

Olympics Badge

(Ideas presented by Lynda Borden)



This badge is designed to be earned during an Olympic year. You will need to adjust the requirements accordingly if you are trying to earn it in an off year.

Otters: Do 4 requirements including the 2 starred.

- _____ 1.* Learn about the first Olympics, both the ancient and the modern games.
- _____ 2.* Find out what the Olympic rings mean.
- _____ 3. Create a meal of foods eaten in the country hosting the Olympics.
- _____ 4. Learn a fun unknown fact about the Olympics for example, in 1904 an American won the gold medal for the marathon. His time was remarkable. It was later found out that he drove in a car for the majority of the race. He was later also disqualified.
- _____ 5. Make a chart and track the medals the United States has won for at least 10 events.
- _____ 6. Find out the Olympic torch route and create a map to share with your troop.
- _____ 7. Hold your own mini Olympics. Below are several ideas for events, but feel free to come up with your own.

Shot-Put For Distance

Need: aluminum foil

Make a ball out of aluminum foil. Hold the ball in the palm of one hand. Place that hand next to your ear. Push the shot into the air extending your arms. Do not move your feet. Record distances. The longest distance wins.

Hammer Throw

Need: small paper bag, newspaper, string

Stuff a small paper bag with newspaper. Tie it off with a 12" long string. Hold the end of the string. Spin around 3 times. Let go. Watch how far the hammer travels. Record distances. The longest distance wins.

Cracker And Whistle Race

Need: soda crackers

Take one soda cracker each. Start the race all together. Eat the cracker. Be the first to whistle a tune. The first player to whistle clearly after eating a cracker wins.

Javelin Throw

Need: soda straws, waste paper basket, tape

Tape 4 straws together end to end. Mark a starting line behind which all players must stand. Place a wastepaper basket 5 feet from the starting line. Throw straws into the wastebasket. Give each player 5 turns. The winner is the member who gets the straws into the basket the most times.

Discus Throw

Need: tape, foam plates

Tape tow heavy foam plates together. Hold the "discus" like a flying disk. Throw away from your waist. Record distances. The longest distance wins.

100 Inch Dash

Need: yard stick, tape

Measure out 100" on the floor or field. Mark a start and finish line with tape. Start the race at the signal. Try to reach the finis line. Move your feet only one inch at a time. Take tiny baby steps. The winner crosses the finish line first.

Standing Broad Stretch

Need: tape

Mark a starting line with tape. Start with your toes behind the line. Take one giant step. Measure the step. The winner takes the biggest step.

Dolphins: Do 5 requirements including the 2 starred.

- _____ 1.* Do Otter requirements # 1 and #2.
- _____ 2.* Pick an athlete or team and follow their progress throughout the Olympics.
- _____ 3. Create a meal of foods eaten in host country
- _____ 4. Make a chart and track the medals the United States has won for at least 15 events.
- _____ 5. Pick an Olympic sport and learn about it's history.
- _____ 6. Hold your own mini Olympics. Several ideas for events are listed in the Otter section, but feel free to come up with your own.
- _____ 7. Take a virtual tour of the host country by searching travel websites.
- _____ 8. Learn 3 fun little known facts about the Olympics, for example in 1904 an American won the gold medal for the marathon. His time was remarkable. It was later found out that he drove in a car for the majority of the race. He was later also disqualified.
- _____ 9. Find out the Olympic torch route and create a map to share with your troop.

Butterflies: Do 6 requirements including the 2 starred.

- _____ 1.* Do Dolphin requirements #1 & # 2.
- _____ 2. * Pick an Olympic sport and learn about its history.
- _____ 3. Create a meal of foods eaten in host country
- _____ 4. Make a chart and track the medals the United States has won for at least 20 events.
- _____ 5. Hold your own mini Olympics. Several ideas for events are listed in the Otter section, but feel free to come up with your own.
- _____ 6. Take a virtual tour of the host country by searching travel websites.
- _____ 7. Find out how the Olympic committee decides where the Olympics are held.
- _____ 8. At most modern day Olympic Games there have been a variety of demonstration sports held as part of the Games, but not as official events eligible for medals. Some of the events have later gone on to become official Olympic sports, such as baseball and synchronized swimming. Find out which sports are being demonstrated and decide if you would include them as Olympic sports.
- _____ 9. Learn 5 fun little known facts about the Olympics, for example in 1904 an American won the gold medal for the marathon. His time was remarkable. It was later found out that he drove in a car for the majority of the race. He was later also disqualified.

_____ 10. Find out the Olympic torch route and create a map to share with your troop. Find at least 2 news stories regarding the torch relay.

Eagles: Do 7 requirements including the 2 starred

_____ 1.* Do Butterfly requirements # 1 & #2.

_____ 2.* Find out how the Olympic committee decides where the Olympics are held.

_____ 3. Create a meal of foods eaten in host country

_____ 4. Make a chart and track the medals the United States has won for at least 25 events.

_____ 5. Hold your own mini Olympics. Several ideas for events are listed in the Otter section, but feel free to come up with your own.

_____ 6. Take a virtual tour of the host country by searching travel websites.

_____ 7. Learn 8 fun little known facts about the Olympics, for example in 1904 an American won the gold medal for the marathon. His time was remarkable. It was later found out that he drove in a car for the majority of the race. He was later also disqualified.

_____ 8. At most modern day Olympic Games there have been a variety of demonstration sports held as part of the Games, but not as official events eligible for medals. Some of the events have later gone on to become official Olympic sports, such as baseball and synchronized swimming. Find out which sports are being demonstrated and decide if you would include them as Olympic sports.

_____ 9. Find out the Olympic torch route and create a map to share with your troop. Find at least 5 news stories regarding the torch relay.

