

Flipping Magic



295th Glasgow Guide Company

Welcome to our “Flipping Magic” Challenge Badge.

This challenge badge has been designed in such a way as it allows you to run a program of activities with girls of any age around either gymnastics or another sport of active activity of your choice. It has been inspired by the FIG 2015 World Gymnastics Championships taking place in Glasgow in October 2015 and has been written with acknowledgement of the event organisers.

The challenge is made up of five parts:

1. Prepare for your games
2. Team work
3. Healthy Living
4. Money
5. Research

We would suggest that a minimum of 4-6 age and ability appropriate challenges are completed before the badge is awarded. To help you choose your activities, each one includes the Promise Badge for the section the activity is recommended for. Remember it is meant to be a challenge!

Please email us with estimated badge requirements as you start the challenge - this will help us to manage our badge stock levels and should mean we have badges when you need them!

We would love your feedback, please send your questions, comments or badge requirements to:

flipping_magic@outlook.com

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Prepare for your games

Uniforms



Every sports team needs a kit - it gives the team its sense of identity.

Rainbows should colour in the attached template to design their own

Brownies and younger Guides should try their hand at fabric painting identical designs on to plain t-shirts.

Could Senior Section rise to the challenge of making outfits from scratch?

When designing your uniform, think about the sport and what your sportsperson will need; will it need pockets to hold things? will it need sleeves? Think about what the outfits need to do.

Medals



Part of the ‘joy’ of winning is receiving a medal at the end. Make your own medals:

Salt Dough Recipe:

1 cup salt

1 cup plain flour

3/4 cup water

- combine the flour and salt in a bowl
- add the water gradually
- knead the mixture until it becomes a dough-like consistency.
- if still too sticky add more flour, if it won't hold together well then more water, a teaspoon at a time.
- Roll the dough out to 1-2cm thick then cut out your medal shape and decorate
- Place on a baking sheet and dry the medals in the oven at a very low temperature for between 1 - 2 hours.
- Once cooled you could paint your medals in gold, silver or bronze paints.

You could have a discussion about what gold, silver and bronze means and which position you would prefer to be in? What does that mean for ‘trying our best’?

Opening and Closing Ceremonies



Every big sporting event has its own opening and closing ceremony.

In your six/patrol plan your opening ceremony - the more spectacular the better. You need costumes, music, a dance routine - practice until you have it perfect.

Think about the roles you will need to fill to run a successful event; the budget you have and how to spend it; what milestones does your project have to hit; have you thought about advertising and communication?

Learn the official Championships Dance for the FIG 2015 World Gymnastics Championships and perform this at your opening ceremony. You can find the dance at the following link <https://youtu.be/NyCQT8otYxc> .

Could the Guides/Senior Section film theirs and really make it perfect - edit and retake the film as required?



Design a Poster

Design a poster advertising your opening ceremony. Think about all the information your poster should have - date, time, venue etc.

Team Work

Medals are awarded in Gymnastics for individual 'disciplines'. They are also awarded to the person who collectively scores the highest points across a number of events. However nations also enter teams to compete = each person has to play their part in the team to ensure they maximise their points. Team work is therefore very important and an integral part of any sporting event

Team Player



Have a discussion with your unit about what makes a good team player. Make up or review your own team rules (unit guidelines) and then try some of the following team building activities:

Tie a Knot

In groups of between 5 and 10 stand in a circle. Each person should reach across the circle with one hand and grab hold on to another hand. Then do the same with your other hand but hold the hand of someone else. The team should now try and untangle themselves so that they are standing in a circle - but they must not let go of the hands to do it.

French Pleat

In teams of a minimum of four - one with long hair
One person volunteers to have their hair done, The others hold hands and stand in a straight line. They should then attempt to French pleat the

volunteers hair without letting go (i.e. using the left hand of one person and the right hand of the person at the other end of the line)

Caterpillar game - a race

Divide the girls into teams of between 3 and 7 - get them to choose a team name.

They should then stand one behind each other at one end of your playing space and put both hands on the shoulders of the person in front. They must not let go.

They are then going to race to the other end of the playing space but..... only one person can move at a time using a hopping action.

The first person hops forward (remembering they can only go as far as the person behind can reach as they must remain attached), Then the second person hops, then the third and so on to end of team - person at end shouts team name and the team then starts the process again and keeps repeating until they reach the finish line.

Get through the circle

Give each patrol or six some A4 paper and tell them they must cut a hole in it large enough for the whole group to step through.

This is how it could be done:

Fold a4 piece of paper in half. Working from fold cut it into strips about an inch wide - but do not cut right to top (leave about half inch).

Then turn round and do same - cutting each strip in half from open edge to almost top.



Then open out and cut along the fold of all but the outside strip at each end.





Raising the Roof

All teams need supporters to cheer them on when they're winning and cheer them up when they're not. Make some pom-poms from plastic bags (you could also have a chat about recycling and the environment) and make up a cheerleading chant to inspire your team.

You could also make some maracas and shakers to make some noise!

Some tips: You can use just about anything; plastic drinks bottles with long necks work well. Fill your shakers with a variety of materials. Dried peas and beans will make heavier noises; barely, lentils and rice will make softer ones. Decorate in your team colours, cover them in ribbons, tissue paper



Wear it with Pride

Many supporters when attending events paint their face with their countries flag. Research different flags and have a go at face painting flags on your cheeks or if you are brave enough your entire face!

Remember to check if anyone has allergies before taking part in this activity.



Role Models

Role models are important especially in sport. Does anyone in your six, patrol or unit have a sporting role model? Why do they look up to this athlete? What makes them stand out against others?

Healthy Living

Athletes cannot compete at the highest levels without looking after their bodies. They need to ensure that they eat healthily and get plenty of rest. They don't begin their careers 'super fit' - it has to be worked on and built up gradually. Ideally it should also be fun!



Food

Keep a record of what you eat from each food group over a week - use the template at the end of this pack.

As six/ patrol discuss the results - are you eating healthily? What could be done to improve this?



Brownies could complete their healthy heart badge!





Smoothies

Smoothies are terrific snacks - containing lots of vitamins and nutrients and are colourful and tasty too. There's no limit to fruit and veg you can put in a smoothie; you can also use fresh or frozen fruit (no need for ice!). You don't have to have a smoothie making machine or a blender, consider combining different fruit juices with ice or cream. Here are some our favourites:

Strawberry and Banana Smoothie

(Strawberries, Banana, low-fat yoghurt, milk, vanilla extract, ice - blend together)

Mango Smoothie

(Mango, low-fat yoghurt, milk, clear honey, cardamom seeds [optional] - peel the mango and blitz with the other ingredients in a blender)

All-fruit Smoothie

(Blueberries, apples, raspberries, seedless grapes, caster sugar, ice - blend together)

Fruit Kebabs

Fruit kebabs are also great. Use your favourite fruit to make the kebabs. To add a hint of luxury, using a fork, dribble melted chocolate over the kebabs.



Food for Fuel

Older Guides and Senior Section Members could make a healthy light meal that would be suitable for a pre training snack. Why not consider making tuna pasta, couscous or even a Spanish omelette. How would you adapt the recipes to increase your the protein and energy levels?



Exercise

Complete each of the exercises shown on the template at the end of the pack. Could you practice over a six week period and see how you improve?

The 'Floor' exercises in gymnastics are all about telling a story. Could you select a piece of music that is no more than a minute long and choreograph a simple routine for it - perhaps you could teach your six or patrol it and then perform for the unit?

Remember - gymnasts are scored on their performances (difficulty and execution). Each gymnast starts with a score of 10 and points are deducted for faults (such as bent arms and legs, falls etc). Don't forget to give scores!

Alternatively if you don't have access to music make up your own gymnastics routine including at least six different moves- rolls, jumps, balances etc.



Fuchi (Footbag)

Fuchi is a very popular, freestyle sport, where you use your feet to perform tricks (keepie-upies) without letting the bag touch the ground.

Why don't you have a competition to see which patrol can keep the bag up for the longest.

Be creative, the only rule is that the bag cannot touch the ground.

All you need is a footbag/beanbag



GOAL

Gymnasts and other sports people are very driven to do what they do and are motivated to train hard and do well in their chosen fields. What motivates you?

Sports people set themselves goals to push themselves to achieve - these can be short or long term goals. Knowing and sticking to your goals help you make the most of your life and can help you identify the things you enjoy and the things you may have to work a little harder on.

Start first the 'the bigger picture' - your life goals - what do you want to do with your life or at least the next 10 years? This could be inside or outside

Guides. Then break these goals into smaller, short-terms goals which will help you to achieve your bigger goals.

Set goals that motivate you - that you enjoy and that you can achieve (think of how satisfying ticking your goals off as you achieve them).

Make sure your goals are SMART - Specific, Measureable, Attainable, Relevant, Time Bound (have a deadline so you are able to tick them off).

Write them down - the physical act of writing something down solidifies the goal, making it real and tangible. Frame them in a positive way.

Work out a plan of action.

Stick to it!



Set the tone

Many athletes before the perform listen to motivational music to get them into 'the zone' prior to the event. As a patrol or unit decide on your motivational soundtrack. What style of music have you picked and why? How do the songs make you feel?



Obviously every unit cannot physically take part in gymnastics - but you can organise your own unit sports event - why not have a night of 'team' games, set up an obstacle course, or circuit training (different stations [star-jumps, push ups, hula-hoops - whatever you can think of] are set around the hall and the girls have 1 minute to do as many exercise as they can).

Or even just have a fun night with things like an egg and spoon race, sack races or three-legged race



Women in Sport

It is a well-known fact that women's participation in sport rapidly decreases as they become older discuss with your patrol or unit the possible reasons for this? What could be done to reverse this trend?



Try it

Try a new activity with your unit could you go to a local sports centre and try a fitness class or if this is not possible could you go out for a walk or run as a unit?



Why not have an instructor visit the unit for the evening this could be a Zumba instructor, Yoga Instructor or why not even try karate!

Rest and relaxation

Athletes when training use up a lot of energy therefore it is important that they ensure their body has enough rest and recovery. Our bodies do most of its recovery whilst we are sleeping.

In order to get good night's sleep it is important to relax before bedtime.



Bath Bombs

Gather your ingredients:

- 1 part citric acid
- 2 parts baking soda
- Witch Hazel
- Colouring of your choice
- Fragrance of your choice
- Shaped Moulds

1. Blend the citric acid and baking soda - **this step is super important** - if you don't blend well, you end up with a grainy bomb.
2. Once you've blended really well, add your colorant. Dry pigments work best - don't add too much though - the color shows up once you add the witch hazel.
3. Add fragrance oils to your personal nose preference.

Now, this is the difficult part. Spritz (with a squirt bottle) the witch hazel onto your batch while stirring with the other hand. When your batch sticks together when squished, you need to start putting it in molds - time is of the essence. If you wait too long, the mixture will get hard. If you spritz too much, the mixture will be too wet and "grow" (start the fizzing reaction) on you. Put the bombs in molds - wait a few minutes and tap them out. Let them air dry for 3 or 4 hours and voila! Wonderful, hard bath bombs. The harder you pack the bath bombs, the more dense, heavy, and durable bomb you will get.



Soap on a Rope

Here's what you need:

Bar of pure soap,

Liquid food colouring

Vegetable oil

Water

Vegetable grater

Bowl

Wax paper

Measuring cup

Optional: Plastic soap molds, string, herbs, small cookie cutters

1. Grate bar of soap into the bowl. Fine shavings work best
2. Put a few drops of food coloring into 1/3 cup of water. Add the colored water to the bowl. With your hands, mix the contents of the bowl until it forms the consistency of play dough.
3. Rub a few drops of oil between the palms of your clean hands. (If you don't use oil, the soaps will stick to your hands and have a textured surface—see soaps pictured to the right.)
4. Shape the soap dough into several small balls or any shape you like. Cut a piece of string and tie the ends together. Push the knotted end gently into your finished soap.
5. Place the soaps on a sheet of wax paper and let dry overnight.

Tip: Make shaped soap with plastic soap moulds. Press soap dough into lightly greased moulds. Let set up overnight before unmoulding.



Face masks

Avocado Banana Mask

- 1/2 banana
- 1/2 avocado
- 2 Tablespoons plain yogurt



Blend ingredients in blender or food processor until blended. Apply to face and let sit 5-10 minutes.

Apricot mask

- 2 apricots, pureed
- 2 Tablespoons plain yogurt

Stir together pureed apricots and yogurt. Apply to face and let sit for 5-10 minutes.



Hot Chocolate

Ingredients

- 1 vanilla pod, split and seeds scraped out
- 1 cinnamon stick
- 1 litre/1¾ pints milk
- 150g/5½oz plain chocolate, chopped into small pieces
- sugar, to taste
- freshly grated nutmeg, for dusting

Preparation method

1. Heat the vanilla pod and seeds, cinnamon stick and milk in a saucepan until boiling.
2. Remove the pan from the heat and add the chocolate pieces, stirring until the chocolate melts.
3. Whisk the hot chocolate vigorously until frothy on top and add sugar, to taste. Serve with a dusting of nutmeg.

Fun and Games



GROW

Every athlete or team has a coach who will ensure they have all the skills to participate in their chosen sport. Athletes need to listen very carefully to instructions to ensure they perform at their best.

At your unit meeting have a games night could each six or patrol plan and lead a game? Remember to give clear instructions at the start of the game and at the end if you have noticed anything the participants could have done better give some feedback before you play the game again. Was there any improvements?

Money

All big sports events, or indeed events of every kind have to set a budget and stick to it. This section aims to help you understand the financial considerations.



Budgets

Work out the budget to take your unit to a sports event - remember to include the cost of travel, tickets, food, accommodation and souvenirs.

Could you fund raise to go?



Big sporting events are often held at the SSE Hydro in Glasgow.
What is the quickest and cheapest way to get there from you Unit meeting place?

Do the same but to a venue close to your home/ meeting place.



As a group plan a bid as to why your patrol /six should be chosen to host an event. It could be a sporting event, end of term party etc

Seniors could develop a virtual events management company to produce a events plan needed to support a major sporting event. Think about what this could involve - branding, communication, logistics, staffing etc. Identify jobs in event management or the skills needed to carry out those jobs successfully.



Complete the number fun badge





Plan the next month's activities for your patrol - do your subscriptions cover it?

Research

The World Gymnastics Championships have taken place across the world for decades. Many cities and countries have proudly hosted the world gymnastics championships and for gymnasts being selected to compete is a huge honour as it is the top event in the sport of artistic gymnastics.

Researching the history of the event helps us to understand which gymnasts have been good enough to compete, to win medals and become part of World Gymnastics Championship history.



Research the history of the World Gymnastics Championships.

Try to find out:

1. Which nation has won the most World medals
2. How many countries have won a medal in the history of World Gymnastics Championships
3. How many British gymnasts have won a medal and who they are
4. Who were the medalists at the last World Gymnastics Championships in 2014
5. Who the youngest and oldest gymnasts are to have won gold in World Gymnastics Championships



Host Cities

Research 5 previous host countries and put on a display. Include information about:

1. Flag
2. Population
3. National dress
4. Customs
5. Food
6. Girlguiding

Perhaps the Senior Section could cook some of these traditional dishes?



Your City as Host

The International Gymnastics Federation carefully chose Glasgow to host 2015 World Gymnastics Championships. The Federation took a lot of things into consideration when it decides on which city to host - are there enough suitable venues? How will competitors travel around the city? Is there enough accommodation?

Do some research and put together a pack or brochure or poster explaining why your home town or nearest city would be a great choice to host an international sporting event (it doesn't have to be gymnastics).



This sporting life

Choose a famous sports person and write their biography. Present it in an interesting way. Remember to include

1. Their name, date of birth and where they were born
2. The sport they compete in
3. What got 'them into it'
4. What countries they have travelled to to compete
5. How many medals they have won

Interviewing

Choose a gymnast (or other sporting person) and prepare questions you could ask them in a television interview. For inspiration you could watch past interviews with sports people on YouTube.



Advertisements

All big events are Advertised- think about how they attract athletes and spectators.

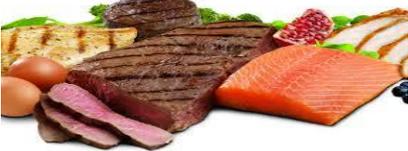
Could you put this into practice and either advertise a fund raising event for your unit or try and grow guiding by advertising for new members (remember not to advertise the actual place and time - just a contact phone number)



Gala Dinner

Now knowing what you know about gymnastics, the previous host cities and the athletes, plan and host a gala dinner. Choosing your theme (it could be a specific country, or athlete) you could create a welcome song/music, create a menu and provide entertainment.

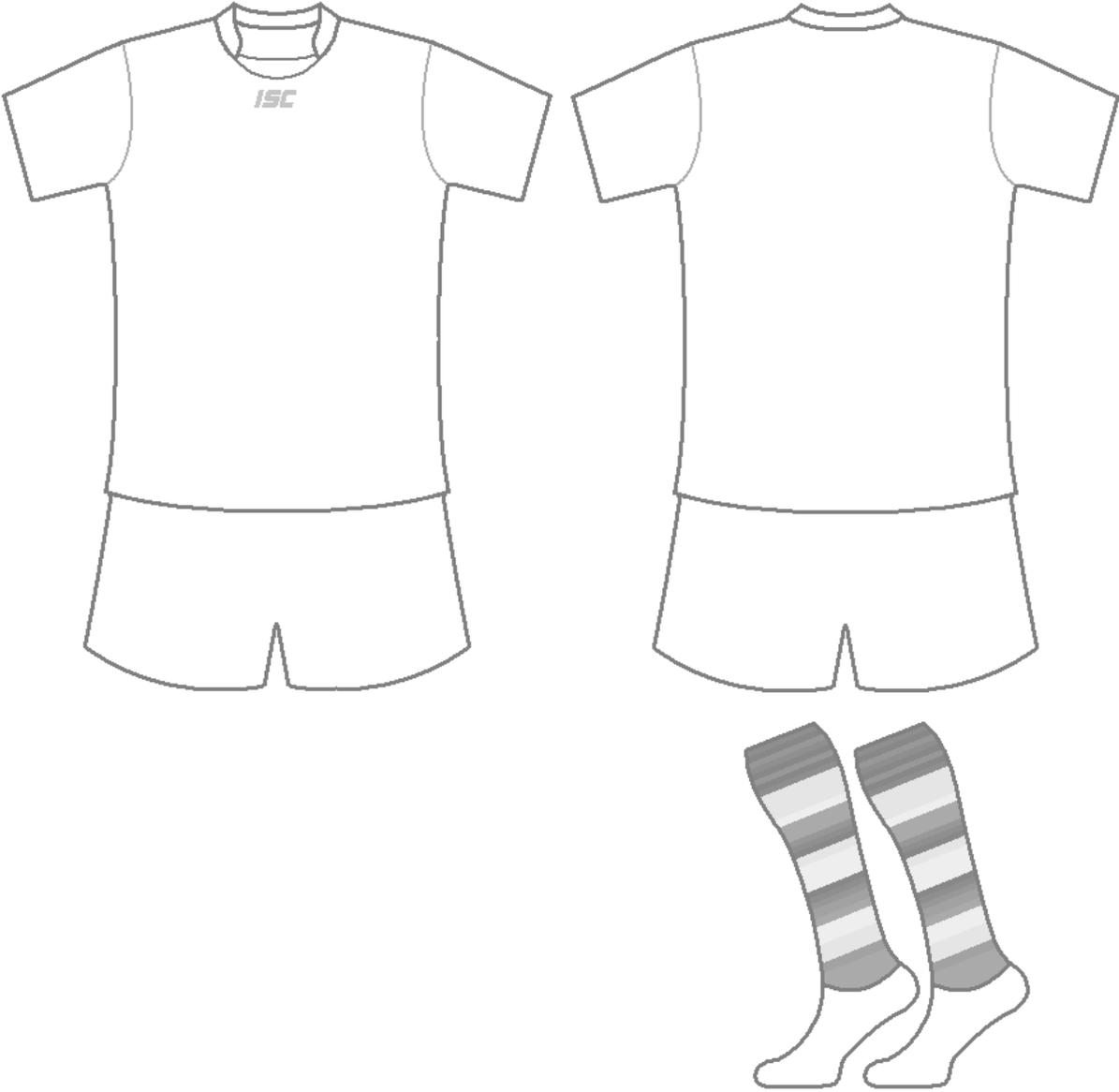
Food Diary

Food Group	Examples of Food	Vitamins/Minerals provided	How does it help your body
 <p>CARBOHYDRATE</p>			
 <p>FRUIT AND VEG</p>			
 <p>DAIRY</p>			
 <p>PROTEIN</p>			
 <p>FATS</p>			

Exercising Recording Sheet

Exercise (30 seconds)	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Sit ups						
Jumping Jacks						
Press ups						
Step ups						
Squats						
Tricep Dips						
Skipping with ropes						
Burpees						
Arm lifts						

Uniform template



Badge Order Form

Thank you for taking part in “Flipping Magic”

To order your badges, please complete this page using **block capitals** and return (with payment) to:

“Flipping Magic”
88 Merrylee Road
GLASGOW
G43 2QZ

Order forms or general badge enquiries can also be emailed to:

The46thglasgowguides@outlook.com

Contact Name	
Unit	
Contact Address	
Post Code	
Telephone number	
Email address	

Badges Required		At £1 each
Postage and Packing	1-35 badges: £1 36-99 badges: £2	100+ badges: £2.50 International: £4.00
Total (badges + P & P)		

Cheques should be made payable to “46th Guide Holiday Account”.