



Get sporty



20 mins



Jump straight in

Ready, steady, sport



Check out the [adaptation ideas](#) on the Girlguiding website for help.

Make sure all girls have access to a clear space at home.

Aim of activity

Work as a team to swim the furthest, swing the fastest and kick the hardest in this fun game.

What you'll get out of it

- Get active.
- Act out different actions for sports.

What you'll need

- A large, clear space
- Paper
- A pen
- A bag



WE DISCOVER, WE GROW

Girlguiding



Do step 1 all together.

Do steps 3 and 4 all together by playing captain's coming with the sports.
For step 5, when you call out 'Ready, steady, sport', everyone pick a random action. Can you get at least one person to do each sport?

Have you ever been to a sports event? There are big sporting events that involve lots of sports. They might have swimming, cycling and gymnastics, and many more. Some events, like the Olympics, have competitors from countries around the world.

What to do

1 Get into small groups and make a circle. Everyone think of a sport. What action could show your sport? For example, for football you might pretend to kick a ball. Go round the circle and act out your sports. Can you guess them all?

2 Now, as a unit, pick four sports to create actions for. You could pretend to front crawl for swimming, hit a ball for tennis, or shoot an arrow for archery! Practise your actions until you know them all.

3 Next, get into four teams. Give yourself a team name. Your leader will write the sports you chose down on four small pieces of paper and put them in a bag. Choose one girl from each team to pick a sport out of the bag.

In step 6, get girls to do the string of actions individually. If they get it wrong they lose a life. If they lose three lives, they're out.

Try it this way

~~Got a small unit? Split into two teams and each team choose two sports to act out.~~

4 Find a space with your team and sit down. When your leader calls out your team's name, stand up, show everyone your action, then sit back down. Can you do it the fastest?

5 Your leader will keep calling out team names until you've all acted out your sport. When your leader calls out 'Ready, steady, sport', everyone has to stand up at the same time and do their sport action. This shows the different sports that happen at the same time in multi-sport events.

6 Are you ready for a memory test? Your leader will call out more than one team at a time. For example, she might say, 'Swimming, football, ice-skating'. ~~You need to remember the order and wait for the team to finish their action before you start.~~ How many can you remember in a row?

Take it further

Play the game again, but this time act out your own favourite sport.