

# Sports Collection



## Ready to get active and collect them all? On Your Marks...Get Set...Go!

Sports are one of the best ways to get active and keep fit and there are SO many sports to try.

This challenge pack contains over 100 activity ideas to get you enjoying a range of sports. Proceeds from this badge and all the products in the Pawprint Family go towards helping young people take part in lots of adventures via the Pawprint Trust. Thank you for your support!

### Suggested challenges for different age groups:

3-5 Years : Complete a minimum of 3 challenges from different sections.

5-7 Years : Complete 1 challenge from each of the 4 sections (Craft, Food, Games, Other).

7-11 Years : Complete 1 challenge from each of the 4 sections + 1 more of your choice.

11-14 Years : Complete 1 challenge from each of the 4 sections + 2 more of your choice.

14-18 Years : Complete 1 challenge from each of the 4 sections + 3 more of your choice.

18+ Years : Award yourself a badge for assisting young people in achieving their challenges.

**We recommend that one of your activities is taken from the section relating to the badge you are working towards, i.e. Winter Sports badge = Winter Sports section**

For even more programme ideas check out our 'Sports' board over on  
[www.Pinterest.com/PawprintFamily](http://www.Pinterest.com/PawprintFamily)

**Once completed head to the website to get your paws on your badges!**  
[www.PawprintFamily.com](http://www.PawprintFamily.com)

# Craft

**PAWPRINT**  
**BADGES**

- 🕒 Create your own medals from clay, salt dough or cardboard.
- 🕒 Have a go at painting, creating a sculpture, designing a building of your choice, writing a story/article or learning to play a piece of music.

## Why?

From 1912-1948 artists participated in the Olympics and competed for gold medals in their respective fields of painting, sculpture, architecture, writing and music!

- 🕒 The 1st official mascot of the Olympics was 'Waldi' the dachshund who represented the Munich Olympics of 1972. Create/design your own mascot.
- 🕒 Create a hand flag to wave for your country.
- 🕒 For the Tokyo Olympics 2021, athletes bed frames will be made from cardboard and their mattresses from plastic to reduce the carbon footprint of the games. Create your own cardboard furniture.
- 🕒 Make your own Olympic rings from a material of your choice; you could collage, paint, print or draw.
- 🕒 Create your own flag bunting showing all the countries that take part in the Olympics.
- 🕒 Craft your own Olympic torch using tissue paper and card. Use the card to make a cone and add in tissue paper flames to make it look like a real fire.
- 🕒 Fold, twist and craft your own paper flowers and create a bouquet worthy of being given to an athlete on the winners podium.
- 🕒 Design your own team kit. In 2016, fashion designer Stella McCartney designed the Team GB kit for the Olympic games. Think about what colours and materials you would choose and why.
- 🕒 Research traditional national dress from countries around the world and create some international peg dolls in national costume.
- 🕒 Zen gardens are popular in Japan, where the next Summer Olympics are to be held in 2021. Create your own zen garden or miniature zen garden in a box with sand or gravel that you can rake in to patterns.

# Food

## PAWPRINT BADGES

- 🕒 Make your own edible medals using biscuits and jelly laces for ribbons.
- 🕒 Create your own edible Olympic torch using an ice cream cone and decorations of your choice.
- 🕒 Try olives or make a recipe using them.



### Why?

Olive wreaths were given to the winners of the Ancient Olympics. The wreath would be made from an olive branch grown in Olympia, intertwined to make a circle or horse shoe.

- 🕒 Make a dish from one country who have hosted the Olympics.
- 🕒 Try/taste traditional foods from different countries that have hosted the Olympics.
- 🕒 Try or have a go at making your own sushi (sweet or savoury). It's a dish popular in Tokyo, where the next Summer Olympics are to be held.
- 🕒 Decorate biscuits or cupcakes to look like the Olympic rings.
- 🕒 Have a go at vegetable carving and create a sculpture of a person doing a sport of your choice.
- 🕒 Find out what an athlete needs to eat to stay healthy and prepare for a sporting competition. Create your own healthy eating/meal planner.
- 🕒 Only 5 countries have been represented at every modern Summer Olympics (those held since 1896), they are; Greece, France, Great Britain, Switzerland and Australia. Make a traditional dish from one of these countries or make one of the following:
  - 🕒 Whip up your own hummus from Greece.
  - 🕒 Make crepes/pancakes with toppings of your choice from France.
  - 🕒 Bake some scones or host a cream tea from Great Britain.
  - 🕒 Melt some Swiss cheese or chocolate and enjoy a fondue from Switzerland.
  - 🕒 Bake your own Anzac biscuits from Australia.




# Games



-  Play a game of tug-of-war, no longer an Olympic sport.
-  Play a game of pairs matching the flags to the correct countries.




## Did You Know?

The Olympic flag consists of a white background with 5 coloured rings interlocked. At least one of the colours appears in every flag. The 5 colours represent the 5 major continents; blue: Europe, yellow: Asia, black: Africa, green: Oceania and red: The Americas

-  Host your own mini Olympics.
-  Create your own sports equipment i.e. newspaper bats and use them to play a game of your choice.
-  Test your agility in an obstacle course. Try to combine different skills needed for different sports and consider how you would complete your course with different disabilities; would you need to make any adaptations to the equipment or the course?



## Here's an idea!

Why not try completing your obstacle course blindfolded, without using your hands or only on one leg to see how Paralympic athletes compete.

-  Create your own pairs game on a sporting theme.
-  Name that tune! Can you guess where different national anthems come from? Play clips of different anthems and see if you can guess correctly.
-  Have a game of human bowling.

## What?

Create your own skittles using cardboard boxes or similar (you can buy giant inflatable skittles but this isn't necessary). One person acts as a bowling ball and sits on a skateboard whilst someone else pushes them towards the skittles to try and knock down as many as they can.

-  Baseball/softball is to be included in the Tokyo Olympics, have a game with friends.
-  Create your own ball toss using the Olympic rings. Perhaps you could award different numbers of points for the different colours?

# Other



-  Find out what the Olympic rings represent and share your information with friends and family in an interesting way.
-  Originally the Olympics were celebrated as a religious festival to celebrate Zeus, the Greek God. Have a look at Greek mythology and find out more about Zeus or some of the other Greek Gods.
-  Women have only been allowed to compete in the Olympics since 1900. Have a debate about whether or not women should compete alongside men in mixed sports teams or not; argue the case for and against.
-  Live pigeon shooting appeared as a sport in the 1900 Olympics in Paris, thankfully it didn't catch on! Have a go at clay pigeon shooting.
-  Find out all the countries who have hosted the Olympic games and find them on a World map. Which is the closest to you?
-  Listen to the Olympic anthem and have a go at writing your own.
-  Find out more about the Paralympics, when they started, what sports are included and some of the incredible athletes that compete.
-  Find out about an Olympic/Paralympic champion of your choice and share what you found out about them with your friends. You could even create your own trading card game of different champions!
-  Learn to say hello, please, thank-you in different languages.
-  Visit/watch a live sporting event.
-  Volunteer to support at a live sporting event such as a community fun run, sports day or charity event.
-  Listen to different countries national anthems and have a go at learning your own.
-  Bring some light to friends and family with your own 'Olympic Torch Letter Relay'. Send a letter to a friend and encourage them to pass it on in the same way that the Olympic torch is passed on. Use your letter to send a positive message and spread some kindness.
-  Share your adventures with us on social media. You can tag us PawprintFamily on Facebook and Twitter and @Pawprint\_Family on Instagram using our #AdventureForAll

# Track & Field

**PAWPRINT**  
**BADGES**

This category includes but is not limited to: equestrian sports, archery, shooting, athletics, cycling sports, pentathlon and triathlon.

- 🕒 Take part in a running race, hurdles race or a 5/10km run.
- 🕒 How far can you throw? Try throwing balls or beanbags like a shotput. Try throwing sitting down like Paralympic athletes, what difference did it make?
- 🕒 See how high you can jump.

Here's an idea!

Why not give each person a little sticky dot. Tape some lining paper up on the wall then get each person to jump as high as they can and stick their dot to the paper? Alternatively, each person uses a different coloured pen to make a mark on the paper then you can easily see who's jumped the highest!

- 🕒 Try archery or shooting both standing and sitting.
- 🕒 Create your own pentathlon from 5 different track and field sports.
- 🕒 Make your own hobby horse and set up your own show jumping ring. Take part in your own equestrian events.

How?

If you can get one you can use a pool noodle (those foamy things people use to help them float) or a piece of pipe insulation to make your hobby horse. Fold the top over and secure with a nose band made from rope or fabric. Take a look at our Pinterest boards for some ideas.

- 🕒 Visit a local riding centre and have a go at horse riding. Find out about horse care and body language too.
- 🕒 Try a sprint class at your local gym or have a go at sprint cycling on a sprint bike if you don't fancy a class.
- 🕒 Find out how far you can long jump or triple jump.
- 🕒 Go for a bike ride or try track cycling.
- 🕒 Test your strength in a tug-of-war.
- 🕒 Hold your own sports day and include old favourites like the egg and spoon or sack races.




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# Water Sports

**PAWPRINT  
BADGES**



This category includes but is not limited to: Swimming, rowing, sailing, water polo, canoing, diving and sailing.

-  Take part in an aquaerobics session or an aerobics class.
-  Build your own boats and race them.
-  Have a go at synchronized swimming and create your own routine.

## Did You Know?






Synchronized swimming fuses gymnastics, endurance and strength. Synchronized swimmers are thought to train more than most other Olympic athletes spending up to 8 hours per day in training; 6 in the pool and 2 on dry land.

Can't get to a pool? Why not try creating your own synchronized gym/dance routine instead?

-  Make a kite or have a go at kite surfing.
-  Play some water games using wet sponges.

## Here's an idea!

Practice throwing and catching, pass the sponges over head and between your legs in a line, race to transfer as much water as you can between buckets using only a sponge...you get the idea!

-  Target practice: make a hole in the bottom of a plastic cup and thread it on to some string. Tie the string tight between 2 points then use a water pistol, firing in to the open end of the cup, to push the cup along the string. Set up 2 and have races with a friend or in teams.
-  Have some fun with water and have a water fight or enjoy a slip and slide on a wet tarpaulin.
-  Hold your breath for as long as you can as though you're a diver or synchronized swimmer.
-  Have a go at stand up paddle boarding, surfing, wind surfing or sailing. Why not visit your local marina?
-  Visit a local pool and try water volleyball or play volleyball on dry land with water balloons.

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# Gym & Combat

**PAWPRINT  
BADGES**

This category includes but is not limited to: boxing, fencing, judo, taekwondo, wrestling, powerlifting/weightlifting and trampolining.

- 🕒 Try boxing or kick boxing. Remember to wear all the necessary safety gear and follow the instructions of a professional.
- 🕒 Try sumo wrestling in those funny inflatable suits.
- 🕒 Create your own gymnastics routine. It's best to do this in a purpose built gym/area so there are suitable mats on the floor. Take care and be supervised by a qualified instructor.
- 🕒 Have a laser tag, paintball or nerf gun fight and practice your aim.
- 🕒 Test your balance by creating your own balance beam.

## How?

For younger age groups you could start by taping a line on the floor then progressing to a plank of wood laid on the floor to balance along. Older age groups could try a beam raised off the floor a few inches or try slack lining.

- 🕒 Create your own ribbon on a stick and create an artistic gymnastic routine to music.
- 🕒 Learn to trampoline or create a trampolining routine.
- 🕒 Have a go on one of the inflatable, gladiator style, podium games at a fun fair. You can hire them for groups if you have the budget.
- 🕒 Make your own pompoms and create a cheerleading routine.
- 🕒 Test your agility and flexibility with a 'laser web' (a web of string to you and me!) Make it more challenging by adding more lasers or adding bells to the strings so you can tell when they've been knocked!
- 🕒 Develop your flexibility with a yoga class.
- 🕒 Take part in a judo, karate or taekwondo class.
- 🕒 Try fencing and have a go at sit-down fencing.
- 🕒 Hold your own forward roll races.
- 🕒 How long can you hula hoop for?

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# Ball Sports



This category includes but is not limited to: badminton, basketball, volleyball/sitting volleyball, football, golf, handball, hockey, rugby, table tennis, tennis/wheelchair tennis, goalball and boccia.

-  Have a game of volleyball or sit-down volleyball.
-  Make your own mini golf or crazy golf course and have a game with friends/family.

Here's an idea!

Why not use old cardboard boxes to make your golf course? You could get creative and make some obstacles or make it more challenging with slopes or multi-layer holes!

-  Create your own table football from an old cardboard box/shoe box and have a game.
-  Make your own juggling balls and learn to juggle.
-  Learn how to and have a game of croquet.
-  Have a game of goalball: participants compete in teams of three, and try to throw a ball that has bells embedded in it into the opponents' goal. The ball is thrown by hand and never kicked.
-  Have a game of air hockey with a ping pong ball and straws.
-  Make a recycled ball from old carrier bags and tape. Use it to play a game of your choice.
-  Play a game of crab football; players sit on the floor then use their hands and feet only, keeping their bottom off the floor.
-  Visit your local bowling alley and have a game of ten-pin bowling or make your own bowling pins and have a game at home!
-  Make your own Polybat set and have a game: find out what and how online.
-  Make your own ball and cup game.
-  Have a game of tag rugby.
-  Find out what boccia is and have a game.



# Winter Sports

**PAWPRINT  
BADGES**

This category includes but is not limited to: curling, skating, skiing, ice hockey, luge, biathlon, bobsleigh, ski jumping, snowboarding and nordic combined.

- 🕒 In teams ski race.

How?

Each team has 2 planks of wood/lengths of cardboard box. Each member of the team places their left feet on one plank and their right feet on the other, feet can be tied on or rope/string attached for the players to hold on to. Teams then race to get between two points on their giant set of skis!

- 🕒 Visit an indoor ski slope, snow dome or dry ski slope and have a go at skiing or snowboarding.
- 🕒 Try indoor curling on a smooth surface (like laminate flooring) using bean bags.
- 🕒 Have a go at ice skating or if you can't get to an ice rink try roller-blading which uses similar balance and agility.
- 🕒 Make your own box car/trolley and imagine you're in a bobsleigh.
- 🕒 Create your own mini ice hockey rink by freezing water in an oven tray/foil tray and having a miniature game of ice hockey with lolly sticks and a button.
- 🕒 Try and winter sport or it's grass equivalent.
- 🕒 Have a go on a ski jump simulator or try it at home on a games console using a fitness board.
- 🕒 Make your own bobsleigh run by freezing toy people in ice cube trays then holding races down lengths of drain pipe.
- 🕒 Have a snowball fight (use old newspaper) if it's hot weather!
- 🕒 Find out when and where the first Winter Olympics took place and what sports were included.
- 🕒 Try snow shoe walking.
- 🕒 Try grass sledging.

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