

# Olympics 2008



The Olympic Games are important to the world they are a time when we can replace international conflict with friendly competition. The 2008 WAGGGS Olympia Challenge can be found on the WAGGGS website <http://www.wagggsworld.org/en/projects/olympiabadge> Due to popular demand they have also included a challenge for our younger Guides.

## Organise a Unit or District Olympic Games

- ◆ Decide which countries you will represent
- ◆ Design your countries flags
- ◆ Create an Olympic torch
- ◆ Allocate roles for the ceremony
- ◆ Plan the events
- ◆ Recruit a photographer and reporter
- ◆ Invite spectators
- ◆ Have an international feast
- ◆ Have a Guest of Honour to present the medals

The Olympic Flame is set alight by the Olympic torch during the opening ceremony. The flame is a symbol of peace and the torch is lit first in the temple of Zeus in Olympia prior to each Olympic Games. It is then carried hand to hand by thousands of relay runners from many countries to the stadium of the city hosting the games. The flame is kept alight even if it has to be carried by plane or ship. It is a great honour to carry the torch into the stadium.



## The Olympic Symbol

The five interlocking rings represent the five major continents of the world. Their colours are special because at least one of them appears in the flag of every nation of the world. The white background symbolises peace. Each coloured ring symbolises a continent:

- Blue – Europe
- Yellow - Asia
- Black – Africa
- Green – Australasia
- Red – the Americas

The Olympic Motto is a Latin phrase that means swifter, higher, stronger



## Olympic websites:

- <http://www.olympics.com.au/> -Australia
- <http://en.beijing2008.cn/> -China
- <http://www.olympic.org> -The IOC



This is the Olympia Badge which is available from the Guide Shop. A certificate can be downloaded from the WAGGGS website.

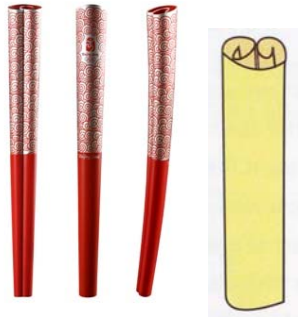


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Meet the 2008 Olympic mascots

Create your own Olympic torch for your ceremony. You can begin by using a long strip of rolled card.



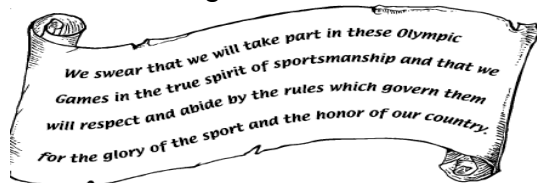
Ideas to consider:

- ◆ You can challenge the girls to design some 'new' sports or games
- ◆ Have 'mind' Olympics with a family quiz night
- ◆ See how many different relays you can invent
- ◆ Create your own medals
- ◆ Design an Olympic scrapbook
- ◆ Make 'lucky charms' for the participants
- ◆ Decorate your hall with Chinese masks, lanterns, kites and dragons
- ◆ Replicate the Olympic Stadium known as the 'Bird nest'
- ◆ Construct your own Olympic mascot

### Opening Ceremony

No Olympic Games can happen without an opening ceremony. Remember that the ceremony usually reflects the culture of the host country. Remember to consider:

- ◆ Music
- ◆ Costumes
- ◆ Dance
- ◆ Raising the Olympic flag
- ◆ Lighting the Olympic Flame
- ◆ Reciting the athletes oath



### Collect a flag

This game will help girls remember how the Olympic flag is made up and what it represents.

All the components of the flags are held by a Leader. Divide the girls into small teams. The girls in each team take it in turns to throw the dice. To start with they need to throw a six to gain their white flag of peace.

The team must then throw the numbers below in sequence to gain the Olympic rings. This means that after they've thrown a six they have to keep rolling until they get a one to get the blue ring. The sequence is: 1 – blue ; 2 – yellow ; 3 – black ; 4 – green ; 5 – red.

The first team to assemble their flag with all the rings in the right order wins. Can they tell you which continent the different rings represent?

#### You will need

- For each team:
  - A white sheet of paper
  - Blue, yellow, black, green and red paper rings
  - A dice

#### Into extra time

Each team has to come up with one fact about each continent represented by the rings.



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### Water race

This game will help demonstrate fair play. You will need to play outside as the water could make inside slippery and dangerous.

Divide the girls into teams of five or six. The teams stand at one end of the playing space with a bucket of water next to them. An empty bucket is placed at the other end, opposite each team.

Each team is given a container to transport water in, such as a leaky plastic cup, an egg cup and so on. Make sure the teams have different sized containers.

On the starting signal, teams must use their container to transport their water from one bucket to another. The girls take it in turns — relay-style.

Give the girls two or three minutes before blowing a final whistle. Who has managed to carry the most water?

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### Track time

Choose a track event from one of our suggestions below. If only the real Olympics was as funny as this!

- Relay races: set up a relay race but instead of using a baton, get girls to carry a balloon filled with water.
- 100 metre race: try running a distance in wellington boots, or having a three-legged race.
- Obstacle race: make up a course for the girls to complete, but make sure it is safe for them to do so. For example, they could dribble a ball around some cones before walking along a chalk line and burrowing under a sheet.

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