



**Girlguiding**  
Sussex counties

# Football Challenge Badge



# Football Challenge

We have put together this challenge to help units learn about football and develop new skills.

Hopefully this will help raise awareness of women's football and encourage more girls and young women to get involved.

Complete 2 activities from each of the 5 sections to qualify for a badge. Some of the activities link or could be adapted to fit in with elements of the Girlguiding programme. These are indicated at the end of the activity.

The 5 Sections are:

- **Football Skills**
- **Teamwork**
- **Fitness**
- **Healthy Eating**
- **Media/Publicity**

We hope you enjoy the challenge!

*Wendy Colson, Bev Boakes, Mel Ford*

**County Commissioners of Sussex Central, East, West**

*Our thanks to Brighton & Hove Albion Football Club for their encouragement & interest with this challenge*

October 2022





# Football Skills

## 1. Assistant Referee's Challenge

Sidestep all the way around the edge of your meeting place.

## 2. Kicking a ball

Using the inside of your foot to control accuracy, kick a ball to a partner 5 times without missing. (Increase or shorten the distance depending on the pairs' ability).

## 3. Shooting at the goal 'Penalty Shots'

Kick a ball into the goal 5 times (does not have to be in succession) Vary the distance from the goal but start with the 'penalty spot' about 3m away. (You can make the goal out of cones, jumpers etc. but make it big enough to allow success and small enough to be a challenge. Start with it about 2m apart). You can use a soft ball, rather than a football.

## 4. Dribble a football

Keeping control of the ball with your feet, whilst walking or running forwards. Set up a distance of about 5m between 2 cones and dribble a ball with control up to the cone.

## 5. Goalkeeping

Use any part of your body, except your head, to stop a goal being scored! - this could be done as part of a game or in conjunction with Activity 2. Foam balls could be used and goalkeepers should wear gloves.

Try to stop other Rainbows from scoring goals against you!

## 6. Football Facts

Match up the names and photos of Brighton & Hove Albion Women's team (these can be found on the internet)

[Express Myself / UMA / Story Puzzle](#)

## 7. Participation

Take part in an organised football session outside of your unit and tell your Leader or group about it.

## 8. Football Venues

Visit the Amex Stadium or watch a live women's football match at any stadium.

## 9. Tabletop football games

Play a game of table football, blow football or Subbuteo

## 10. Celebrate

Think about how you would celebrate scoring a winning goal, practice it either on your own or with a partner or small group. Show it to the rest of your unit.





# Teamwork

## 1. What is a team?

Have a look at pictures of teams, what do you notice about them. Have a group talk about them.

## 2. Work as a team

Work together to do something good for your local community. This can be anything from picking up litter to planting a tree or sowing seeds.

[Take Action/ Helper Interest badge](#)

## 3. Play in a team

'Keepy - Uppy': Stand in a circle and try to keep a balloon up in the air using your football skills - use any part of your body except your hands & head!

## 4. Find out about teams

Look at pictures and say whether the group in the picture is a team or not, why did you think it is or isn't a team?

## 5. Make up a team

Choose 4 other Rainbows to make up a 5 a side football team with you. Why did you choose those girls?

## 6. Relay teams

Take part in relay races against the rest of the Rainbows. (Relays could include hopping, skipping, egg and spoon, dressing up, sidesteps, crawling, running around cones etc.).

## 7. Team quiz

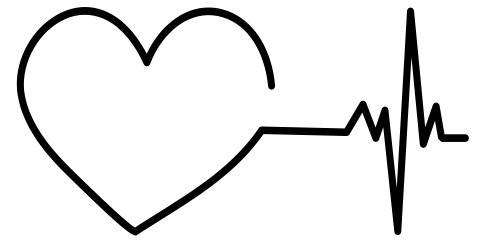
Take part in a team quiz. It should include at least one question about football!

## 8. Working together

Design a Robot where each part works together just like a team.

[Know Myself / Skills Builder / Network Stage 1 / Build a team machine](#)





# Fitness

*Fitness is important to all of us and the level of your fitness will determine how much you are able to achieve.*

## 1. What is fitness?

Give the Rainbows a series of 2 scenarios and ask them to decide which one of the 2 shows fitness. (could include things like 'Mary can run upstairs without being out of breath but Charlie gets puffed out half way up. Who is the fittest Mary or Charlie?')

## 2. Do some fitness exercises.

Take part in a short fitness session. (Include things like star jumps, shuttle runs, jumping beans etc.)

[Be Well / UMA / Mirror Movement](#)

## 3. Warmups

Take part in a warmup session. (Include getting the heart beating e.g., running on the spot, stretching all parts of the body).

[Have Adventures / Agility Interest badge](#)

[Be Well / Skills Builder/ Feel Good Stage 2/ Use it to move it](#)

## 4. Heartbeat

Put your hand on your heart and feel how fast it is beating; now run around for 5 minutes and feel it again. Is it beating faster? Repeat this over a few weeks and see if your heart feels less fast after running around. If it does you are fitter!

## 5. Fitness session

How many star jumps can you do in 30 seconds? Try again in a week's time can you improve your count?

## 6. Fitness Video

Join in with a short fitness video maybe to music. (Joe Wicks / Sticky Kids or if no video, try some actions to nursery rhymes or campfire songs).

[Be Well / UMA / Cheer Challenge](#)

## 7. Why?

Have a chat with your group about why fitness is important and how it helps us to be happy and healthy.

## 8. Games

Play some games to improve your fitness like 'Duck, Duck, Goose'.

[Be Well / Skills Builder/ Feel Good Stage 1/ Play time!](#)





# Healthy Eating

## 1. What is healthy eating?

Do an activity such as putting pictures of food into categories using the traffic light system.

**Red** - foods which should only be eaten in small quantities e.g., sweets, cake etc.

**Amber** - foods which can and should be eaten but not as much as you like e.g. carbohydrates such as potato, proteins such as cheese

**Green** - foods which should be eaten in quantity e.g. vegetables and fruit. It can be related to drink too.

[Be Well / Skills builders/ Feel Good Stage 1/ Food for thought](#)

## 2. Eating healthy food

Try a fruit or vegetable that you have never had before.

[Skills For My Future / UMA / Fruit Shop](#)

## 3. Vegetables

Make a cress head and eat the cress when you have grown it.

[Have Adventures / Nature Interest badge](#)

## 4. Preparing and cooking healthy food.

Learn how to peel and cut up 2 different fruits or vegetables.

[Skills For My Future/ Skill builders / Live Smart Stage 1/ Feeling fruity](#)

## 5. Traffic Light Game

Play the traffic light game. (Designate different areas of your hall/space for **Red**, **Amber** **Green**. Call out a food and the Rainbows run to which area they think it belongs in).

## 6. Healthy Snacks

Make a healthy snack and share it with a friend. Make sure you wash your hands, equipment and surfaces you are using before you start and after you finish.

[Be Well / Fruit and veg Interest badge](#)

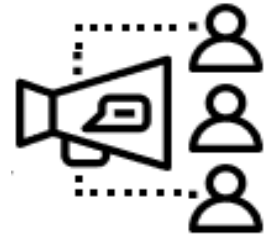
## 7. Why is eating healthily important?

Have a chat in your group about why we need to eat healthy foods, and how it affects us

## 8. Fruit Smoothies

Make and drink a fruit smoothie.





# Media & Publicity

## 1. Commentating

Watch part of a football game on TV or attend a live match and talk about what you saw to a friend.

## 2. Football Strip

Colour in or draw a picture of a footballer.

## 3. Design

Create a poster promoting a football match

## 4. Brighton & Hove Albion Women's Team

Dress a teddy or a doll in Brighton & Hove Albion Women's team strip.

[Skills For My Future/UMA / Mascot Maker](#)

## 5. All about football

Draw a football stadium, what would you add to make your stadium special

## 6. Make a model

Make a trophy out of plasticine or something similar.

[Express Myself /UMA / Monster Mash](#)

## 7. Football Badge

Design a badge to celebrate Girlguiding Sussex counties' association with Brighton & Hove Albion Football Club's Women's Team.

## 8. Interviewing

Imagine you were interviewing a football player, what kind of questions would you ask? Act it out with another Rainbow, taking it in turns to be the interviewer and the player.





# Football Skills

## 1. Assistant Referee's Challenge

In teams (could be part of a relay) sidestep up to a cone 5m away and back to your team.

## 2. Kicking a ball

Using the inside of your foot to control accuracy, kick a ball to a partner 10 times without missing. (Increase or shorten the distance depending on the pairs' ability).

## 3. Shooting at the goal 'Penalty Shots'

Shoot and score 3 penalties against a goalkeeper. Vary the distance from the goal but start with the 'penalty spot' about 3m away. (You can make the goal out of cones, jumpers etc. but make it big enough to allow success and small enough to be a challenge. Start with it about 2 m apart). You can use a soft ball, rather than a football.

## 4. Dribble a football

Dribble a football up to and around a cone 5 times (could be part of a relay race). Keep the ball under control with your feet whilst walking or running forwards.

## 5. Goalkeeping

Use any part of your body, except your head, to stop a goal being scored! This could be done as part of a game or in conjunction with Activity 3. Foam balls could be used and goalkeepers should wear gloves.

## 6. Play a game of football

Split your unit into teams and play a game of football, if you have a large unit why not have a mini tournament?

## 7. Participation

Take part in an organised football session outside of your unit and tell your Leader or group about it.

## 8. Football Venues

Visit the Amex Stadium or watch a live women's football match at any stadium.

## 9. Tabletop football games

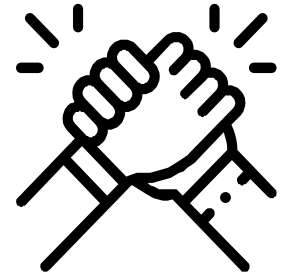
Play a game of table football, blow football or Subbuteo

## 10. Celebrate

Think about how you would celebrate scoring a winning goal, practice it either on your own or with a partner or small group. Show it to the rest of your unit.







# Teamwork

## 1. What is a team?

Have a chat in your six to talk about what is a team? List different teams that you belong to.

## 2. Work as a team

Work together to do something good for your local community. This can be anything from picking up litter to helping to run a meal for old people or raising funds for a local cause.

[Know Myself / UMA / Lend A Hand](#)

[Take Action/ Skills Builder / Influence Stage 2 / Top Role Model](#)

[Take Action/ Skills Builder / Make Change Stage 2 / Environmental Detectives](#)

## 3. Play in a team

Play a team game with other members of your unit.

[Be Well / UMA/ Invent-a-sport](#)

[Skills For My Future / Skills builders / Lead Stage 2 / Rope race challenge](#)

## 4. Keepy - Uppy challenge

Everyone stands in a circle and tries to keep a ball (or balloon for younger girls) in the air using football skills. Only two touches allowed at a time, players can use any part of their body, except their head.

## 5. Find out about teams

Find out all you can about football teams, what do they call their kit? What is the WSL? Who is your local football team? Etc.

## 6. Make up a team

Choose 5 people who you would want to be in a quiz team with you. Why do you want each of those five people?

[Know Myself / Skills Builder / Network Stage 2 / Friend detective](#)

[Be Well / UMA / Big Up a Brownie - are you a 'me player' or a 'we player'?](#)

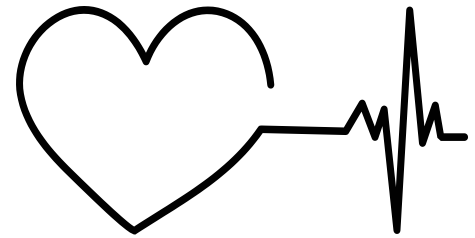
## 7. Relay teams

Take part in relay races in your unit. (Relays could include hopping, skipping, egg and spoon, dressing up, sidesteps, crawling, running around cones etc.)

## 8. Team quiz

Take part in a team quiz. It should include at least one question about football!





# Fitness

*Fitness is important to all of us and the level of your fitness will determine how much you are able to achieve.*

## 1. What is fitness?

What is 'Fitness'? What makes a person fit? Research, discuss and debate.

[Be Well / Skills Builder/ Feel Good Stage 3/ More Motivated to Move](#)

## 2. Do some fitness exercises.

Take part in a fitness session with your unit. (Could be any fitness programme such as; Zumba, dance, aerobics etc)

## 3. Practice

Over a few weeks, practice your football skills (sprinting, number of times you can kick a ball against a wall, balance a ball on your arm/knee). Keep a record and try and improve each time.

[Know Myself / UMA / The great guiding record challenge](#)

## 4. 90 seconds

Football matches last for 90 minutes. Organise/ take part in a 90 second challenge evening.

## 5. Crazy Football

Set up a crazy football obstacle course.

## 6. Warm ups and cool downs

Why are they so important? Devise or take part in a warm up and a cool down session with your unit.

## 7. Take part in a sporting activity with your unit.

[Take Action/ UMA / Game on \(instead of making up a new game try it with a new sport\)](#)

[Be Well / UMA / Triple Boxer](#)

[Be Well / UMA / Invent-a-sport](#)

## 8. Games

Play some games to improve your fitness like 'Duck, Duck, Goose'.





# Healthy Eating

## 1. What is healthy eating?

Talk about healthy eating in your unit, draw a poster to encourage/promote healthy eating.

## 2. Eating healthy food

Make or bake a healthy snack.

[Express Myself / Baking Interest Badge](#)

[Be Well / Skills builders/ Feel Good Stage 3/ Build it with food](#)

## 3. Vegetables

Grow a vegetable.

[Be Well / Grow your own Interest Badge](#)

## 4. Preparing and cooking healthy food.

Prepare and cook 2 different types of vegetable.

[Skills For My Future/ Skill builders / Live Smart Stage 3/ Sauce up your life](#)

## 5. Traffic Light Game

Play the traffic light game. (Designate different areas of your hall/space for **Red**, **Amber** **Green**). Call out a food and the Brownies run to which area they think it belongs in.

## 6. Why is eating healthily important?

Have a chat in your group about why we need to eat healthy foods, and how it affects us

## 7. Fruit Smoothies

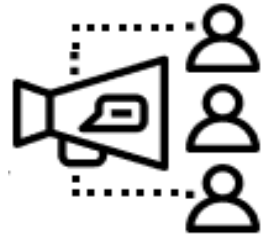
Make and drink a fruit smoothie.

## 8. Water

Find out about water. Why is it so important to our diet/bodies? What happens if you don't drink enough? What happens to our water before we drink it?

[Be Well / Skills builders/ Feel Good Stage 2 / Finding fluids](#)





# Media & Publicity

## 1. Commentating

Commentate on a game played by members of your unit.

[Take Action / UMA / Brownie Broadcasters](#)

[Take Action / UMA / Headline Generator](#)

## 2. Football Strip

Colour in a picture of a football strip in the colours of your favourite football team or make your own football strip using items from around the house.

[Take Action / UMA / Trash Fashion](#)

UMA - Trash Fashion - Take Action

## 3. Design

Create a poster promoting football.

## 4. Brighton & Hove Albion Women's Team

Make up a football chant with your six to cheer on Brighton & Hove Albion Women's Team and perform to your unit.

[Express Myself / Skills builders / Communicate Stage 2 / Beat the butterflies](#)

## 5. Make a mascot

Make a mascot to take to a football match. (you could use a toy or teddy and dress it).

## 6. Make a model

Make a trophy out of plasticine or something similar.

## 7. Football Badge

Design a badge to celebrate Girlguiding Sussex counties' association with Brighton & Hove Albion Football Club's Women's Team.

## 8. Writing about Football

Write a story about football.





# Football Skills

## 1. Assistant Referee's Challenge

Time sidesteps over 20m - who is the quickest? Can you beat your 1st time? Can you do it whilst throwing and catching a ball with a partner? - Sidestep facing each other about 10m apart.

## 2. Kicking a ball

Using the inside of your foot to control accuracy, kick a ball to a partner 10 times without losing control.

## 3. Shooting at the goal 'Penalty Shots'

Kick 5 successful penalty shots.

You can make the goal out of cones, jumpers etc. Make it big enough to allow success and small enough to be a challenge. Start with it about 2m apart. You can use a soft ball, rather than a football.

Start with the penalty spot about 3m away against a goalkeeper.

## 4. Dribble a football

Keeping control of the ball with your feet whilst walking or running forwards. Dribble a football, weaving in and out of cones over a distance.

## 5. Goalkeeping

Use any part of your body, except your head, to stop a goal being scored! This could be done as part of a game or in conjunction with Activity 3. Foam balls could be used and goalkeepers should wear gloves.

Be in goal and save at least 3 goals, kicked by your group. Kick a ball at least 10m using a run up and lift the ball (use the front of your foot)

## 6. Women footballers

Find out 5 interesting facts about women's football or a female football player who is a member of Brighton & Hove Albion Women's team.

[Take Action / UMA / People in the news](#)

## 7. Participation

Take part in an organised football session outside of your unit and tell your Leader or group about it.

## 8. Football Venues

Visit the Amex Stadium or watch a live women's football match at any stadium

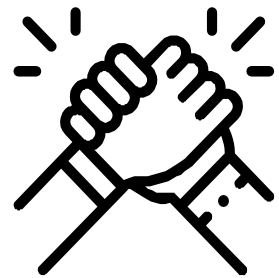
## 9. Tabletop football games

Play a game of table football, blow football or Subbuteo

## 10. Celebrate

Think about how you would celebrate scoring a winning goal, practice it either on your own or with a partner or small group. Show it to the rest of your unit.





# Teamwork

## 1. What is a Team?

Discuss what makes a good team player and what makes a good team leader. Identify people who you think are good team players/leaders and why.

[Have Adventures / UMA / Break the Bank](#)  
[Skills For My Future / UMA / Come on Coach](#)  
[Take Action/ UMA / Drawing Distractions](#)

## 2. Work as a team

Work together to do something good for your local community. This can be anything from picking up litter to running a meal for old people or raising funds for a local cause.

## 3. Play in a team

Play a team game with other members of your unit.

## 4. Keepy - Uppy challenge

Everyone stands in a circle and tries to keep a ball in the air using football skills. Only two touches allowed at a time, players can use any part of their body, except their head.

## 5. Find out about teams

Find out about Brighton & Hove Albion Women's team. See if you can find out when they first started, how many players they have, where they are in the league, what their mascot is etc.

## 6. Make up a team

Create your dream sports team. Decide what type of game they will play e.g., football, rugby, decide on the name of your team, what positions the members will play etc.

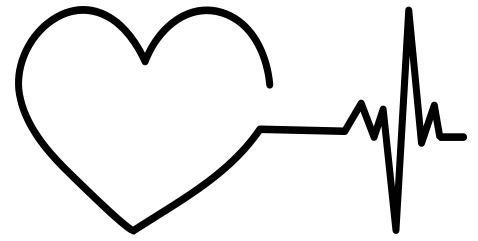
## 7. Relay Races

Have an evening of relay races, all put forward their ideas for a race, decide as a group which ones to do and then have an evening of the races as teams.

## 8. Football Facts

Learn some of the rules of football and explain them to someone else.





# Fitness

*Fitness is important to all of us and the level of your fitness will determine how much you are able to achieve.*

## 1. What is fitness?

What is 'Fitness'? What makes a person fit? Research, discuss and debate.  
[Be Well / Skills Builder/ Feel Good Stage 3/ More Motivated to Move](#)

## 2. Do some fitness exercises

Organise or take part in a fitness session either with your unit or outside. You could invite someone to a meeting to run a session such as Zumba, dance, aerobics etc.

## 3. Practice

Over a few weeks, practice your football skills (sprinting, number of times you can kick a ball against a wall, balance a ball on your arm/knee). Keep a record and try and improve each time

## 4. 90 seconds

Football matches last for 90 minutes. Organise/ take part in a 90 second challenge evening.

## 5. Crazy Football

Set up a crazy football obstacle course.

## 6. Warm ups and cool downs

Why are they so important? Devise or take part in a warm up and a cool down session with your unit.

## 7. Attend an event

Go as a spectator, either with your family or unit to watch a sporting event e.g., cycling, swimming, running, a sports game.

## 8. Have a circuit training session.

Try to incorporate such things as squats, star jumps, running, skipping, sit-ups, press-ups or plank, burpees. Make sure you warm up and cool down.





# Healthy Eating

## 1. What is healthy eating?

Discuss healthy eating and write a patrol/ group definition of what you think it is.

[Be Well/ Skills builder / Feel good Stage 3 / Build It With Food](#)

## 2. Eating healthy food

Design a menu suitable for footballers. Use the internet to find out about healthy eating for athletes. Make and eat a snack suitable for before a match.

[Be Well/ Skills builder / Feel good Stage 3 / Build It With Food](#)

## 3. Vegetables

Grow a vegetable and eat it.

## 4. Diets

In small groups take one special diet and research what it is. Plan a meal which caters for that diet. (Diabetic, Kosha, Vegan, Celiac etc.) Share your findings or have a tasting session with your unit.

## 5. Healthy Eating for individuals

In a small group, choose a category of people e.g., babies, toddlers, children, teenagers, male adults, female adults, elderly people, sports women, sports men, women footballers, male footballers. Research how many calories your category is supposed to eat and what types of food make up those calories. Produce a chart for your Unit showing the differences between them all.

[Be Well/ Skills builder / Feel good Stage 3 / Build It With Food](#)

## 6. Why is eating healthily important?

Have a chat in your group about why we need to eat healthy foods, and how it affects us

## 7. Fruit Smoothies

Make and drink a fruit smoothie.

[Be Well/ Mixology Interest badge](#)

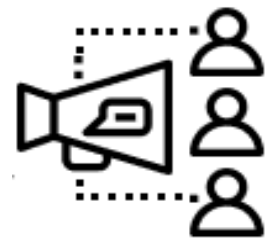
## 8. Water

Find out about water. Why is it so important to our diet/bodies? What happens if you don't drink enough?

What happens to our water before we drink it? Find out about Water Aid? Which countries have a shortage of water (discuss what a shortage actually is i.e., not enough to drink / water crops / water gardens / fight fires etc)







# Media & Publicity

## 1. Commentating

Watch a football match with your unit. Turn the sound off and have a go at commentating on part of the match.

## 2. Football Strip

Design a strip for a women's football team. Think about what colours you would use, any patterns, include a team logo and even think of who you might have as sponsors for the kit. Remember goal keepers have a different strip to the rest of their team.

## 3. Design

Design a badge or poster to celebrate Girlguiding's association with women's football

## 4. Commercial

Make a 1-minute commercial to promote women's football.

## 5. Design a football stadium

Use your imagination to design your ideal football stadium, think about the shape and size and what facilities you would like to include. You can draw this on paper or create a model or design it using a computer.

## 6. Brighton & Hove Albion Women's Team

Complete [Know Myself / Aspirations interest badge](#) based on a member of the Brighton and Hove Albion Women's Team.

## 7. Research

Look at the manufacture of football boots, consider price range, composition? Write an article about it for a magazine.

## 8. Writing about football

Think about all the different roles involved in football. E.g., referees, assistant referee, manager, coach, physiotherapist, etc. Choose one role and write a job advert for it.





# Football Skills

## 1. Assistant Referee's Challenge

Sidesteps are an excellent exercise to strengthen your gluteus maximus (bottom muscles), quads and hamstrings (thigh muscles) and calves (back of your lower leg). Work out and/or complete a short exercise routine to use sidesteps. You could do it to music.

## 2. Kicking a ball

Kick a football to a partner whilst running. How many accurate passes can you make?

## 3. Shooting at the goal 'Penalty Shots'

Shoot at goal using your right foot and then your left foot (this can be done with or without a goalkeeper).

## 4. Dribble a football

Dribble a football with control around a timed course. Who is the fastest in your group? Can you beat your first time?

## 5. Goalkeeping

In groups rotate around taking penalties and being in goal. Could be done in conjunction with Activity 3.

## 6. Football Facts

Discuss the benefits of playing football with regard to; Mental health; Personal skills; Social skills.

Some footballers earn huge salaries. Have a discussion in your unit as to whether they should be paid more than other jobs.

## 7. Participation

Take part in an organised football session outside of your unit and tell your Leader or Group about it.

## 8. Football Venues

Visit the Amex Stadium or watch a live women's football match at any stadium

## 9. Tabletop football games

Play a game of table football, blow football or Subbuteo.

**10. Celebrate** Think about how you would celebrate scoring a winning goal, practice it either on your own or with a partner or small group. Show it to the rest of your unit.

[Be Well / UMA/ Kicking it](#)  
[Be Well / UMA/ Making the cut](#)





# Teamwork

## 1. What is a Team?

In small groups discuss the difference between a group and a team, write definitions and compare with other members of your unit.

## 2. Work as a team

Work together to do something good for your local community. This can be anything from picking up litter to organising and serving a meal for old people or raising funds for a local cause.

## 3. Play in a team

Play a team game with other members of your unit.

## 4. Keepey - Uppy challenge

Everyone stands in a circle and tries to keep a ball in the air using football skills. Only two touches allowed at a time, players can use any part of their body, except their head.

## 5. Find out about teams

Find out about a team of your choice. Create a leaflet about them. Watch them play.

## 6. Make up a team

Create your dream sports team. Decide what type of game they will play e.g., football, rugby, decide on the name of your team, what positions the members will play etc.

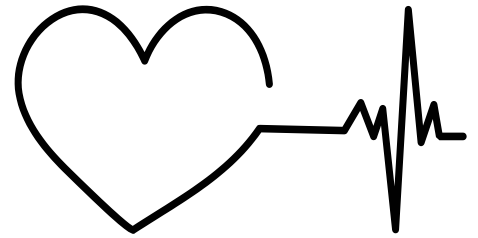
## 7. Relay Races

Have an evening of relay races, all put forward their ideas for a race, decide as a group which ones to do and then have an evening of the races as teams.

## 8. Creative Communities

Community Action - 'Put your imagination to the test in a challenge to transform an unloved local place into a hub of creativity and culture'.





# Fitness

*Fitness is important to all of us and the level of your fitness will determine how much you are able to achieve.*

## **1. What is fitness?**

What is 'Fitness'? What makes a person fit? Research, discuss and debate.

## **2. Do some fitness exercises**

Organise or take part in a fitness session either with your unit or outside. You could invite someone to a meeting to run a session such as Zumba, dance, aerobics etc.

## **3. 90 seconds**

Football matches last for 90 minutes. Organise/ take part in a 90 second challenge evening.

## **4. Warm ups and cool downs**

Why are they so important? Devise or take part in a warm up and a cool down session with your unit.

## **5. Do some sport**

Take part in a sporting activity with your unit.

## **6. Have a circuit training session.**

Try to incorporate such things as squats, star jumps, running, skipping, sit-ups, press-ups or plank, burpees. Make sure you warm up and cool down.

## **7. Visit a gymnasium.**

## **8. Devise and follow a personal fitness programme.**

Keep records and show an improvement over a 6-week period. It must include a warm up, stretches, cardio-vascular exercises, strength exercises and a warm down. Ensure you know how to do each exercise correctly and ask an adult to check that you are doing it properly (your P.E. teacher might be able to help give advice).





# Healthy Eating

## 1. What is healthy eating?

Have a debate about diets such as Vegan, Vegetarian, etc.

## 2. Eating healthy food

Make a healthy football themed meal. Keep a personal food diary for a week to show yourself how healthy your diet is.

## 3. Vegetables

Help someone with their vegetable plot, or help in a community garden.

## 4. Preparing and cooking healthy food.

Plan, cook and serve a healthy meal for a friend.

## 5. Diets

In a small group take one special diet and research what it is and plan a meal which caters for that diet. (Diabetic; Kosha; Vegan; Celiac etc.) Share your findings or have a tasting session with your unit.

## 6. Healthy Eating for individuals

In a small group, choose a category of people e.g., babies, toddlers, children, teenagers, male adults, female adults, elderly people, sports women, sports men, women footballers, male footballers. Research how many calories your category is supposed to eat and what types of food make up those calories. Produce a chart for your Unit showing the differences between them all.

## 7. Water

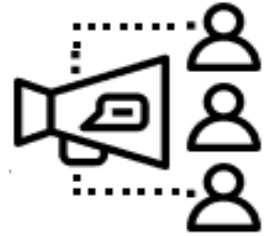
Find out about water. Why is it so important to our diet/bodies? What happens if you don't drink enough?

What happens to our water before we drink it? Find out about Water Aid? Which countries have a shortage of water (discuss what a shortage actually is i.e., not enough to drink / water crops / water gardens / fight fires etc) or have a go at purifying water.

## 8. Footballers' diets

Find out about footballers' diets, how do they compare to yours?





# Media & Publicity

## 1. Commentating

Watch a football match with your unit. Turn the sound off and have a go at commentating on part of the match.

[Express Myself / UMA / Breaking News](#)

## 2. Football Strip

Create a fantasy football Team and design their strip. Create a banner/bag/flag or other football themed item using an old sheet and printing / painting on it. Become a printing pro by designing your own print. In the design world, printing effects make eye-catching patterns for clothes, accessories and home wear.

[Express Myself / UMA / Printing Pro](#)

## 3. Commercial

Make a 2-minute commercial for women's football.

## 4. Design a football stadium

Use your imagination to design your ideal football stadium, think about the shape and size and what facilities you would like to include. You can draw this on paper or create a model or design it using a computer.

## 5. Brighton & Hove Albion Women's Team

Write interview questions to ask a player after a match.

## 6. Make a mascot

Make a mascot to take to a football match.

## 7. Football Badge

Design a badge to celebrate Girlguiding Sussex counties' association with Brighton and Hove Albion Women's Team.

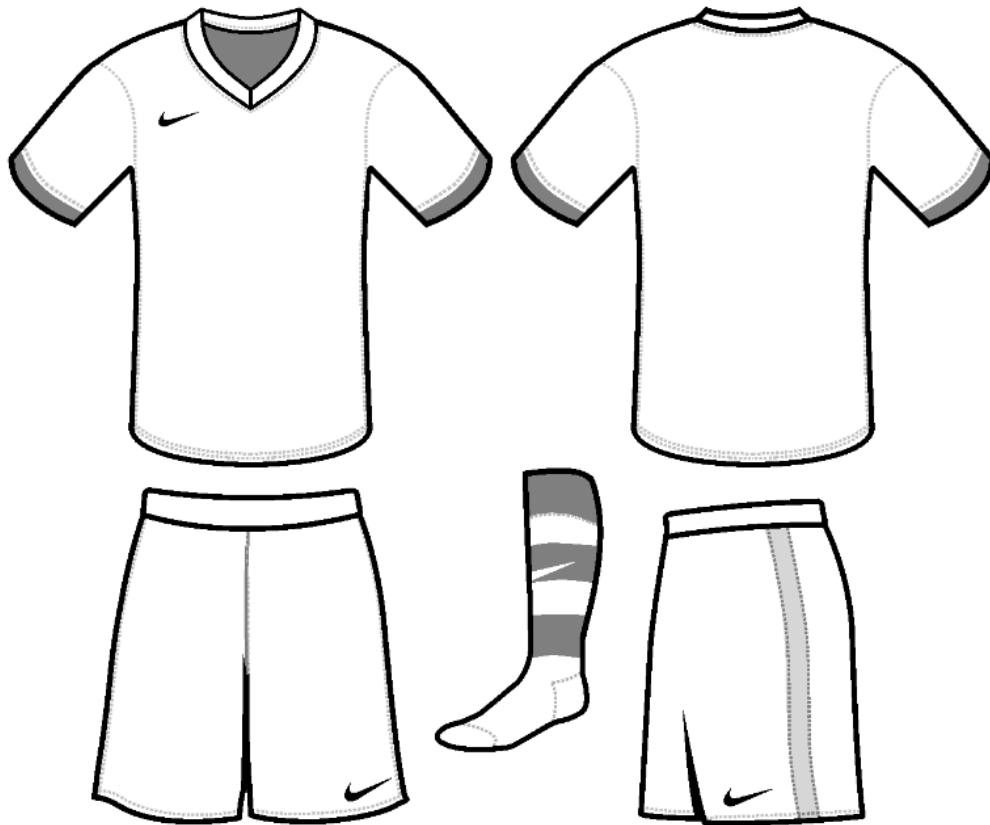
## 8. Research

What media pressure do top sports players face? Write an article about it for a magazine.



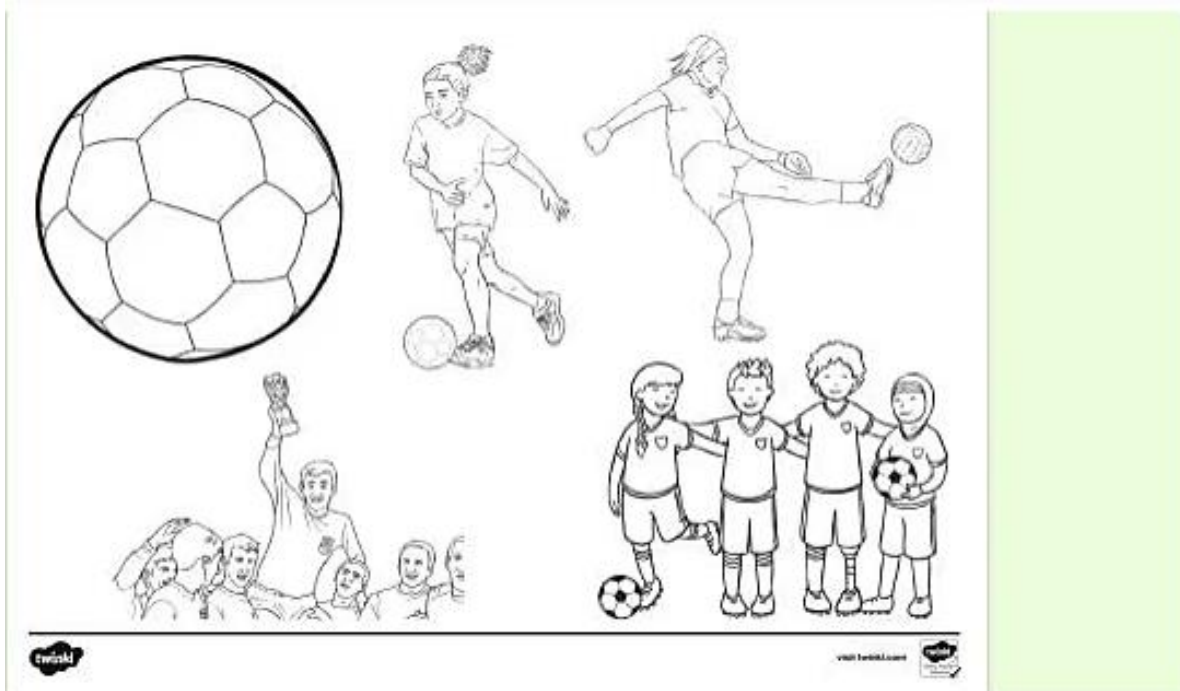
# Resources

26 printable template jersey. Free clipart that you can download to your computer and use in your designs.



Printable soccer jersey template – ONE PEN ONE PAGE

<http://www.clipartbest.com/printable-template-jersey>





## Useful Websites

- **Brighton & Hove Albion Football Club**  
<https://www.brightonandhovealbion.com/>

- **Unofficial Girlguiding Cards Search Tool**

*(All Section UMAs and Skills Builders card names in one place, with crowd sourced topics, celebration links, and challenge badges)*

[Girlguiding Cards \(girlguiding-cards.vercel.app\)](https://girlguiding-cards.vercel.app)

- **Joe Wicks - The Body Coach TV**

*(5 Minute Energising Fun Kids Workout)*

<https://www.youtube.com/watch?v=vzA8wMx-gew>

[https://www.youtube.com/watch?v=AOP\\_97n\\_\\_Yk](https://www.youtube.com/watch?v=AOP_97n__Yk)

- **Sticky Kids**

*(music and movement resource for early years to help achieve physical fitness)*

<https://www.youtube.com/channel/UC4u3fUr5gb7MrMLzj6jJ2UA>

**NB**

*Please remember to adhere to Girlguiding Digital Safeguarding Policy*

*Please remember to risk assess activities and ensure appropriate measures are taken to avoid injury (especially to the head area)*

