to how well you play. 3.5 is the best able and 0.5 is the least able. Up to how many points (1.5 athlete + 2.0 athlete = 3.5 points) can there be on the court?
A- 8
B- 5
C- 10
D- there is no limit
9. When was weightlifting introduced?
A- 1960 Rome, Italy
B- 1968 Tel Aviv, Israel
C- 1964 Tokyo, Japan
D- 2000 Sydney, Australia

PLEASE FIND ANSWERS IN BOLD



Sheet 2: Table for **Ring 4** Section 1: The Paralympics

Disability	What problems did you find?	How were you helped?	What needs to be improved?	What did you find the hardest to do throughout the evening?	Is the meeting place accessible?	What did you learn from the evening?



Sheet 3: Anagrams of Sports

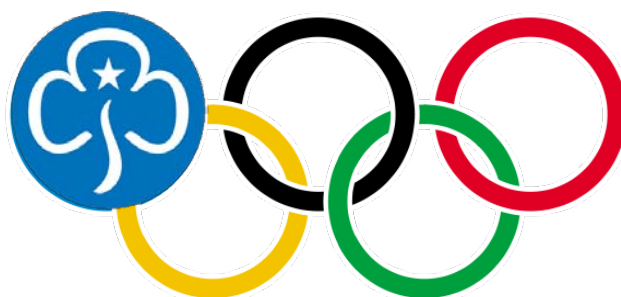
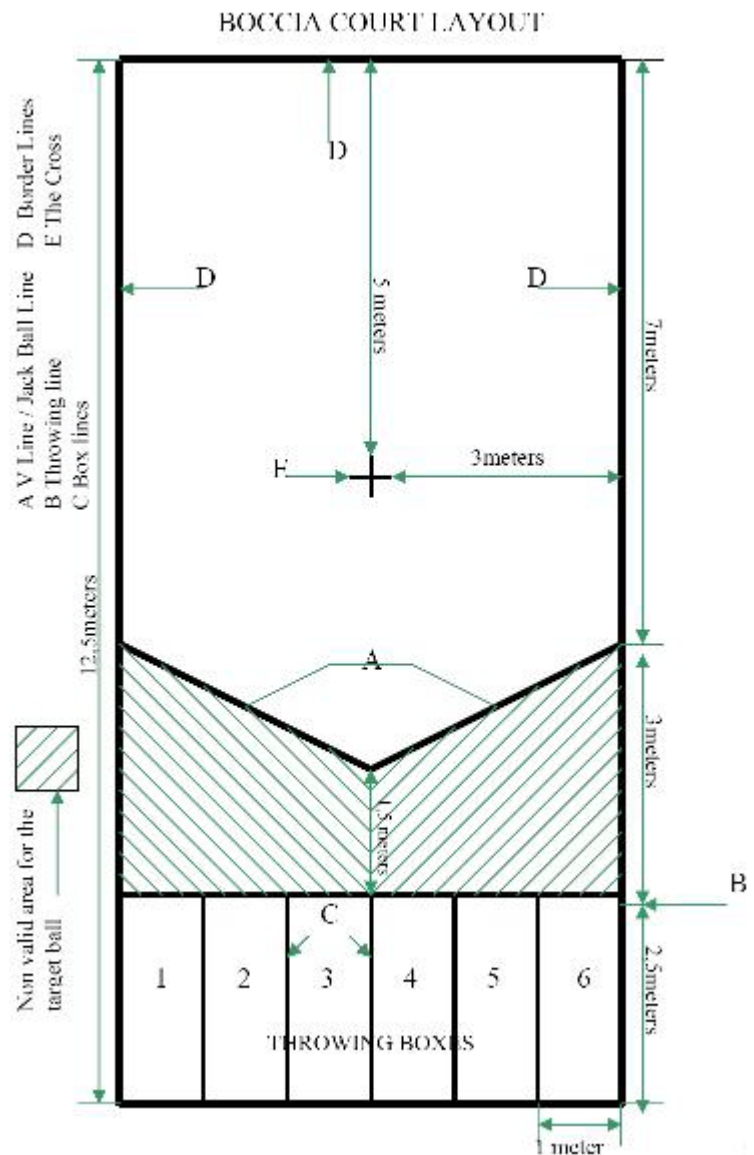
Anagram	Sport/Venue
Castle Hit	Athletics
Algal Lob	Goalball
Value Plot	Pole Vault
Consign Shimmy Sign Rid	Synchronised Swimming
Sing Ail	Sailing
Manor Hat	Marathon
Drove Mole	Velodrome
Cynic Old Rag	Road Cycling
Migrant Swipe Women	Open Water Swimming
Find Swig Run	Windsurfing
Gate Art	Regatta
Harm Them Who	Hammer Throw
Nettle Basin	Table Tennis
Baton Mind	Badminton
Quiet Snare	Equestrian
Taken Wood	Taekwondo
Phantom Olden Rent	Modern Pentathlon



Information Sheets

Info sheet 1 – Boccia

1. Mark out a boccia court using adhesive tape, either according to the official rules (see Resources below), or by marking a throwing line and a "V" line to define the basic field of play if you're playing for recreation.
2. Call a coin toss to see if you or your opponent starts the game. If you win the toss, you get to throw the "jack ball," which will become the target. You have to throw, kick or push the jack ball across the "V" line which is one and a half to three meters from the throwing boxes.
3. Throw your first red boccia ball after you throw the jack ball. Try to get your red ball as close as you can to the white jack ball. Now it's your opponent's turn.
4. Watch your opponent throw blue balls, trying to get closer to the jack ball than your red ball. If your opponent gets closer, or throws all six of their blue balls, it's your turn to throw again.
5. Throw more red balls until you get closer to the white jack ball than an opponent's blue ball, or until you run out of balls. Balls that don't cross the "V" line or go out of the court are dead balls and are racked up on the side.
6. Have the designated referee determine how many balls of one color are closer to the jack ball than any balls of the other color. Each of the closer balls scores one point. If the two closest balls of each color are measured to be the same distance from the white jack ball, each side receives a point.
7. Repeat play with the blue player or team throwing the jack ball. Individuals and pairs play four sets or "ends," while three-person teams play six ends with two balls per player per end. The total scores for all ends are added up to determine the match winner.



Info sheet 2 – Charity List

Sportability is a British registered charity which provides sporting and adventurous activities for people with all forms of paralysis. Activities include everything from Archery to Canoeing, Gliding to Shooting, Quad-biking to Scuba-Diving, Land-yachting, Falconry and Fishing.

<http://www.sportability.org.uk/>

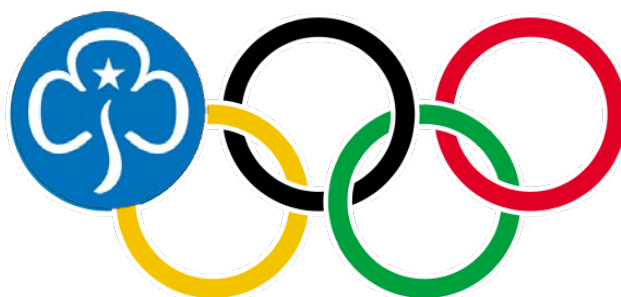
The Association of Wheelchair Children (AWC) is a specialist national charity providing expert wheelchair training and advice to wheelchair-using children and their families across the UK.

<http://www.go-kids-go.org.uk/>

Wheelpower - Each year many thousands of men, women and children become disabled due to an accident or illness. WheelPower is the national charity for wheelchair sport and helps these people and many others with disabilities to achieve their sporting dreams.

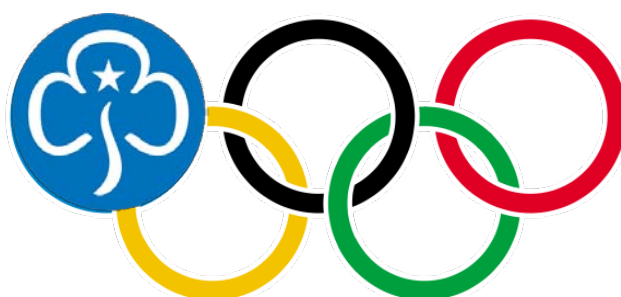
<http://www.wheelpower.org.uk/WPower/>

There are many other charities that provide sporting opportunities for people with a disability. Maybe you can find your own, or there may be a local one that you would like to support.



Info sheet 3 – Olympic funding

Sport	Sydney Olympiad	Athens Olympiad	Beijing Olympiad	London Olympiad
Archery	n/a	£800,000	£2,834,000	£4,408,000
Athletics	£10,600,000	£11,400,000	£26,513,000	£25,073,000
Badminton	n/a**	n/a**	£8,759,000	£7,970,600
Basketball	n/a	n/a	£3,694,000	£8,575,000
Boxing	n/a**	n/a**	£5,005,000	£8,970,600
Canoeing	£4,500,000	£4,700,000	£13,622,000	£15,964,200
Cycling	£5,400,000	£8,600,000	£22,151,000	£26,390,300
Diving	£900,000	£1,400,000	£5,873,000	£6,523,700
Equestrian	£3,000,000	£4,400,000	£11,727,000	£13,382,100
Fencing	n/a	n/a	£3,074,000	£2,519,335
Gymnastics	£5,900,000	£4,100,000	£9,036,000	£10,125,400
Handball	n/a	n/a	£2,986,000	£2,896,721
Hockey	n/a**	n/a**	£9,882,000	£13,847,400
Judo	£3,900,000	£4,100,000	£6,947,000	£7,484,100
Modern Pentathlon	£1,100,000	£2,000,000	£5,920,000	£6,284,800
Rowing	£9,600,000	£10,600,000	£26,042,000	£26,927,200
Sailing	£5,100,000	£7,600,000	£22,292,000	£22,926,600
Shooting	n/a	£1,400,000	£5,056,000	£2,450,866
Swimming	£6,900,000	£6,400,000	£20,659,000	£25,096,600
Synchronised Swimming	n/a	n/a	£1,648,000	£3,389,300
Table Tennis	n/a**	n/a**	£2,533,000	£1,207,848
Taekwondo	£600,000	£600,000	£2,667,000	£4,400,000
Triathlon	£1,400,000	£2,600,000	£5,113,000	£5,285,200
Volleyball	n/a	n/a	£4,112,000	£3,508,077
Water Polo	n/a	n/a	£3,147,000	£2,902,039
Weightlifting	n/a	£300,000	£1,686,000	£1,360,157
Wrestling	n/a	n/a	£2,125,000	£1,435,210
Total	£58,900,000	£70,000,000	£ 235,103,000	£261,304,353



Info sheet 3 – List of Competing Nations

(216 Countries in total)

Afghanistan	Cote-d'Ivoire	Ivory Coast	Niger	Switzerland
Albania	Croatia	Jamaica	Niger	Tanzania
Andorra	Cuba	Japan	Norway	Tonga
Antigua & Barbuda	Cyprus	Jordan	Oman	Thailand
Angola	Czech Republic	Kazakhstan	Pakistan	Togo
Algeria	Denmark	Kyrgyzstan	Palau	Trinidad & Tobago
Argentina	Djibouti	Kenya	Panama	Tajikistan
Armenia	Dominica	South Korea	Papua New Guinea	Timor-Leste
Aruba	Dominican Republic	North Korea	Palestine	Turkmenistan
Australia	Ecuador	Kuwait	Paraguay	Tunisia
Austria	Arab Rep. of Egypt	Laos	Peru	Turkey
Azerbaijan	El Salvador	Latvia	Philippines	Tuvalu
Bahamas	Equatorial Guinea	Saint Lucia	Poland	Uganda
Bangladesh	Eritrea	Lebanon	Portugal	Ukraine
Barbados	Estonia	Lesotho	Puerto Rico	United Arab Emirates
Burundi	Ethiopia	Libya	Qatar	U.S.A.
Belgium	Fiji	Lichtenstein	Rhodesia	US Virgin Islands
Belize	Finland	Luxembourg	Romania	Uruguay
Benin	France	Rep. of Macedonia	Rwanda	Uzbekistan
Bermuda	Gabon	Madagascar	Saint Lucia	Vanuatu
Bhutan	The Gambia	Malawi	St. Vincent & Gr.	Venezuela
Bolivia	Germany	Malaysia	Saint Kitts and Nevis	Vietnam
Bosnia-Herzegovina	Ghana	Rep. of Moldova	Samoa	Yemen
Bahrain	Great Britain	Marshall Islands	American Samoa	Yugoslavia
Botswana	Guinea-Bissau	Maldives	Western Samoa	Zambia
Belarus	Georgia	Malta	San Marino	Zimbabwe
Brazil	Greece	Mali	Sao Tome and Principe	
British Virgin Islands	Grenada	Mauritania	Saudi Arabia	
Bulgaria	Guam	Mauritius	Seychelles	
Burkina Faso	Guatemala	Mexico	Sierra Leone	
Cameroon	Guinea	Micronesia	Senegal	
Cambodia	Guyana	Monaco	Slovenia	
Canada	Haiti	Montenegro	Solomon Islands	
Cayman Islands	Honduras	Mongolia	South Africa	
Central African Republic	Hong Kong	Morocco	Sri Lanka	
Chad	Hungary	Mozambique	Slovakia	
Chile	Iceland	Myanmar	Swaziland	
China	India	Namibia	Serbia	
Colombia	Indonesia	Nauru	Singapore	
Comoros	Iran	Nepal	Spain	
Cape Verde	Iraq	Netherlands	Sudan	
Congo	Ireland	Netherlands Antilles	Surinam	
Cook Islands	Italy	New Zealand	Syria	
Costa Rica	Israel	Nicaragua	Sweden	

