

# WAGGGS Olympia Badge 2008

## Introduction

The Olympia Badge was originally designed by the Greek Girl Guides to remind people of the original purpose of the Olympic Games. As the next Olympic Games will be held in Beijing in 2008 the HKGGA have been working with WAGGGS to bring you the new Olympia Badge with a Chinese flavour.

By taking part in Olympia Badge activities you can learn about people in China, the Olympic sports, the athlete's preparation, and the peace and companionship between countries that the Olympic Games promote. Each athlete is doing their best, a concept that is familiar to all Girl Guides.



**Bronze**



**Silver**



**Gold**

## The origins of the Games

The Olympic Games are celebrated around the world as a grand sports gala with great significance of maintaining peace, enhancing friendship and promoting civilization. As one of the most influential countries in the world today, China is willing to do its best to promote the Olympic Movement. It is the aspiration of both Beijing residents and the Chinese people to share the Olympic spirit, take part in Olympic affairs and host the Olympic Games.

Domestic league competitions in such sports as soccer, basketball, volleyball, table tennis and badminton attracted millions of people into gymnasiums and stadiums, especially on weekends, and their success has encouraged other sports to follow suit. More and more sports event organizers began seeking new sponsorship and a new road for development.

Beijing's renewed efforts to bid for the Olympic Games and its final success in the bid have the significance for sharing the Olympic spirit, celebrating humanity and expanding exchanges between the East and the West. The successful bid also helps provide a good opportunity of showing the current state of economic, cultural, social and political development in China in a comprehensive way. China's capital city hopes to show the world a new, vigorous image of an open, modernized, civilized and well-developed metropolis in the lead-up to the 2008 Olympics. Beijing is ready to become a truly international city and make every effort to deliver a "Green Olympics", a "Hi-Tech Olympics", a "People's Olympics" and, to top it all, an unprecedented Olympics that would leave, as an International Olympic Committee Evaluation Commission report believes, a unique legacy for both China and sport as a whole.

The Games of the XXIX Olympiad – Beijing 2008 will take place from 8 to 24 August 2008. The Games in Beijing will play host to the 28 summer sports currently on the Olympic programme. Approximately 10,500 athletes are expected to participate in the Games with around 20,000 accredited media bringing the Games to the world. The 2008 Paralympic Games will be held in Beijing as well, from 6 to 17 September 2008. There will be 20 sports, which attract about 4000 athletes, 2500 coaches, 4000 media and press from 150 countries and locations to participate.

The Olympic and Paralympic Games together require about 100,000 volunteers to assist directly in the events, and another 400,000 to be "city volunteers" in other cities of China, to bring the event to be success. Up to now (Nov 2007), there are more than 730,000 and 650,000 application to be event volunteers and city volunteers respectively. The people of Beijing look forward to the Olympic Games July 13, 2001 saw a jubilant and sleepless night in Beijing, capital of the People's Republic of China and winner of the bid for the Games of the XXIV Olympiad in 2008.

It was not only a joy for Beijing but also a significant achievement for the entire nation, as being the host to the Olympic Games would undoubtedly bring new opportunities within Beijing and throughout China.

### **Traditional attitudes to health and well being in China**

Chinese emphasise the balance of Yi Yang and the five elements (metal, wood, water, fire, and earth) for health and well being. The five elements are used in ancient Chinese cosmology as well as Chinese medical science. The elements refer to the five important organs of human being – lung (metal), liver (wood), kidney (water), heart (fire) and spleen (earth). It is believed that the five elements of nature have a close relationship

with our body, and they will affect each other. Food and medicine can be classified into Yi, Yang or each of the five elements, so combination and well-balance on meditation will be given.

Rather than destroying anything in the body, Chinese medical science makes use of different medication to balance the level of Yi, Yang and 5 elements. Other than ingested medicine, Qi Qong (breathing exercise) and needle therapy (acupuncture) are common meditation. Unlike the western medical science, since these medications are not used to cure a single disease, Chinese use these for keeping fit and healthy in their daily lives.

### **Sport and culture in China**

Tai-chi is a Chinese martial art often practiced with the aim of promoting health and longevity. Tai chi's training forms are well known as the slow motion routines that groups of people practice together every morning in parks around the world, particularly in China. Medical studies of tai chi support its effectiveness as an alternative exercise and a form of martial arts therapy. Tai chi is considered a soft style martial art — an art applied with internal power — to distinguish its theory and application from that of the hard martial art styles.

There are 56 different Chinese local races in China, and each of them have different cultures including food, costumes and arts. Each traditional culture dance (also known as folk dance) has their own characteristics, which can also tell how the people's daily lives are. For example, the Mongolian culture dance symbolizes their daily lives of riding horses; and some other will dance around the campfire as their common social activities. The most common Chinese dances known by other countries are Lion Dance, dragon dance, ribbon dance, silk/feather fan dance, that are practiced by the largest local race in China - "Han" race (about 97% of Chinese are Han).

You can find out more information about Chinese culture and traditions by conducting research using the internet.

## The Olympia Badge

The WAGGGS Olympia Badge is a sport-oriented activity pack created by the Greek Girl Guides Association, inspired by the fact that Athens (the original place for the Olympic Games) hosted the Olympic Games again in 2004.

### Aims of the Olympia Badge

- To promote knowledge of Sports
- To support women as peacemakers
- To enhance public image of Guiding as an active community of motivated volunteers.
- To fulfill WAGGGS' mission for the development of girls and young women in sport.

### The Three Categories of the Olympia Badge

**Stadium** (Body) represents the harmonic development of body and is linked with the mental effort to acquire skills and fitness and appreciation of both environment and ourselves. The activities relate to practicing sports and developing the body.

**Temple** (Mind) represents the spiritual dimension of our existence, the development of the mind and the acceptance of other people's minds and ideas. The activities relate to the spirit of the Games and their history, values, symbols etc.

**Theatre** (Cultural) represents the balanced development of our soul, our cultural and emotional self-respect and tolerance, and our inner peace that is the prerequisite for the peace around us. The activities relate to intercultural character of the Games, the special culture of the Games and the artists that have been inspired by the Olympic Spirit in their work.

### The Olympia Badge "Medals"

To earn the Badge, girls must complete the number of activities listed below. To obtain the bronze, silver or gold medal, you must complete activities from each of the three categories and we encourage you to choose a good balance of physical, mental and emotional activities. For example, a Brownie wishing to obtain the Silver badge should complete 2 activities from Stadium, 2 from Temple and 2 from Theatre categories.

Badge Section	Bronze	Silver	Gold
Brownie	3	6	9
Guide	3	6	9
Ranger	3	6	9

## **Olympia Badge: Brownie Section**

### **STADIUM (Body)**

1. Choose a sport you can take part in that is related to an Olympic sport and learn about its history, best athletes and records. Get in touch with people who practice this sport in your country or who might have attended the Olympic Games. Take part in and practice this sport yourself
2. Choose three different types of Olympic sports that take place in different mediums (i.e water, land) and learn as much as you can about them. Organize and try these sports with your group.
3. Find out how World Records and Olympic Records are registered. Make a photo-album showing athletes from various countries that have achieved such records.
4. Complete two Health and Fitness related badges (this counts as two activities).
5. Demonstrate one type of Chinese Martial Art or Gymnastic activity that you have been practicing at least for 3 months. (Chinese Martial Art related information attached)
6. Run, swim, cycle, sail, paddle, walk or ride a course that fits the shape of the Olympic symbol.
7. Find out what kind of food people in China eat on a daily basis to maintain a healthy body. Hold a 'Beijing evening' serving examples of this food.

### **TEMPLE (Mind)**

1. Fair play, self-esteem, leadership and fitness skills are all qualities of a successful athlete. Do a treasure hunt to promote those qualities to your Six.
2. Listen to the International Olympic Hymn (Song)\* with your Sixers and discuss what you think it means.
3. What is the Olympic symbol and what is its meaning? Make the symbol of the Olympic Games using five different materials and decorate your house or meeting place.
4. Tangram is an ancient game that originated in China. Try to create a shape related to the Olympic Games using all 7 pieces provided, without any pieces overlapping any others. There is a template at the end of this pack.
5. Find out how athletes clear their minds to focus on the event they are taking part in. Try it with your group and discuss how it feels.
6. Find out about a traditional game played by children in China which incorporate the elements of fair play, self-esteem, leadership and fitness skills. Play one with your unit.
7. Find out what support coaches give to athletes to help them to prepare mentally for their events.

\* see Internet Resources at the end of this pack for links to the Olympic song

## **THEATRE (Culture)**

1. Find out about the lifestyle of an athlete (nutrition, training, sleeping habits etc) and try to follow this example for a week, and present your notes to your Six/Pack.
2. Imagine what the Olympic Games will be like in 2056. Create and play a sport that might be played in the future.
3. Draw a stamp or a commemorative coin or banknote for the occasion of the 2056 Olympic Games.
4. Choose an Olympic sport you like. Each member of your patrol pretends to be an athlete from a different region of the world, without a common language to communicate amongst each other. You pretend to be the organizer. Run this sport in equal and fair terms for all athletes.
5. Watch a team sport, such as rugby, soccer, volleyball, or basketball in your community and say how it promotes the message of peace such as that promoted by the Olympic Games.
6. What role does the mascot play at the Olympic Games?
7. Choose at least two past mascots of the Olympic Games what and present their meaning to your Pack
8. Find out about a traditional dance performed in China and present it to your group.

## **Olympia Badge: Guides Section**

### **STADIUM (Body)**

1. Choose an Olympic sport that you can take part in that is related to an Olympic sport and present in a record book what you have learned about its history, best athletes and records. Explore any athletes from your country in this sport who might have attended the Olympic Games. Write an essay not less than 300 words on them. Try to practice this sport yourself and keep a record.
2. Choose four different Olympic sports that take place in different mediums (i.e water, land) and present in a record book as much as you can learn about them. Organize and play these one with your unit.
3. Find out how World Records and Olympic Records are registered. Make a photo album showing athletes from various countries that have achieved such records.
4. Find out about the Paralympics and the Special Olympics. Try to have an interview or collect the information from the athletes who have participated in these events.
5. Fulfill the two Health and Fitness badges (this counts as two activities).
6. Demonstrate one type of Chinese Martial Art or Gymnastic activity that you have been practicing at least for 3 months.
7. Find out the difference between the Western food pyramid and the Chinese food pyramid and present the results to your group.

### **TEMPLE (Mind)**

1. Learn to sing the International Olympic Hymn (Song)\* with your Patrol.
2. What is the relationship between the Olympic Spirit and the values of Girl Guiding? Design a game to find at least five similarities that exist.
3. Develop an imaginative way to tell the history of the Olympic Games, in ancient and contemporary times, to your patrol.
4. Fair play, self-esteem, persistence, leadership and fitness skills are all the qualities of a successful athlete. Find an activity to promote those qualities to your Patrol.
5. Compile a photo-album narrating the history of the Olympic Games and present it in an original way to your group, class or patrol.
6. Tangram is an ancient game that originated in China. Try to create a shape related to the Olympic Games using all 7 pieces provided, without any pieces overlapping any others. Use the template at the end of this pack for this activity.
7. Find out from a website the kind of music played by Chinese musicians. Present the information to your group.

\* see Internet Resources at the end of this pack for links to the Olympic song

## **THEATRE (Culture)**

1. Find out about the role that the mascot plays at the Olympic Games, what it expresses, or represents and what purpose it serves. Present your findings to your Patrol.
2. Find the mascots of at least two past Olympic Games and present them to your Patrol.
3. Draw a stamp or a commemorative coin or banknote for the occasion of the 2056 Olympic Games. Create and play a sport that might be played in the future.
4. Play a team sport, such as rugby, soccer or basketball in your community and say how it promotes the message of peace such as that promoted by the Olympic Games.
5. Research three women-athletes that, according to your opinion, have influenced the history of the Olympics sport and present their achievements.
6. Find some information about Chinese opera or dance and present it to your group.

## **Olympia Badge: Ranger Section**

### **STADIUM (Body)**

1. Choose a sport that you can take part in that is related to an Olympic sport and present in a record book what you have learned about its history, best athletes and records. Explore any of your country's athletes in this sport who might have attended the Olympic Games. Write an essay not less than 500 words on them. Try to practice this sport yourself and keep a record.
2. Find out about the Paralympics and the Special Olympics. Collect information about local athletes who have participated in these events and present them in a record book.
3. Try to practice a specific sport from the Paralympics yourself or with your unit, simulating the special needs of athletes (e.g. running 60m blindfolded following a rope etc).
4. Choose five different Olympic sports that take place in different mediums (i.e water, land) and present in a record book as much as you can learn about them. Organize and play some these sports with your unit.
5. Introduce your national Olympic Committee and other sporting organizations. Give details of any connection with the International Olympic Committee or the respective national organizations. Present your findings at a unit meeting.
6. Find out how long have women athletes participated in the Olympic Games and in what kind of sports they mostly excel and why. Research how much the participation of men and women athletes has changed since they first took part in the Games.
7. Complete two Health and Fitness related badges (this counts as two activities).
8. Demonstrate one type of Chinese Martial Art or Gymnastic Activity that you have been practicing at least for 3 months.
9. Research the nutritional values of the different types of food eaten by Western and Asian athletes.

### **TEMPLE (Mind)**

1. Fair play, self-esteem, leadership and fitness skills are all essential to the success of an athlete. Organize an activity in promoting these qualities.
2. What is the Olympic symbol and its meaning? Design an activity which is related to the meaning of the Olympic symbol.
3. What is the meaning of the Olympic Flame? Together with your unit members simulate the Lighting Ceremony of the Olympic Flame. Use all your imagination and creativity in the design of the stage scenery, costumes, music and speeches.
4. Design a campfire evening with the theme of Olympic Games. Add in previous International Olympic Hymns or create your own Olympic Hymn.

5. What is the relationship between the Olympic Spirit and the values of Girl Guiding? Design a game to find at least five of the similarities and differences that exist.
6. What value do you think the Olympic medals have and why (athletic, spiritual, cultural, material, social, economic)? Collect information on previous designs of Olympic medals.
7. Tangram is an ancient game that originated in China. Try to create a shape related to the Olympic Games using all 7 pieces provided, without any pieces overlapping any others. Use the template at the end of this pack for this activity.
8. Find out how athletes prepare for events, mental, and emotionally.
9. Contact a Girl Guide in Asia to find out about how her daily life involves sports and how she practices them. Present this to your group.

### **THEATRE (Cultural)**

1. Research three women-athletes that, according to your opinion, have changed the history of the Olympics in sport and present their achievements.
2. What role do the mascots play the Olympic Games? What does it express, or represent and what purposes does it serve? Collect information of previous Olympic mascots.
3. What are the important factors to become the host country of Olympic Games and how to boost up local cultures? Write an essay not less than 500 words on this topic.
4. Among the previous Olympic Opening Ceremonies, which one did you like the best? Write an essay not less than 500 words with pictures, if possible, introducing this event.
5. At what price and what sacrifice can an athlete become an Olympic Medalist? What pros and cons does he or she meet? Write an essay with not less than 500 words on this.
6. How can the Olympic Games be merged with the Arts? Design an arts activity with the theme of Olympic Games and invite other units or friends of the community to join in.
7. What support do coaches and families give to athletes to help them to prepare physically, mentally and emotionally for the games?
8. Find information on Chinese opera traditional music and dances.

## **Internet Resources\***

You can use the websites below to help you to research about sports and the Olympic Games:

[www.olympic.org](http://www.olympic.org)

<http://en.olympic.cn>

[www.hkolympic.org](http://www.hkolympic.org)

[www.equestrian2008.org](http://www.equestrian2008.org)

[www.paralympic.org](http://www.paralympic.org)

[www.specialolympics.org](http://www.specialolympics.org)

[www.china-2008.biz/en/olympics/beijing](http://www.china-2008.biz/en/olympics/beijing)

[www.stepbystepcc.com/olympic](http://www.stepbystepcc.com/olympic)

Olympic Hymn:

[www.wikipedia.org/wiki/Olympic\\_Anthem](http://www.wikipedia.org/wiki/Olympic_Anthem)

MP3 download:

[www.national-anthems.net/countries/olympic.php](http://www.national-anthems.net/countries/olympic.php)

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**Tangram template**

You can photocopy this template to complete the activity relating to it.

