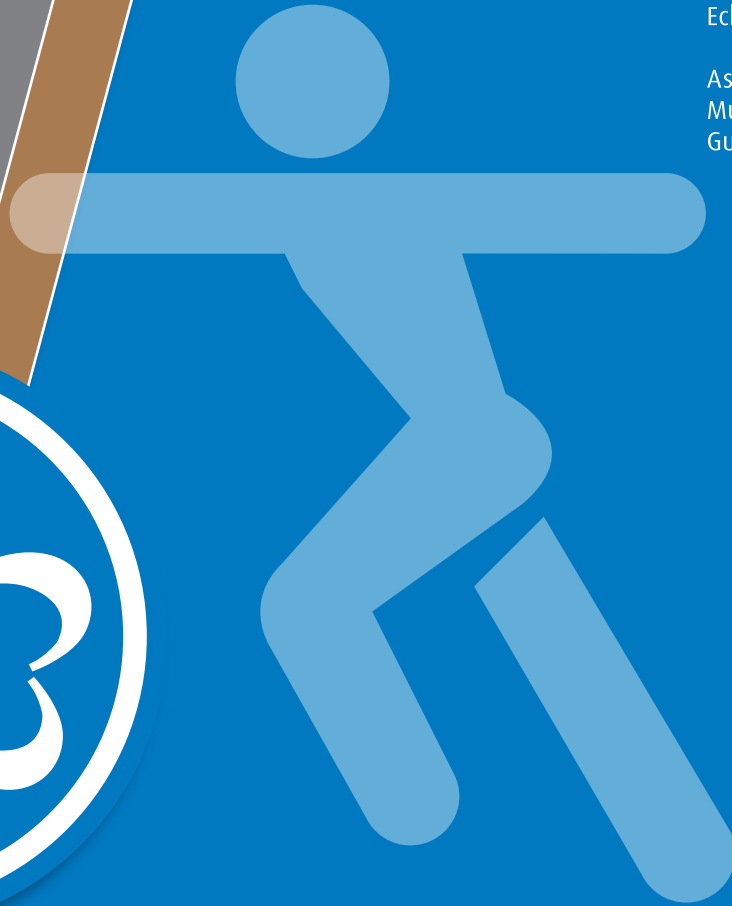




World Association
of Girl Guides
and Girl Scouts

Association mondiale
des Guides et des
Eclaireuses

Asociación
Mundial de las
Guías Scouts



GAMES GO

GLOBAL

2012





World Association
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GO!

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Get

The Olympia Badge was first designed by the Greek Girl Guides in 2004, to celebrate the return of the Olympic Games to Athens, 108 years after Greece hosted the first modern international Olympics. The aim of the Olympia Badge was to remind people of the original purpose of the Olympic Games; a truly global celebration of peace and international friendship.

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In 2008, the Olympic Games were held in Beijing, China, and the Hong Kong Girl Guide Association worked with The World Association of Girl Guides and Girl Scouts (WAGGGS) to produce a badge for that occasion. This year, as the Olympics are being hosted by the United Kingdom (the UK) in London, the Games Go Global Badge will help Girl Guides and Girl Scouts around the world learn more about the Games and the UK's incredible sporting and cultural heritage.

By taking part in these activities, you will:

- **Challenge** yourself to 'do your best' – which is something that athletes and Girl Guides/Girl Scouts have in common!
- **Learn** about Great Britain; its people, culture and sporting heritage
- **Experience** the excitement of Olympic sports
- **Prepare** like an athlete through physical, spiritual and cultural activities
- **Understand** how the Olympic Games bring countries together

Ready...

The History of the Olympic Games

There are many myths surrounding the date the ancient Olympic Games began. Most people think they first took place in Olympia, Greece, in 776 BC. They may have started as a foot-race between young women competing to be a priestess for the Goddess Hera. However, only men were allowed to compete in the official ancient Olympic Games.

The Games took place every four years and celebrated religion – with sacrifices made to Zeus and other Greek gods – as well as athletics and sport. Ancient Olympic sports included wrestling, chariot racing, riding, running and pentathlon (a combination of five events: discus, javelin, jumping, wrestling and running). There has always been a strong cultural side, too, with poets and sculptors creating works of art to honour the athletes and their achievements, and bringing them to the Games to show to the crowds.

Every four years a truce was called between warring states and countries and announced by runners bearing a burning torch throughout Greece. The truce allowed athletes to travel to Olympia to compete. Like today, winning athletes were celebrated and their stories retold so that people could be inspired by their achievements. The Games became such an important part of ancient Greek culture that they gave their name to the four-year period between one Games and the next – an Olympiad.

In 393 AD, Theodosius I banned the Games in an attempt to make Christianity the state religion, as the games celebrated the gods of ancient Greece. It was not until 1896, two years after the International Olympic Committee was founded, that the official Olympic Games, with 241 athletes representing 14 countries, were held in Athens.

Today, the Olympic Games are held every four years and are hosted by a different country each time. The last Games, a 16-day event with athletes competing in 28 different sports, were held in Beijing in 2008. In 2012, 205 countries will participate in the Games in London, with over 10,000 athletes taking part. For a list of all the sports and disciplines in the 2012 Olympic and Paralympic Games, see pages 11 and 16.

The Paralympics

The Paralympics, an Olympic competition for people with disabilities such as mobility issues, amputations, blindness and cerebral palsy, takes place immediately after every Olympic Games. The motto of these Games is 'Spirit in Motion'. The name Paralympics comes from the Greek word παρά (para), which means 'beside', so these are the Games that run alongside the Olympic Games.

The first official Paralympic Games took place in 1988, but as early as 1948 a group of World War II veterans from Stoke Mandeville Hospital in the UK got together to compete against each other. By 1984, more than 1,000 athletes from 41 countries were competing in 14 different sports.

The disabilities of Paralympic athletes are broken down into six categories. This allows people with similar abilities to compete against each other, ensuring a fairer competition. The categories are cerebral palsy, intellectual disability, wheelchair, visually impairment and 'Les Autres', which includes conditions such as dwarfism, multiple sclerosis and congenital deformities.

Some people without disabilities also compete in the Paralympics. For example, sighted guides competing with athletes with visual impairments are considered part of a team, and also qualify for a medal.

The power of the human will to compete and the drive to excel beyond the body's normal capabilities is most beautifully demonstrated in the arena of sport

Aimee Mullins, Women's Sports Foundation President

GAMES GO GLOBAL Badge

The Games Go Global Badge is a sport-oriented activity pack to help Girl Guides/Girl Scouts grow, develop and learn about the Olympic Games.

Aims of Games Go Global:

- To promote knowledge of sports.
- To support women as peacemakers.
- To enhance the public image of Girl Guiding/Girl Scouting as an active community of motivated volunteers.
- To fulfil WAGGGS' Mission for the development of its members through sport.



GAMES GO GLOBAL Medals

To earn the Games Go Global Badge, members should complete the appropriate number of activities for their age, as listed below. This is only a guide; please adapt to fit the age divisions of your Association. You should complete activities from each of the three categories and we encourage you to choose a good balance of physical, mental and emotional activities. For example, a WAGGGS member aged seven wishing to earn the Silver badge should choose two activities from Stadium, two from Temple and two from Theatre.

Level	Ages 5-7	Ages 8-10	Ages 11-14	Ages 15+
Gold	4	9	9	9
Silver	3	6	6	6
Bronze	2	3	3	3

Activity Types



Stadium (Body)

represents the holistic development of human body. It is linked with the mental effort to acquire skills and fitness as well as an appreciation of both the environment and ourselves. The activities relate to practicing sports and developing the body.



Temple (Mind)

represents the spiritual dimension of our existence, the development of the mind and the acceptance of other people's minds and ideas. The activities relate to the spirit of the Games and their history, values, and symbols.



Theatre (Cultural)

represents the balanced development of our soul, our cultural and emotional self-respect and tolerance. The activities relate to the intercultural character of the Games, the special culture of the Games and the artists that have been inspired in their work by the Olympic spirit.

Guidelines for Leaders

The activities have been developed so that WAGGGS members of both genders and from different countries can use them. Some activities are more suitable for older or younger members. Please use your own judgement about which activities are suitable for your group. If there is an activity in one age section that you think would be suitable for another age group, please adapt it as you see fit as you know your members best. Please consider adult supervision for the activities and make provision as required according to the ages of your group members.

Most activities are designed so that a Girl Guide/Girl Scout can involve other members of their group, and groups should be encouraged to work through the activities together to earn their Games Go Global Badge.

The warm-up activities below can be carried out in groups. Use these activities to introduce the subject and then ask your members which activities they would like to try in order to earn their badge.

The common denominator is that we want to make the world a better place, for women and for everybody, and we do it through sport

Lyn St. James, seven-time Indianapolis 500 participant and the only woman named Indy Rookie of the Year

I know what I have to do, and I'm going to do whatever it takes. If I do it, I'll come out a winner, and it doesn't matter what anyone else does

Florence Griffith Joyner, world champion and three-time Olympic gold medalist in track and field

Get Set.



Warm-up Activities

Energy Countdown

Use this quick energiser to warm up before any physical activity.

Hold up your right arm and count down quickly from ten to one (ten, nine, eight etc.). Shake your hand and arm every time you say a number. Do this again with the left arm, then shake your right foot, then your left foot. Repeat the routine but start counting down and shaking from nine, then from eight, then seven all the way down to one.

Guess the Sport

Divide into groups of three or four people. Each group chooses an Olympic sport from the list at the back of this pack. Your group has 30 seconds to mime your sport while the other groups try to guess what it is. The first group to guess correctly gets a point, as does the group doing the miming. If no one guesses the sport, no one gets a point. The group with the most points wins.

London Bus Relay

Red 'double-decker' buses are famous symbols of London, with an upstairs floor to carry extra passengers. Divide into pairs and line up at one end of the meeting place. When the leader calls "get ready, set, go!" the first of the pair runs to the other end of the meeting place and back again. When they come back, they jump onto their partner's back, piggy-back style, making a double-decker bus. Their partner then carries them to the end of the room and back again. The pair to finish first is the winner. You can also try the single-decker bus game: instead of carrying your partner, hold on to their shirt and run together. This version can be played with teams of up to four people.



2012 Paralympic Sports

Triathlon Tournament

A triathlon is an event that includes three different sports. For this mini-triathlon tournament, a version of 'rock, paper, scissors', you must mime running, swimming and cycling. Divide into pairs and stand face to face, about a metre apart. The leader shouts:

"Get Ready!" (everybody closes their eyes)

"Get Set!" (everybody starts miming their chosen activity, their eyes still closed)

"Go!" (everybody opens their eyes and sees who has chosen the winning activity)

And the winner is

- swimming beats cycling (because bikes rust in water)
- cycling beats running (because bikes are faster)
- running beats swimming (because you can't swim on dry land)

If you lose become a cheerleader for the winner and cheer them on as they play the next person. Keep playing until there are just two players left. They compete in the grand final and everybody in the room cheers for the winner.

Who's Who?

Choose a famous sporting personality who is known by your group. You have one minute to describe the person without mentioning his or her name. The other players must guess who you are talking about. The person who guesses the most sporting personalities wins the game.

The triumph can't be had without the struggle. And I know what struggle is. I have spent a lifetime trying to share what it has meant to be a woman first in the world of sports so that other young women have a chance to reach their dreams

Wilma Rudolph, Olympic gold medalist and first American woman to win three gold medals in the Olympic Games

GO!



Choose from these activities to earn your badge...



Stadium



1 20 minutes,
12 seconds

 **Younger**

Play a game (such as rounders or tag) for 20 minutes and 12 seconds to celebrate the Olympic year.

 **All Ages**

'**Circuit training**' is a great way to try different activities that build up strength and stamina. In different parts of the room, set up four activities (for example, running on the spot, skipping, star jumps, box press-ups). Split into four groups, one for each activity. When the leader blows the whistle, start doing your activity. After two minutes, your leader will blow the whistle again. You'll have 30 seconds to move to the next activity and get your breath back. When the whistle goes, start doing the new activity. Do each activity twice. Your leader will blow a long whistle to mark the end of the games and everyone jumps and cheers for 12 seconds.



Take it further

Organise your own awards ceremony. Make gold, silver and bronze medals from recycled materials such as old cardboard and aluminium foil. Award the medals to the most enthusiastic athletes.

Mental will is a muscle that needs exercise, just like muscles of the body

Lynn Jennings, world champion runner

2 Personal best

 **Younger**

Try skipping or passing a ball and count how many times you can do it in one minute. Practise between your group meetings and see if you're faster at the next meeting. Each time you practise, try to beat your 'personal best', which is the highest number of skips or passes you've done so far.

 **All Ages**

Choose one of the physical activities below, or invent your own, and commit to practising it every day for four weeks. Each week at your group meeting measure your progress and record it on a chart. Try to beat your personal best.

- Run a set distance, such as once round your local park, or see how far you can run in a set time.
- Increase your flexibility by practising touching your toes without bending your knees. Try to bend further each week. How much of your hand can you touch to the ground?
- Test how many star jumps you can do in one minute. Try to do more each week.
- In pairs, stand one metre apart and throw a ball to each other. How many passes can you do in one minute? Try to increase the number each week.

Know yourself. Never forget where you came from, and reach back to help someone else come forward too

Alpha Alexander, co-founder of the Black Women in Sports Foundation

3 Be my eyes

Younger

Divide into pairs for a guided treasure hunt. One person is blindfolded ('seeker') and one person can see the treasure ('guide'). Once the seeker has been blindfolded, the leader hides an object for each pair. Spin the seeker around twice so they don't know which direction they are facing. The guide must stay still and tell the seeker how many steps to take, in which direction, to find the treasure. Afterwards, talk about what it was like not being able to see ('seeker') or move ('guide') and how this might be like the Paralympics.

All Ages

Note: You must always have an adult with you whenever you play this game.

In the Paralympics, visually impaired (blind or almost blind) competitors race with the help of sighted guides. In pairs, compete in a race around your meeting place. One player should wear a blindfold so they cannot see where they are going. The other half of the pair should act as the guide. After the race, talk about the different ways having a disability might stop you from easily competing in different sports.

Take it further

Set up an obstacle course, cross country circuit or orienteering trail and complete it in pairs with the seeing partner guiding their blindfolded partner. At the end of the challenge record your immediate impressions of the experience by, for example, interviewing each other or recording a video diary. Share your reflections with the group.

4 Torch Relay

Younger

Make a torch from cardboard and decorate it. Cut out cardboard 'flames' and ask each group member to write or draw something they like about sport and exercise on the flame. Put tape on each flame so it is ready to be stuck to the torch. Everyone spreads out with their flames. The first person describes what is on their flame, sticks it to the torch and runs to the next person, who takes the torch and does the same. Keep going until everyone has described their flame and carried the torch.

All Ages

As a group, arrange a snowball torch relay around your town or village. Get your friends and family involved. Make a torch from recycled materials then plan a route and spread the group members in pairs or small groups along the route (perhaps with posters and other materials promoting your Girl Guide/Girl Scout group). The first group chooses how to pass the torch to the next group, such as by running, walking, hopping, riding a bike or using a wheelchair. When they reach the second checkpoint, they pass the torch on and continue with their group until everyone arrives together at the final celebration point.

Take it further

Explore how you could use this opportunity to raise awareness of what Girl Guides and Girl Scouts do. Choose and apply some promotional strategies and explore if you could get sponsorship for the relay.

The Origins of the Olympic Torch

During the Games in ancient Greece, a sacred flame burned constantly on the altar of the goddess Hera. Heralds travelled around Greece to announce the Games and declare a truce while the Games took place. For the 2012 Games, the torch will be lit from the sun's rays at the Temple of Hera in Olympia, Greece, and handed over to the host city of London. Back in the UK it is passed from one torchbearer to another around the country, spreading the message of peace, unity and friendship. It ends its journey by lighting the cauldron at the opening ceremony that marks the start of the Games.

Find something that you're really interested in doing in your life. Pursue it, set goals and commit yourself to excellence. Do the best you can

Chris Evert, tennis champion and winner of 18 Grand Slam titles

Mad Dogs and Englishmen

Britain is well known for its love of sport and sportsmanship, but it's also a nation that's passionate about strange sports. 'Mad Dogs and Englishmen' refers to a song by that name by Noël Coward which suggests that only 'mad dogs and Englishmen go out in the midday sun' because those Englishmen are a bit eccentric and silly. Here are just a few of the weird competitive games Brits go in for.

Welly Wanging

The Wellington boot, or welly, is a rubber boot ideal for walking through mud. Or for 'wanging' (throwing). In the British sport of welly wanging, a Wellington boot is thrown as far as possible. This is not an easy task as they weigh two kilos and are not very aerodynamic. The person who throws it furthest is the winner.



5 Wang that Welly!



Note: You must always have an adult with you whenever you play this game.

In an open space, lay down a rope to mark the 'throwing line'. Everyone must stand behind the throwing line when wellies are being thrown. Find a Wellington boot or other plastic shoe. Standing behind the line, contestants try to throw the boot as far as possible. Whenever a contestant beats the current furthest throw, mark it with a chalk line or a flag on the floor. When everyone has had a turn, talk about the different parts of the body you needed to use to throw the boot and whether there are any strange sports in your country.

Cheese Rolling

The most famous cheese-rolling event is in Gloucestershire. A whole cheese is rolled down Cooper's Hill near the village of Brockworth. Competitors run down the hill after the cheese (sometimes overtaking it) and the first to reach the cheese gets to keep it. Many people have been seriously injured taking part in this sport and the 2011 'games' were cancelled because of this.

Haggis Hurling

A Scottish version of welly wanging, but instead of a boot the Scots throw a haggis, a Scottish delicacy made of offal and grain. Any haggis that breaks as it lands (making it no longer edible) is disqualified.

Conkers

A truly British pastime, loved by schoolchildren through the ages, is the game of 'conkers'. In autumn, children gather horse chestnuts (conkers) and put strings through them. Players take turns holding out their conkers while opposing players try to smash them with well-aimed blows of their own conkers. The winning conker is a champion, and can compete against other champs. Originally a children's game, there is an organised adult competition held every year in October.

6 Games of the Greek Gods



All Ages

Note: You must always have an adult with you whenever you play this game. Make sure no one is within the throwing area.

Organise an ancient Greek Olympics tournament and try these sports:

Discus/Shot Put: Take two paper plates and glue or tape them together all around the edges to make the 'discus'. You can add a small amount of sand or modelling clay between the plates to give it extra weight. Alternatively, you can make a 'shot' by squeezing a ball of aluminium foil together. Fling the discus, or throw the shot, as far as you can.

Chariot Racing: In teams of three, two people form the 'chariot' and carry the third person.

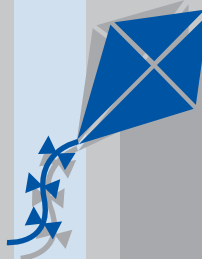
7

Sports Report



All Ages

Go to a local sports event such as a football or basketball match. Take notes about the players, the spectators and the result. If you can, do quick interviews with some of the spectators and players. Ask them questions like, "What did you most enjoy about the event?" or "How did you feel about the result?" Pretend you are a news reporter and present what you found out to your group.



Take it further

Interview an athlete or sportsperson who is competing at a high level. Ask them about their training routine, how they prepare for an event and what keeps them going when things get difficult. Include your own questions. Produce a report using the media of your choice. This could be a newspaper report, an online blog post or a video. Show your report to your group and talk about any tips they have that you might try yourself

8

"It's not the winning, it's the taking part"



All Ages

From the list of activities below, choose one you think you are good at, one you're not so good at and a third at random. Ask your group to compete with you and record who did best and worst at each of the activities. After you have completed the three activities, sit down with your group and discuss how you did. Did you do better or worse than you expected? If you were best or worst in your group, how did that feel? What have you learned from doing this activity?

Choose from the following activities or make up your own:

- Run for 50 metres and record your time.
- Kick a ball at a target and record how many times you hit the target in a minute.
- Kick a ball as far as possible and record the distance.
- Throw a ball (of paper) at a bucket/basket and record how many times it went in in a minute.

Be positive and work hard. I think it's possible to overcome anything, if you're willing to work at it

Sheryl Swoopes, three-time WNBA MVP

9 Beating the Odds



All Ages

Set up a circuit of activities (see activity 1) and move around the meeting place in small teams. Before you start, give each player a disability, for example, tie their arms behind their back, blindfolded them or have them balance on one foot. Try each activity. What level of challenge or success does each team member experience? How could you adapt each activity to make success possible but still keep the element of challenge?

10 Power Eating



Bananas are known as "nature's powerbars".* Find out about sports nutrition and the best foods for sportspeople. Keep a food diary for a week and work out how you can add more healthy food to your diet and avoid foods that are bad for your health. Keep the diary for a further week and record your improvements.

If you've given the greatest effort that you can expect of yourself, you always get what you deserve

Rutgers coach C. Vivian Stringer, the first coach in women's or men's college basketball to lead three different programs to the Final Four

2012 Olympic Sports

There are 26 Olympic sports, which break down into the following 38 disciplines:

Archery	Equestrian – Dressage	Sailing
Athletics	Equestrian – Eventing	Shooting
Badminton	Equestrian – Jumping	Swimming
Basketball	Fencing	Synchronised Swimming
Beach Volleyball	Football	Table Tennis
Boxing	Gymnastics – Artistic	Taekwondo
Canoe – Slalom	Gymnastics – Rhythmic	Tennis
Canoe – Sprint	Gymnastics – Trampoline	Triathlon
Cycling – BMX	Handball	Volleyball
Cycling – Mountain Bike	Hockey	Water Polo
Cycling – Road	Judo	Weightlifting
Cycling – Track	Modern Pentathlon	Wrestling
Diving	Rowing	

Temple



1 What have you done today to make you feel proud?

Proud by Heather Small was the official song of the London 2012 Olympic bid. It contains the lyric **“What have you done today to make you feel proud?”** The bid focused on the lasting legacy of the Games to the younger generation.

Younger

Share with your group something you have done this week that you are proud of. Draw a picture or write down how it made you feel. Display the pictures and writings from your group.

All Ages

In your group, each person completes the following statement on a piece of paper (or they can say them instead): “I am proud of ___ because ___”. For example, “I am proud of myself because I helped my sister with her school work.”

Other examples:

- myself
- my friend
- member of my family
- my country
- my hero/heroine

Fold the papers and put them in a bowl. In turn, each person pulls one out and reads it aloud. The person who wrote it then tells the group more about what they have written.

2 Women in Sport

All Ages

Find out about a successful female athlete from your country or abroad. Make a scrapbook page about her and present it to your group. If possible, display it in your meeting place. Afterwards, talk with your group about why you think there are fewer women than men taking part in the Olympics and what can be done to improve the situation.

Older

The Dead Sea Plan of Action is an initiative set up in 2008 to increase the proportion of women competing in the Olympics. In London 2012 there will be, for the first time, a roughly equal number of men and women competing in the Games. Find out how the Dead Sea Plan of Action achieved this and discuss with your group ways that you could get involved with local projects aimed at encouraging more girls and women to take part in sports.

Natural talent only determines the limits of your athletic potential. It's dedication and a willingness to discipline your life that makes you great

Billie Jean King, Founder of the Women's Sports Foundation

Girls playing sports is not about winning gold medals. It's about self-esteem, learning to compete and learning how hard you have to work in order to achieve your goals

Jackie Joyner-Kersey, member of the International Women's Sports Hall of Fame and three-time Olympic gold medalist in track and field

3 Strong inside



Younger

Just like everyone, athletes sometimes find it hard to believe in themselves. They have to find courage and 'inner strength' to keep going, even when they think they can't finish a race or if they have lost a race but need to carry on training. Talk to your friends and family about how to keep going when faced with challenges. What can you do to help yourself when you want to give up?



All Ages

To win in sport, athletes need to have strong minds as well as strong bodies. Try this positive thinking exercise: Hold your arm straight out to your side at shoulder level. Say "I am weak, I am weak" over and over for 30 seconds. Ask someone to try to push your arm down. Now hold the same arm out again and say "I am strong, I am strong" for 30 seconds. Again, ask someone to try to push your arm down. What was the difference between the two attempts? In your group, talk about how you could use this exercise to feel stronger at school or in your family. Try it for three weeks and report back to your group.

Take it further

Think of a time you achieved something against the odds. Find out about someone in your community who has shown courage and invite them to talk to your group.

4 Linking rings



Younger

The symbol of the Olympic Games is five rings joined together. Each ring represents a different part of the world, and the whole represents how the games link all countries and athletes together. Stand in a circle facing inwards and hold hands. Now try to move around, without breaking the circle, so that everyone is facing outwards. If you can do this successfully, try forming two or more of the five linked Olympic rings and repeat the activity. Talk about how the Olympics help people from different countries work together.

5 A Story of Paralympic Values



All Ages

The Paralympics have the following values:

- **Determination**
(deciding on a specific purpose and sticking to it)
- **Courage**
(being brave enough to do something, even if it scares you)
- **Equality**
(believing that everyone should be treated equally)
- **Inspiration**
(being encouraged to take action)

If each of these values were an animal, what would it be? Write a story or rehearse a short play inspired by the Paralympics that includes these animals and present it to your group.

6 "Not just Cricket"



British culture is famous for its sense of fair play. The phrase "It's just not cricket," means that someone isn't playing fair and by the rules. This activity works best with an even number of people. Stand in a circle and hold hands. Give everyone a number and, on the count of three, all the even numbers should lean out and the odd numbers should lean in. If everyone is leaning the right way, the circle should hold. What happens if some people lean the wrong way (breaking the rules) or if two people stop holding hands? Talk about other situations where people need to work together to make sure things go well.

Cricket – A National Treasure

The UK has been the birthplace of many sports, from rugby and football to badminton and snooker, but there is no sport as quintessentially British as cricket.

Cricket is thought to have started as a children's game played in south-east England during medieval times. Using a stick or farm tool as the bat, a lump of sheep's wool or possibly even a stone as the ball and a gate or stump as the wicket, children played in fields and forest clearings. Today, cricket may have specially designed equipment, but it is essentially the same game.

Adults did not take part until the 17th century. Once they did, cricket became known for its strict code of good sportsmanship: the 'spirit of the game'. According to this code, players are expected to behave fairly at all times and to show respect towards the game's values, the umpires, their own captain and team, and their opponents.

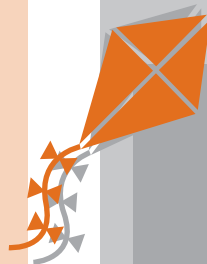
From this code of good behaviour comes the phrase "It's just not cricket!" which people in Britain say when they see unfair or dishonest behaviour in any walk of life.

7 Wise Words



Choose two of the following famous British sports phrases. In groups of three or four, create a tableau (freeze-frame scene) to represent the meaning of the phrase. Discuss whether you have a similar phrase or saying in your culture:

- "It's just not cricket"*
(you're not playing fair)
- "Don't kick a man when he's down"*
(don't make someone feel worse when they are already having a bad time)
- "Sick as a parrot"*
(used to describe the feeling of losing a match)
- "Over the moon"*
(used to describe the wonderful feeling of winning)
- "Get the ball rolling"*
(make a start on something)
- "Move the goalposts"*
(the rules have been changed)
- "To win hands down"*
(to have an easy victory)
- "To hit below the belt"*
(to not play by the rules)
- "Keep your eye on the ball"*
(stay focused and concentrate)
- "Win by a nose"*
(win by a tiny difference over the runner-up)



Take it further

Are there similar phrases or sayings in your culture? Explore how sporting metaphors help us to express ourselves in other parts of our lives. Make up a game that uses the sporting metaphors from your culture and play the game with younger members.

8 Olympic Values



All Ages

The official Olympic values are friendship, respect and excellence. Do one thing to show each of these values. For example, for friendship make a friendship bracelet using ribbon or thread and give it to a friend (see diagram); show respect by really listening carefully to someone this week; demonstrate excellence by trying to do your best at home or at school this week and tell your group about it next week.



Take it further

How do you think Girl Guiding/Girl Scouting shares values with the Olympic Games? Using your ideas, design and create a work of art, such as a poster or community mural, to promote your association and celebrate the Olympics. Display it in your community.

If you want to touch the other shore badly enough, barring an impossible situation, you will. If your desire is diluted for any reason, you'll never make it

Diana Nyad, who swam 102.5 miles between Bahamas and Jupiter, Fla., for a world long distance record

9 Relaxed State of Mind



All Ages

Athletes have to prepare their bodies to compete at the Olympics, but they must also prepare their minds. Try this relaxation technique to make yourself calm before a big event:

[Note: the leader should read out these instructions slowly, with pauses between sentences.]

“Sit comfortably and close your eyes. Take a deep breath in and notice the air filling your chest, then breathe out and notice the warm air coming out through your nostrils. Continue to breathe in and out gently, always noticing your breath passing through your nose. As you breathe, imagine that your body is really heavy and your arms and legs are being pulled towards the floor. Do this for five minutes. Finally, open your eyes gently and notice the calm feeling inside you.”

Take it further

Research relaxation techniques and ways of helping people to feel calm. Organise a feel-good party for your group, teaching these techniques and planning other activities that will make everyone relaxed!

10 Access to Sport



For all Olympic athletes, reaching the dream involves years of training. For Paralympic athletes, there is also the need to have access to training facilities. What if you're great at a sport but your local sporting facility isn't adapted to meet your needs? Review the sports facilities in your area, including at your school or college. Think about how they are adapted to meet the needs of disabled people. Decide on the top priorities for change and write a letter to your school and/or local authority sharing what you found and calling for your adaptations to be considered.

The something inside me that always fought to win, that never gave into the pain and that accepted no less than 110 percent has never been gone ... because that something was simply me

Julie Krone, the first woman to win a Triple Crown race and be inducted into the Thoroughbred Racing Hall of Fame

11 Eco-transport



Imagine you had tickets for the 2012 Olympics. How would you get there, and what would the impact of your travel be on the environment? Explore how you could make your journey and your time in London more environmentally friendly.

12 Olympic Ring Representatives



The Olympic rings represent the five major regions of the world: Africa, the Americas, Asia, Europe and Oceania. Choose a sportswoman from your region and two others. Design a scrapbook page to show how each sportswoman is represented her country. Would she make a good Girl Guide/Girl Scout? If so, what qualities does she have that show this?

2012 Paralympic Sports

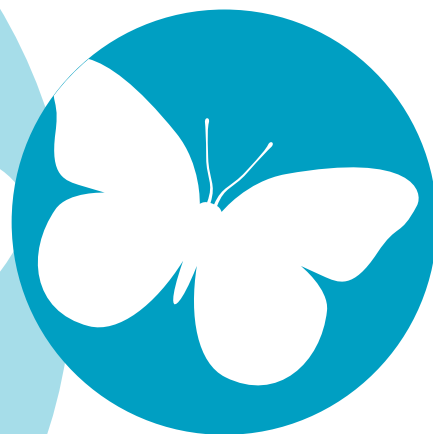
There are 20 Paralympic sports, which break down into the following 21 disciplines:

Paralympic Archery
Paralympic Athletics
Boccia
Paralympic Cycling – Road
Paralympic Cycling – Track
Paralympic Equestrian
Football (5-a-side)

Football (7-a-side)
Goalball
Paralympic Judo
Powerlifting
Paralympic Rowing
Paralympic Sailing
Paralympic Shooting

Paralympic Swimming
Paralympic Table Tennis
Volleyball – Sitting
Wheelchair Basketball
Wheelchair Fencing
Wheelchair Rugby
Wheelchair Tennis

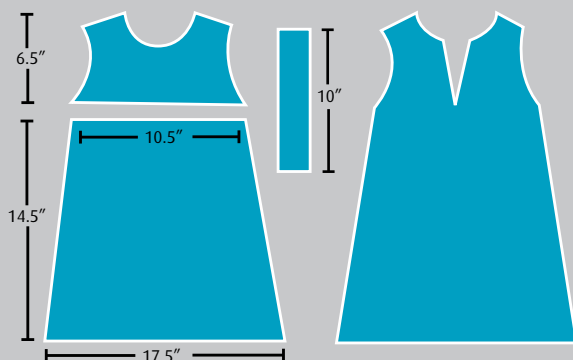
Theatre



1 Opening Ceremony Costume

★ Younger

Think about your country and what makes it so special. If you were going to design an outfit for your country's sportspeople to wear at the Olympic opening ceremony, what would it look like? Draw your ideas on paper and show them to your group. If you can, make a paper version of your design by drawing on a paper tablecloth and gluing the pieces together. Use this as a starting point then decorate with patterns and other materials.



2 The World on a Plate

★ All Ages

Drinking tea (with milk) and eating cakes and sandwiches at 4pm is a great British tradition. However, today London is a multicultural city where over 300 languages are spoken and many different types of food are eaten. Hold an Alternative Afternoon Tea Party. You can go traditional with cucumber sandwiches and scones (see Recipe Section on page 22) or try pizza, noodles or curry!

★ Younger

Try making some butterfly cakes – see Recipe Section on page 22 - and have them with milk or fruit juice for your own afternoon tea snack.

Afternoon Tea – A Very British Tradition

At 4 o'clock, it's teatime. A traditional British afternoon tea starts with cucumber or egg and cress sandwiches followed by scones with clotted cream and jam, cakes and pastries, all served with fine tea in delicate china cups. In restaurants and cafés, your food is served on a tiered cake stand, with doilies (laced serviettes) to add to the ceremony.

Traditionally served at 4pm, afternoon tea started as a mini-meal to fill the gap between lunch, served at noon, and dinner, served at 8pm. It's said to have started in the early 19th century with Anna, seventh Duchess of Bedford, but did not become popular until Queen Victoria took up the practice.

Cricket is one of the few sports that take an official break for afternoon tea. In fact, in many local cricket leagues, the cucumber sandwiches and Victoria sponge cake are the highlights of the day. Imagine what would happen if every sporting discipline in the Olympic Games had to stop at 4 o'clock sharp so the British athletes could enjoy their afternoon tea!

3 Memories of the Olympics

Younger

What's your favourite memory from the London 2012 Olympics or any other sporting event? With your group, act out three scenes of people winning or taking part in sports activities. Maybe you can put them together and make them into a story.

All Ages

During the Olympics, make a record of your experience of the Games. Who won gold in your favourite sport? Try to find some funny pictures. Were there any weird facts that came out during the Games? Did you spot any outfits that were out of the ordinary? Collect photos, drawings, newspaper clippings or online resources.

Take it further

Put together an online blog or scrapbook of your memories.

Athletics brings out a side of you that is wonderful. It brings out so many good attributes like competing, intensity and playing at the highest level

Julie Foudy, Olympic gold medallist and former Women's Sports Foundation president

5 Olympic Art Gallery

All Ages

Encourage your friends to make an artwork (painting, sculpture, drawing) with a sporting theme. Collect as many as you can, display them at your meeting place and invite your friends, family and local community to a 'private view' of your gallery.

6 Cultural Olympiad

Younger

The Olympics includes an arts festival called the Cultural Olympiad, full of music and dancing. Join in by learning the Olympic Hymn (YouTube: www.bit.ly/wjdVzu) or another song related to the Olympics and make up a dance to go with it.

All Ages

Organise your own mini-festival. Come up with a song for your group inspired by the Olympic Hymn (www.bit.ly/wjdVzu). Include aspects of your local culture in your song and performance. In groups, show each other songs or games from around the world. You could organise your own opening and closing ceremonies!

4 Design the Closing Ceremony

All Ages

Imagine the Olympic Games were being held in your country (or your home town!) and decide what elements of your culture you would include in the closing ceremony. Imagine that your group was organising the ceremony. How would that influence the design? Hold a party with an Olympics theme and try out your mock closing ceremony.

7 Sporting Advantages



All Ages

What geographical advantages might some countries have (such as high altitude, snow or dry weather) that are particularly suitable for certain sports? Some countries also have economic advantages – they have enough money to help their athletes train and improve their performances. Write a short play about two sportswomen from different backgrounds, both of whom end up going to the Olympics, and perform it with your group.

8 'Going for Gold' Speech



All Ages

Stories about sport in books or films often show an 'underdog' who looks like he or she will never win but is able to overcome the obstacles in their way and go on to win the tournament or medal. Imagine you are one of those sportspeople and write your 'Gold Medal Acceptance Speech'. Perform it for your group.

9 Games from Around the World



Younger

One reason for the Olympics is to bring people from around the world together to make friends. In your group, talk about countries you know something about. Are any of your family or friends from different countries? If so, try to learn a song or game from them and show it to your group.

10 Design a Mascot



Younger

What do you think is the reason for having an Olympic mascot? How do they help to celebrate the Games? Design a mascot for your country. What values or elements would your mascot embody? Draw a picture or describe your ideal mascot to your group. You can use the internet to find pictures of the current Olympic mascots, as well the ones from previous events.

London 2012 Olympic Mascots

Wenlock is the mascot of the Olympics and Mandeville represents the Paralympics. The characters are said to have been made from the last drops of steel left over from the final support girder of the Olympic stadium in Stratford, East London. Wenlock is named after the town where the Wenlock Games were held in the 19th century. These Games became the inspiration for the modern Olympic movement. Mandeville's name comes from Stoke Mandeville Hospital where a doctor established the Stoke Mandeville Games, which are widely recognised as a forerunner of the modern Paralympics. The mascots have been given their own story, which has been turned into an animated film. The story was written by Michael Morpurgo, author of *War Horse*.

Luck has nothing to do with it, because I have spent many, many hours, countless hours, on the court working for my one moment in time, not knowing when it would come

Serena Williams, former Women's Tennis Association World Number One tennis player

11 After the Olympics



When they bid for the Olympics, London 2012 organisers showed that bringing the Games to London could improve a poorer part of the city. Host countries work hard to make sure that the buildings and facilities will be valuable to the local community after the Olympic Games are over. Think about how you could help to improve your local area. Find a small way you can help build up your community, for example: planting trees, starting a community garden or re-painting a community space.

13 Art Together



Some artists work with other people to create paintings or sculptures. In pairs, sit with your backs together. One person (the 'sketcher') has a sheet of paper and pens that the other person (the 'describer') cannot see. The describer describes an object in the room, without mentioning its name, and tells the sketcher what to draw. For example, if you were looking at an apple, you could say "Draw a green circle. Draw a stalk on top and a leaf on the stalk".

After three minutes look at the picture together and discuss how you found the activity. Swap around so both people get a chance to sketch and give instructions. Afterwards, talk about which activity you found easiest, and which picture looks most like the object.

12 Friends International



Using the information in this pack and other facts you have found out, make a list of similarities and differences between your culture and British culture. (If you live in Britain, you can choose Brazil, host of the next Olympics.) How do you think Girl Guiding and Girl Scouting helps you to connect with people from different countries? Talk about this with your group.



Take it further

Research online the different ways of connecting internationally through Girl Guiding and Girl Scouting. Put together a brief presentation on this and present it to your group. If you're feeling brave, invite members of other groups and friends from outside your group to see your presentation.

Forms of Culture in the Cultural Olympiad

- Architecture
- Archives
- Carnival and street theatre
- Crafts
- Dance
- Design
- Fashion
- Film and video
- Food
- Gaming
- Gardens
- Heritage and historic
- environment
- Libraries
- Literature
- Museums and galleries
- Music
- Opera
- Photography
- Poetry
- Science
- Theatre
- Visual Arts

Links and References



* "They're nature's PowerBar," says Dr. Louise Burke, head of Sports Nutrition at the Australian Institute of Sport: <http://www.mensfitness.com/nutrition/best-pre-workout-foods>

www.waggsworld.org

www.olympic.org

www.paralympic.org

www.london2012.com

www.bbc.co.uk/2012/

<http://getset.london2012.com>

Olympic Hymn: www.wikipedia.org/wiki/Olympic_Anthem

http://en.wikipedia.org/wiki/Ancient_Olympic_Games

<http://britishfood.about.com/od/diningdrinkingtradition/a/Tea.htm>

[http://en.wikipedia.org/wiki/Cricket Spirit of the Game](http://en.wikipedia.org/wiki/Cricket_Spirit_of_the_Game)

http://en.wikipedia.org/wiki/Sport_in_the_United_Kingdom

<http://www.london2012.com/about-us/londons-winning-bid/>

http://news.bbc.co.uk/sport1/hi/olympic_games/london_2012/8690467.stm



An athlete gains so much knowledge by just participating in a sport. Focus, discipline, hard work, goal setting and, of course, the thrill of finally achieving your goals. These are all lessons in lifeme

Kristi Yamaguchi, world champion figure skater

Recipe Section



Butterfly Cakes

You will need:

100g (4oz) caster sugar
100g (4oz) butter, softened
2 large eggs
100g (4oz) self-raising flour
½ teaspoon baking powder
15ml (1 tablespoon) milk
For the buttercream:
50g (2oz) butter, softened
75g (3oz) icing sugar

Method:

1. Preheat the oven to 190C/375F/Gas 5. Lay 10 paper cake cases on a tray.
2. Mix the sugar, butter, eggs, flour, baking powder and milk together.
3. Put a spoonful of mixture into each case and bake for 15-20 minutes. Leave to cool.
4. To make the buttercream, beat the butter and sifted icing sugar until smooth.
5. Slice the tops off each cake and cut in half to make 'wings'. Glue the wings back on the cakes using the buttercream. Dust lightly with icing sugar.

Scones for a Cream Tea

You will need:

225g/8oz self-raising flour
pinch of salt
55g/2oz butter
25g/1oz caster sugar
150ml/5floc milk
1 free-range egg, beaten

Method:

1. Preheat the oven to 220C/425F/Gas 7.
2. Rub the butter into the flour and salt.
3. Add the sugar and milk to make a soft dough.
4. On a floured work surface, roll out the dough to around 2cm/¾in thickness. Use a 5cm/2in cutter to stamp out rounds and place them on a baking sheet.
5. Brush the tops of the scones with the beaten egg and bake for 15 minutes until golden.
6. Serve with strawberry jam (conserve) and clotted cream (very thick cream beaten until stiff).

Cucumber Sandwiches

You will need:

White bread, thinly sliced
Butter, softened
Cucumber, thinly sliced
Salt

Method:

1. Spread the butter onto the bread and lay the cucumber slices on top, overlapping slightly.
2. Sprinkle with a little salt and place a second slice of bread on top.
3. Cut off the crusts and cut into oblong 'finger' sandwiches or triangles.



World Association
of Girl Guides
and Girl Scouts

Association mondiale
des Guides et des
Eclaireuses

Asociación
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