

# Paris 2024 Olympic challenge



# Paris 2024 Olympic challenge badge

Welcome to the “Paris 2024 Olympic challenge badge”! As the world gathers to celebrate the spirit of competition, unity, and achievement in the 2024 Olympics, members of Girlguiding are invited to embark on an exploration that bridges the thrill of sports with the values that make the Games a truly remarkable event.

The Paris 2024 Olympic challenge badge is an opportunity for members of Girlguiding to immerse themselves in the excitement of the Olympic Games while embracing the principles of sportsmanship, teamwork, and personal growth. This badge invites participants to uncover the magic of the Olympics and learn about the diverse sports that bring people from around the world together.

Throughout this challenge, participants will have the chance to delve into the history and significance of the Olympics, explore various sports, discover the stories of athletes who inspire us all, and reflect on the core values that underpin this global celebration. The badge encourages the cultivation of physical skills, the fostering of camaraderie, and the understanding that the journey towards excellence is marked by dedication, perseverance, and mutual respect.

As you embark on this inspiring journey, you will learn to appreciate the dedication of athletes and their pursuit of greatness, while also gaining insights into the broader impacts of the Olympic movement on society, culture, and individual lives. By participating in this badge, you’re not only immersing yourself in the world of sports but also embodying the very essence of the Olympic spirit that promotes friendship, respect, and fair play.

**This challenge can be adapted to suit individuals and units doing the badge. It is suggested that to achieve the badge you undertake 10 different activities, 1 from each section, then the other 4 from any section you choose. We have listed some UMAs that might help you complete the challenge.**



## Section 1: Sports Exploration

The Olympic Games at Paris 2024 will feature 46 different sports:

- Archery
- Artistic Gymnastics
- Athletics
- Badminton
- Basketball
- Basketball 3x3
- Boxing
- Canoe slalom
- Canoe sprint
- Road cycling
- Cycling Track
- Mountain biking
- BMX freestyle
- Equestrian
- Fencing
- Football
- Golf
- Rhythmic gymnastics
- Trampoline
- Handball
- Hockey
- Judo
- Modern pentathlon
- Rowing
- Rugby
- Sailing
- Shooting
- Table tennis
- Taekwondo
- Tennis
- Triathlon
- Volleyball
- Beach volleyball
- Diving
- Marathon swimming
- Artistic swimming
- Swimming
- Water polo
- Wrestling
- Breaking
- Sport climbing
- Skateboarding
- Surfing

The Paralympic Games at Paris 2024 will feature 22 different sports:

- Blind football
- Boccia
- Goalball
- Para archery
- Para athletics
- Para badminton
- Para canoe
- Para cycling road
- Para cycling track
- Para equestrian
- Para judo
- Para powerlifting
- Para rowing
- Para swimming
- Para table tennis
- Para taekwondo
- Para triathlon
- Shooting para sport
- Sitting volleyball
- Wheelchair basketball
- Wheelchair fencing
- Wheelchair rugby
- Wheelchair tennis

**1** Try at least one new sport that will feature in the Olympics or Paralympics. Make sure you learn the basic rules, equipment, and terminology. Before you start set yourself a goal, then afterwards reflect if you met it.

**Rainbows UMA: Ready, steady, sport or Catch me if you can**

**Brownie UMA: Triple boxer or t's a hole-in-one!**

**Guides UMA: Mastering the moves or Surf's up!**

**2** Plan and execute an outdoor adventure that involves a physical challenge, such as hiking, biking, or rock climbing. Share what happened during your adventure with your unit, six or patrol. You might want to include the physical challenges and your sense of accomplishment.

**3** Set a personal fitness goal related to a specific sport or activity (e.g., running, swimming, dancing, etc.). Create a training plan to achieve your goal, including warm-ups, exercises, and cool-downs. Track your progress over a set period and reflect on the improvements you've made.

**4** Visit sports ground, stadium or club. What facilities do they have to help them train and prepare? How are these different to what the audience sees?

- 5** Watch a live sporting event either in person or on the TV.
- 6** Investigate how a para sport differs from its Olympic counterpart. You could have a go at them both, which did you prefer?  
Ranger UMA: Sitting volleyball

## Section 2: Teamwork and Sportsmanship

- 1** Participate in team-building activities with your patrol or unit.  
Brownies UMA: Cluck, cluck, goal  
Guides UMA: Capture the sun or Cosmic calculations or Particularly peckish penguins  
Rangers UMA: Tic tac H2O or Plastic fantastic or Tidal tug
- 2** Learn about the importance of sportsmanship, fair play, and respecting opponents.  
Rainbows UMA: The fair-ground or Fun and fair.  
Brownies UMA: Water run  
Rangers UMA: Anything goes hockey
- 3** Organize a mini-Olympics event within your unit, featuring fun and friendly competitions that promote teamwork and collaboration.  
Rainbows UMA: Karate tennis or Roller relay  
Brownies UMA: Keep on throwing. Kabaddi or Let it Snow  
Guides UMA: Kho-Kho or High flyers or Burning ball or Totally ga-ga
- 4** Create an art or craft project that represents the Olympic ideals, such as unity, diversity, or perseverance.  
Rainbow UMA: Peg portrait or Pizza party  
Brownie UMA: Stich up your Six or Tape to create or Foam favourites  
Guides UMA: Make your mark or Designer drawings  
Rangers UMA: Gallery of the unusual or Scratch the surface

**5** Take on a leadership role within your unit by organizing a physical activity session or leading warm-up exercises.

**Rainbow UMA:** Astronaut academy or Stretch it out

**6** Reflect on the importance of teamwork and leadership in sports and how these skills translate to other aspects of life.

**Brownie UMA:** Big up a Brownie or Finders keepers

**Guides UMA:** Touchdown

**Rangers UMA:** Kicking it

**7** How can you be a good supporter? Find out the importance the spectators can have on the performance. How would you help cheer on an athlete at a sport of your choice?

**Guides UMA:** Cheerleader vs sneer leader or Know your strengths.

**Rangers UMA:** Making the cut

## Section 3: Sporting Heroes

**1** Choose a notable athlete who inspires you and has made a positive impact on their sport. Research their achievements, challenges, and contributions to their community.

**2** Discover the history of the modern Olympic Games. Identify at least three significant Olympic moments or athletes that have inspired people around the world.

**3** Choose three Olympic sporting heroes from different eras or countries who have left a lasting impact. Research their backgrounds, achievements, and the challenges they overcame to succeed. Create a visual display or portfolio highlighting each hero's accomplishments.

**4** Create an artwork that depicts the strength, determination, and iconic moments of an Olympic hero's career.

- 5** Imagine you have the opportunity to interview one of your chosen Olympic heroes. Write a series of questions that would help you learn more about their motivations, challenges, and values.
- 6** Do you have any local sporting heroes? Find out about a local hero and how they are celebrated. Maybe they would visit your unit.

### Section 4: Community Spirit

- 1** Collaborate with your unit to organise a sports event or mini-Olympics for another unit, local community group, school or retirement home. Plan and coordinate different sports stations or activities for participants of various ages and abilities.
- 2** Participate in a sports-related community service activity, such as teaching a sports clinic to younger children or participating in a group run or joining a sport club.
- 3** Collaborate with your unit to organize a health and fitness event for your community, such as a “Fun Run” or a fitness workshop. Educate participants about the importance of regular physical activity and demonstrate simple exercises.
- 4** Raise money for a local sports club or sports based charity. You might want to ask them if they are in need of any kit or equipment.
- 5** Many sports events including the Olympics would not happen without the help of volunteers. Find out if you can help support a local sporting event.
- 6** The Olympic torch relay travels from Olympia in Greece to the opening ceremony in the host city, mainly traveling by foot passing through many communities. Design your own torch and have your own relay.

## Section 5: Science in Sport

- 1** Assess your current fitness level through simple physical tests like running, jumping or flexibility exercises. How would you like to improve? Create a personalised fitness plan that includes a variety of activities to meet your goal. Follow your plan and track your progress, did you notice any improvements?  
**Rainbows UMA: Track your skills**  
Ranger UMA: Text neck
- 2** Explore the science behind physical activity, including topics like muscle anatomy, energy expenditure and the benefits of staying active. Conduct a simple experiment or research project related to fitness and present your findings to your unit.
- 3** Learn about the importance of nutrition for athletes including proper hydration, balanced meals, and pre/post-exercise snacks. Design a balanced meal plan suitable for an athlete, considering their energy needs and the timing of their activities.
- 4** Discover how psychology influences sports performance, including topics like goal setting, motivation, and managing stress. Interview a local athlete or coach about their mental strategies for success and share their insights with your unit.
- 5** Investigate the science behind post-exercise recovery including techniques like stretching, rest and muscle repair. Create a poster about effective recovery strategies that athletes can incorporate into their routines.
- 6** Training alters athlete's bodies to make them an expert at what they do; a swimmer and a boxer might look different. What makes an athlete's bodies become specialised for their sport? Choose a sport and an athlete and decide what makes them suited for it.



## Section 6: Rules of the Game

- 1** Choose an Olympic sport, research the rules, scoring systems and key terminology. Create a guide or poster illustrating the key rules and components of these sports.
- 2** Choose an Olympic sport you've learned about and organize a mini-tournament or competition within your unit. Enforce the rules of the sport and ensure a fair and fun environment for all participants.
- 3** Create a new Olympic sport and the set of rules for it. What is the aim? Is any equipment needed? Test it out with your unit, six or patrol.

**Brownies UMA: Invent-a-sport**

- 4** Play your units favourite game, what happens if you change the rules does it make the game better or worse?

**Rainbow UMA: Captains orders**

**Brownie UMA: Respect the ref**

- 5** Athletes need to follow more than just the rules of their sport; they also need to follow the rules for the country and competition they are participating in. Find out what rules they might break and what happens when an athlete breaks the rules of their sport and Olympics.

- 6** Why are rules important in sport? Create a poster explaining why they should be followed.

**Brownie UMA: Rule makers**

**Guides UMA: Games maker**



# Paris 2024 Olympic challenge badge

## Staying Safe

Remember to look after your body when doing physical activity, warm up before and cool down afterwards. Make sure you have drinking water available for everyone taking part.

If you are a Rainbow, Brownie, Guide, Ranger, or Young Leader you must tell your unit leader or another person you trust what you are planning to do, to make sure it is safe.

Never share your personal details like your name or address with strangers.

Get permission from your parent/carer before you go online or download anything. If you are taking photos, you must ask that everyone in the picture has given their permission. Your leader will be able to help with this.

If anything worries you, tell someone you trust.

## How to order your badges

Badges cost £1 each and are available to order from the region online shop.  
<https://girlguidingnortheast.org.uk/shop/>