



Girlguiding UK
girls in the lead



inspired by
London
2012

ON

YOUR

MARKS!!!

Celebrate!

An event planning toolkit to help you share the excitement
of the London 2012 Olympic and Paralympic Games!

Contents

Welcome!	2
Running your own event	3
Local and national events and opportunities	8
Appendix 1: National governing bodies of Olympic and Paralympic sports	9
Appendix 2: Values and culture	10

Welcome!

It's 2012, the Olympic and Paralympic Games are coming to the UK – and Girlguiding UK is celebrating! Every member will have the chance to get involved in the sports, culture and values of the Games through:

- *On Your Marks...*, an all-section activity resource (available from Girlguiding UK Trading Service, price £4.50, order code 6050 – www.girlguidingukshop.co.uk)
- this toolkit, which is designed to help members organise local celebrations throughout the UK with common themes
- Global Conversations, an exciting project using social media and technology to link guiding countries all over the world together. Learn about each other's values through discussion, blogs, photo sharing and more. Each month new discussion ideas, activities and challenges will be posted on the website: see www.girlguiding.org.uk > Members' area > What's happening? > Olympic and Paralympic Games.

Joined-up thinking

These plans all link together. You and your group can use activities from *On Your Marks...* at your celebration, blog or tweet about what you're up to as part of the Global Conversations – or even give girls a chance to take part in the Global Conversations challenges during your celebration! Don't miss out on the non-guiding opportunities offered to you locally – there is a huge variety of events and initiatives happening all over the UK in 2012. This toolkit will help you to get involved.

Using *On Your Marks... Celebrate!*

This toolkit contains information and ideas to inspire you and your group to celebrate the London 2012 Olympic and Paralympic Games with guiding.

Whether your unit decides to plan and run its own event, get involved in planning for a larger local guiding event, join in with celebrations planned for your local community or do a mixture of all three, there's something for your girls. Remember the ideas here are just suggestions – let their imaginations go wild!

Every member can celebrate in 2012. The aim of the celebrations is for everyone to get together and have fun, while gaining new skills and participating in activities based around the three themes of sport and physical activity, culture and the Olympic and Paralympic values.

Your celebration can be of any size or type you like. It could take place in your usual unit meeting time, or you could join together with others in your District, Division or County to do something bigger. A great way to link a small event with larger celebrations would be to run it at the same time that the Olympic Torch (which travels around the UK in a relay before the Games begin) is in your area. Don't forget to register your event on our interactive map, so that we can see guiding celebrations being passed on through the UK just as the torch is passed on. (See page 3 for more information.)

Badges

A colourful badge celebrating London 2012 is available to buy from Girlguiding UK Trading Service (price 60p, order code 7046). It would be a great memento to give to participants at your event.

This badge fits neatly with the three *On Your Marks...* badges (below), which girls and young women can gain through doing activities from the *On Your Marks...* resource on the three themes of sport, culture and Olympic and Paralympic values.



Registering your event

When you know the date, location and format of your event, register it at www.girlguiding.org.uk > Members' area > What's happening? > Olympic and Paralympic Games. Those who register will:

- have their event put up on the interactive map
- be able to share ideas to inspire other organisers
- be able to allow those interested in attending their event to contact them directly (optional).

On Your Marks Front Runners

Front Runners are members aged 14+ who are there to provide support and information to you about all aspects of the plans for 2012. Every month they will get new information and ideas for encouraging members to take part, which they can then share with local members. This isn't an official guiding role, but it is a great opportunity to promote Girlguiding UK's plans for 2012 in your area.

To become a Front Runner, email programme@girlguiding.org.uk with your name, unit, County and registration number. You will receive detailed information about what's going on and ways in which you can encourage members in your area to get involved. Anyone aged 14 or over can be a Front Runner, so do encourage your unit members to get involved. It could be a great way to help them gain awards like the Queen's Guide Award or the Duke of Edinburgh's Award.

If you want to find a Front Runner, ask your County Commissioner who the Front Runners in your area are. They will be able to help you take part in local events, suggest ideas for your event, link members of all ages with the Global Conversations and much more.

Running your own event

Planning your own London 2012 celebration? Read on to find the information you need, whatever you choose to do, and however large or small your event.

There are lots of people locally who can help you: talk to Commissioners, Trainers, your County Office or people who have recently organised an event, such as Centenary Champions.

What kind of event should it be?

It can be anything that the girls and young women dream up, using the three themes of sport and physical activity, culture and values. Use the activity ideas on pages 6–7 and the *On Your Marks...* resource for inspiration to help you weave in the themes.

Sport: This theme gives girls the opportunity to explore and experience a range of new sports and physical activities. Be imaginative: it's not just about football and athletics, there's something for everyone! Appendix 1 (page 9) lists all sports included in the 2012 Olympic and Paralympic Games.

Culture:

Experience exciting forms of UK culture, from dance and painting to food and photography. See Appendix 2 on page 10 for a list of the types of culture included in the London 2012 Cultural Olympiad.

Values: The Olympic and Paralympic Games are inspired by a set of values similar to those of Girlguiding UK, which are represented in our Promise. The 2012 Games celebrations offer a great chance to explore these values in original ways. They are:

- Olympic values: respect, excellence and friendship
- Paralympic values: courage, determination, inspiration and equality.

We would love you to get creative and bring these themes together in activities at your event – see the activity ideas section on pages 6–7 for inspiration.

When should we hold our event?

You can hold it whenever you like in 2012. You might like to link it to the Olympic Torch Relay – see page 8 for more information.

Bear in mind:

- other 2012 themed events in your area that members may be involved in, eg cultural events
- school and public holidays.

Who will come to the event?

It's entirely up to you what size event you plan and who you invite.

- Who will your event be for in guiding – your unit, District/Division, County or further afield? Just one age group or multi-section?
- You could invite members of the public to your event to encourage new members into guiding – perhaps everyone could bring a friend.
- If your event will be large-scale, work with your relevant Commissioner when planning. Use the *A to Z of Activities* and *The Guiding Manual* for more help.

Where should we hold the event?

- Does your local sports or cultural centre hire out its facilities?
- Is there enough room? Will your space be accessible for everyone?
- Will the event take place outside? Do you have alternative plans for wet weather?
- Does the venue match the activities you're planning?

Other things to consider when planning your celebration

Sustainability

A strong theme throughout the development of the London 2012 Olympic and Paralympic Games has been sustainability. Also, WAGGGS' Global Action Theme for World Thinking Day 2012 is all about the United Nations Millennium Development Goal 7: to ensure environmental sustainability. Girlguiding UK is keen that all members do our bit. One way of achieving this could be to include ideas from *Together We Can*, our activity resource on the Millennium Development Goals (available from www.girlguidingukshop.co.uk, price £9.50, order code 6542).

Here are some other suggestions.

- Energy – how can you reduce the amount of energy you need to run the event?
- Waste – how can you keep waste to a minimum and ensure as much is reused and recycled as possible?
- Transport – can people walk, cycle or take public transport to your event – and could you give them an incentive to do so? Can you have a car-share system?
- Land – wherever you hold your event, leave it as you found it, and ensure participants help you with this.
- Water – how can you save water at your event?
- Local suppliers – particularly if you're holding a large event, can you source food and other supplies locally?

Guiding legacy

One aim of the London 2012 Olympic and Paralympic Games is to leave behind a legacy of greater involvement of young people in sport in the UK and around the world. Think about how your event could leave behind a legacy for future guiding in your area. Perhaps you could grow the membership, improve involvement in sport or physical activity, raise cultural awareness or provide new outlets for members' creativity. See 'Grow guiding' on page 8 for more ideas about the legacy of your event.

What legacy will your event leave?

- Great memories – your event is a celebration and most importantly it should be fun!
- New friendships – give members a chance to meet others and make friends, encouraging units to make links and do more together in the future.
- New skills – a chance for members to gain event-planning and delivery skills, whatever the size of your celebration, and for participants to try out a new sport or art form.

- Continued participation – how can you now encourage girls and young women to keep up a sport or cultural activity that they've enjoyed at the event?
- New ideas and confidence – prove to yourselves or other Leaders that you can put exciting and unusual sports and culture into a unit programme.
- How will your event make girls and adults enthusiastic about guiding? Think about extending events to friends, family and potential new members and volunteers in your community. Use your local PR Adviser to help you spread the word far and wide.

Budget

There are lots of things to consider when budgeting for your event.

- How much do you have to spend on the event?
- Where will money come from? Will you be fundraising beforehand, or will participants pay to attend? Can you reduce the amount you are spending on this event? Make sure you're not spending your whole budget just for the sake of it – if you've saved money, brilliant! It can go back into guiding.

Recruiting your event team

Even a small event can be an opportunity to give new responsibilities and experiences to members of all ages. Be inclusive – find a role for everyone who wants one. Advertise opportunities as widely as you can.

List the jobs that need to be done and the skills required for each. Do you need someone skilled with PR, a treasurer to keep an eye on the spending, or a creative type to do the decorations?

Remember, the London 2012 Olympic and Paralympic Games aren't just about sport – find people with a range of skills and interests who can ensure that culture and values are emphasised too! Could you include people not yet in guiding to help plan the event as part of the 12-Hour Challenge?

Youth participation is central to guiding. Involve young people in the planning and the delivery of the event.

- Set up a group of young members to decide how your area celebrates the 2012 Games.
- Make sure all potential participants are included in decision making. You could task all Unit Leaders to ask the girls in their units how they would like to celebrate, then pull together all the ideas.
- Give young people planning roles and assign more experienced mentors to support them.
- Remind young team members that they can use their experiences for their Young Leader or adult Leadership Qualification, Queen's Guide Award, Baden-Powell Challenge and Look Wider octants, as well as Guide badges like Party planner.

Access for all

London 2012 is about both the Olympic and the Paralympic Games – so you need to consider the values and sports of both.

Make sure that people with disabilities can fully participate in the event. The Girlguiding UK resource *Including All* has lots of helpful information and ideas, and is available from www.girlguidingukshop.co.uk, price £6.25, order code 6358.

- Balance your event to ensure maximum participation. Include a range of activities to suit all ages and interests. For example, if a girl does not want to participate in a sport on offer, could she be a reporter on the tournament?
- Ensure that the cost of the event for participants is reasonable.
- Minimise the distance participants will need to travel to the event.
- Don't forget that girls and young women can apply for a Centenary Fund grant to help them take part in an event, if it furthers their dream. The focus in 2012 will be on opportunities linked to the Olympic and Paralympic values. For more information, see www.girlguiding.org.uk > Members' area and Go! > Running your unit > Finance and insurance > Fundraising Advice Centre and Training > Fundraising advice library.

Promoting your event

Within guiding there are lots of tools to help you promote your event: the Celebrate! Map where you can log your event, local newsletters, meetings, special emails to all units and Front Runners. Produce a poster for Leaders to give out – the easier you make their job, the more likely people are to join in!

You may wish to hold an event for the wider community and promote it outside guiding. Put up posters in your local community spaces and notices in newsletters or newspapers. Your local PR Adviser will help you promote the event to make it seen – can you find an unusual angle that newspapers might be interested in? A template press release will also be available from the members' area of the website. Ask members to take a few posters away with them and hand them out to people they know.

It is recommended that you give out Girlguiding UK's 2012 celebration badge to those at your event (available from Trading Service, see page 2 for details), However, if you do wish to produce your own badge, use the help and information on page 50 of the Summer 2011 issue of *guiding* magazine.

Branding and the London 2012 Inspire Mark logo

No use of the London 2012 Inspire Mark logo can be permitted on any promotional materials you create connected with your event.

The branding associated with the 2012 Games is very tightly regulated. For information about it, go to www.london2012.com > About us > Our brand > Using the brand. It is best to steer clear of the main words that are protected, such as 'London 2012', and symbols like the Olympic rings, on any badges, posters or merchandise produced locally. Refer to the Olympics as 'the 2012 Games' or '2012 Olympic and Paralympic Games'. A 'mini-Olympics' could be changed to a 'mini-Games'.

Hints and tips

- Do a risk assessment for your event and ensure that you are providing a safe space for girls and young women.
- For large-scale residential events, follow the guidance in *The Guiding Manual* and *Going Away With Guiding*. Why not encourage members to use this as an opportunity to gain their large-scale events licence?

Activity ideas for your event

Don't forget to use the Global Conversations page at <http://guidingglobalconversations.blogspot.com> to tell the world about what you got up to through blogs, photos, videos and comments. This is a great way to get young people involved and interested in the celebration, and demonstrates the global nature of the 2012 Games.

Girlguiding UK resources

Lots of resources have activities that could fit in with the themes of your event – use what's already there! Publications are available to buy from Girlguiding UK Trading Service – see www.girlguidingukshop.co.uk.

- *On Your Marks...* contains activities on Olympic and Paralympic sports, culture and values.
- *Together We Can* is about the United Nations Millennium Development Goals, including the environment, poverty and hunger, and empowering women. You could take action on one of the issues as part of your event!
- *Me in Mind* has activities for Guides and the Senior Section on emotional well-being, which ties in with many of the Olympic and Paralympic values, like courage, determination, respect and friendship.
- *Aim High!* contains activities for all sections on mind, body and soul, including some great active games.
- *Let's Hear it for Music!* is filled with music and singing activities for everyone and has great ideas for introducing music into an event.
- Your section's core resources – Roundabouts, Adventure books, Go For It! and Look Wider – all have activity ideas that you can include or adapt for the occasion.

Sport and physical activity

Get members of all ages moving! This is a great chance to try new ways of keeping fit and active and to add a fun and perhaps competitive element to your event. See Appendix 1 on page 9 for a list of all sports included in the London 2012 Olympic and Paralympic Games.

- Hold an event in a sports facility in your area – why not run a mini-Games? There is a mini-Games section in *On Your Marks...* to help.
- Try as many Olympic and Paralympic sports as possible, and try something new – use Appendix 1 (page 9) to find information to help you, or consult staff at your local sports centre.
- Investigate and try out events that are no longer part of the Olympics like croquet, tug-of-war and cricket.
- Try out winter Olympic sports – but in the summer! Try grass sledging (you can do this at some Girlguiding UK Training and Activity Centres) or rollerblading instead of ice skating.
- Hold a treasure hunt or try the modern version, geocaching: www.geocaching.com.
- Try out a range of swimming pool-based sports like water polo, synchronised swimming or water volleyball.

- Ask participants to create, teach and play their own Olympic sport.
- Try your own local or traditional sports such as stool ball (www.stoolball.org.uk) or cheese rolling (not down a hill of course!).
- Set up a tournament using an interactive games console.
- Show how women's participation in the Olympic and Paralympic Games has developed and changed – for example, try out sporting activities wearing long skirts and jackets!
- Invite an Olympic champion to your event – see www.athletesdirect.org.
- Link your event with an Olympic or Paralympic final and set up a big screen for everyone to watch together. Ensure this is not open to the public and that you don't charge for entry, or there could be a restriction on this.

Culture

The Cultural Olympiad, running alongside the London 2012 Olympic and Paralympic Games, aims to inspire creativity across all forms of culture and especially among young people. Use your event to encourage members to try something new and express themselves in exciting ways. For a full list of types of culture included in the Cultural Olympiad see Appendix 2 (page 10).

- Link your activities with cultural events being held in your local area, eg by local museums or arts organisations.
- Hold a competition for participants to express the meaning of the Games in any medium they choose, for example poetry, story writing, photography, paint or theatre.
- Set up a flash mob (a spontaneous dance). Look at this link for inspiration: www.bigdance2012.com/video_library.php.
- Use experts to give a professional feel to your event – does your Country or Region still have links with performers from One World One Beat 2010? You could also contact local theatres or dance companies.
- Create a huge collage over the day, with participants adding one section each to the whole picture.
- Give participants, in groups, a set of words from which they should make a five-minute short play or film.

- Have a gardening corner where members can plant seeds and design a mini garden.
- Hold a quick-cooking competition, giving participants a limited number of ingredients to make a meal with.

Values

The Olympic and Paralympic values hold the Games together. They make the world's largest multi-sports event into something even greater and more inspiring to the whole world. The values of the Games are very similar to those we hold as members of Girlguiding UK – use your event to explore the values together. The full list of values can be found in Appendix 2 on page 10.

- Have a Global Conversations hub at your event to allow participants to share their values with Guides from all over the world, through the webpage <http://guidingglobalconversations.blogspot.com>. This will enable girls to access the website and start chats, upload blog entries etc. Ensure that this is properly supervised and that you abide by Girlguiding UK's web safe guidance: see www.girlguiding.org.uk > Members' area and Go! > Running your unit > Safety > Communication and online safety.
- Consider renewing the Promise together during your event.
- Regenerate a local area through street art, clean-ups or repainting a run-down community meeting place.
- Make a graffiti wall with the Olympic and Paralympic values written on it. Encourage participants to add their thoughts about each value, including what the values mean to them and ways they put them into action. Alternatively this could be a pledge wall, where each participant makes a pledge to do something inspired by one of the values during 2012.
- Create your own torch relay in your local area – either at your event or between events happening at different times – between which a torch or other object is passed, to symbolise the values of your event. You could pass on a unit-made torch, a mascot or ash from campfires.
- Teach participants a skill, which they then teach to other participants, who then teach others until everyone at the event has learned something new and has something in common.
- Encourage participants to make new friends at the event. For example, you could invite non-guiding friends; challenge girls to find out two facts about three other people; or make something and give it to someone you meet at the event. This could be a great way of recruiting new members!
- Have a scary or adventurous challenge – anything from trying a new sport to abseiling or coming face-to-face with spiders!

Activities that cover more than one theme

- Use sporting equipment to create an artwork or sculpture – either use old and broken equipment, or make a temporary piece of art from all the equipment you have, and photograph it for a lasting memory.

- Investigate links between sports and culture, such as designing and creating gardens that incorporate sporting themes (eg plants in old trainers or growing through old tennis racquets), or using the girls' own bodies to create art (eg making shapes on the ground). Take photos and upload them onto Flickr for the Global Conversations project.

Create 'good luck' messages to be passed on to Olympians (see page 8 to find out how you can find a local Olympian). Ask girls or the public (at public events such as county shows) to write their messages on paper shaped like relay batons.

After your event

Evaluate

Ask participants and organisers how they think the event went, what they enjoyed and what could be learned for the future. Try these unusual ideas to get everyone thinking.

- Rings: Draw out five circles on paper to look like the Olympic rings. Ask each participant to write three things they enjoyed about the event in the top three circles, and two things they would change in the bottom two circles.
- Medals: Give out three circles of card – bronze, silver and gold. On the bronze everyone should write something they didn't enjoy, on silver something that could be improved and on gold something they really enjoyed.
- Create a large Olympic flame and ask participants to graffiti their comments on it.
- Create your own online evaluation for older participants using a website like Survey Monkey: www.surveymonkey.com.

Grow guiding

- Capitalise on the buzz generated by your event. Encourage interested adults to take part in the 12-Hour Challenge (leaflets and posters are available free from Trading Service: www.girlguidingukshop.co.uk). Could you collect email addresses of adults who have helped at your event and who might like to continue volunteering?
- Keep it going: encourage any interest in sport and culture fostered through your event by making further resources available for members.

- Upload your photos, videos, blogs, artwork and memories to the Global Conversations and spread your enthusiasm worldwide.
- Don't forget to say 'thank you!' Thank your event planning team and participants for their hard work.

Hooked on the Olympics? Only two more years until the Winter Olympics in Sochi, Russia in 2014, and four until Rio de Janeiro 2016 – it's never too early to plan!

Local and national events and opportunities

If girls and young women are interested in taking part in events and opportunities available outside guiding, use these ideas to get started. You might also be able to link a celebration you're planning within guiding with external opportunities.

London 2012 Local Leaders

If you're organising a 2012 Games celebration you could become a 'Local Leader'. Sign up to receive official posters to advertise your event and themed toolkits to inspire you. There's also a map where you can see the events taking place in your area! Visit www.london2012.com/localleaders to find out more.

Torch Relay

Representing peace, unity and friendship, the Olympic flame will be carried all over the UK by 8,000 inspirational torchbearers during the Olympic Torch Relay, from 19 May to 27 July 2012. Find out when the Torch is in your area here: www.london2012.com > The Games > Olympic Torch Relay > Where is the Olympic Flame going?.

You could:

- join in with an event in your area
- ask a local torchbearer to come to your event – are any guiding members carrying the flame? Ask local Commissioners to put out a call to all members to find out
- run your event when the Torch is nearest to your area.

Cultural Olympiad

Spread over four years from 2008, the London 2012 Cultural Olympiad is designed to give everyone in the UK a chance to be part of London 2012 and to inspire creativity across all forms of culture, especially among young people.

There are opportunities, events and initiatives going on all over the UK.

Find out more through your local council website, which you can find using www.direct.gov.uk.

If you want to link local initiatives with your own event, think about whether you can share a common theme with what's going on in your area. Can any performers or experts from these local events come along to yours?

London 2012 Festival

This festival will be a culmination of the four-year Cultural Olympiad. It will bring leading artists from all over the world together from 21 June 2012 in the UK's biggest ever festival. It's a chance for everyone to celebrate London 2012 through dance, music, theatre, the visual arts, film and digital innovation, and to leave a lasting legacy for the arts in the UK – and you don't have to live in London to take part. Find out more here <http://festival.london2012.com/>.

Sports star inspiration

Invite a local sports champion or former Olympian to your event to inspire members and to encourage more people to come along! Find out how to book a sports person to come to your event here: www.athletesdirect.org. To find sportspeople from sports clubs in your area, use the list of sports and their governing bodies in Appendix 1 (page 9) or ask your local council. Your local football club is likely to have a Community Trust which may be able to help you.

Are any athletes training in your area before the Games begin? Your local council may be able to tell you and put you in touch. Or contact your nearest training facility to see if it has been booked – you can find them listed here <http://trainingcamps.london2012.com/>.

If you're planning a small celebration in your unit, ask around in your Division or County to see whether anyone already has contacts you could use.

Other opportunities

Keep checking the website for up-to-date information: www.girlguiding.org.uk > Members' area > What's happening? > Olympic and Paralympic Games.

Appendix 1: National governing bodies of Olympic and Paralympic sports

Below is a list of all sports currently included in the Olympic and Paralympic Games along with their national governing bodies, which can help you discover more about the sport and find experts in your area.

Archery (Olympic and Paralympic): www.archerygb.org

Athletics (Olympic and Paralympic): www.uka.org.uk

Badminton: www.badmintonengland.co.uk / www.badmintonscotland.org.uk / www.badmintonwales.net / www.badmintonireland.com

Basketball: www.englandbasketball.co.uk / www.basketballscotland.co.uk / www.basketballwales.com / www.basketballni.com

Beach Volleyball: www.britishvolleyball.org

Boccia: www.gb-boccia.org

Boxing: www.abae.co.uk / www.amateurboxingscotland.co.uk / www.welshboxingassociation.org / www.iaba.ie

Canoe (Slalom/Sprint): www.bcu.org.uk

Cycling (Olympic and Paralympic): www.britishcycling.org.uk

Diving: www.swimming.org/britishswimming

Equestrian (Olympic): www.bef.co.uk

Equestrian (Paralympic): www.riding-for-disabled.org.uk

Fencing and Wheelchair Fencing: www.britishfencing.com

Football (Olympic and Paralympic): www.thefa.com / www.scottishfa.co.uk / www.faw.org.uk / www.nifootball.co.uk

Goalball: www.goalballuk.com

Gymnastics: www.british-gymnastics.org

Handball: www.britishhandball.com

Hockey: www.englandhockey.co.uk / www.scottish-hockey.org.uk / www.hockeywales.org.uk / www.ulsterhockey.com

Judo (Olympic and Paralympic): www.britishjudo.org.uk

Modern Pentathlon: www.pentathlongb.org

Powerlifting: www.gbpf.org.uk

Rowing (Olympic and Paralympic): www.britishrowing.org

Sailing (Olympic and Paralympic): www.rya.org.uk

Shooting (Olympic and Paralympic): www.britishshooting.org.uk

Swimming (and Synchronised): www.swimming.org/britishswimming

Table Tennis:

www.etta.co.uk /

www.ttaw.co.uk /

www.tabletennisni.com

www.tabletennisscotland.com /

Tae kwon do:

www.britishtaekwondocouncil.org

Tennis: www.lta.org.uk

Triathlon: www.britishtriathlon.org

Volleyball: www.volleyballengland.org / www.scottishvolleyball.org / www.volleyballwales.org / www.nivb.com

Water Polo: www.swimming.org/britishswimming

Weightlifting: www.britishweightlifting.org

Wheelchair Basketball: www.gbwb.org.uk

Wheelchair Rugby: www.gbwr.org.uk

Wrestling: www.britishwrestling.org

Other links:

- Visit www.direct.gov.uk to find information on local councils and sporting opportunities.
- For more on Paralympic and wheelchair sports, see the British Paralympic Association, www.paralympics.org.uk, or the British Wheelchair Sports Foundation, www.wheelpower.org.uk.

For inspiration on getting children and young people interested in sport and creating a legacy of increased participation:

- Youth Sport Trust www.youthsporttrust.org
- Sport England www.sportengland.org
- Sport Scotland www.sportscotland.org.uk
- Sport Wales www.sportwales.org.uk
- Sport Northern Ireland www.sportni.net.

Appendix 2: Values and culture

The Olympic values

Respect – fair play; knowing one's own limits; taking care of your own health and the environment.

Excellence – how to give the best of yourself, on the field of play or in life; taking part; progressing according to your own objectives.

Friendship – how, through sport, to understand each other despite any differences.

The Paralympic values

The Paralympic values are based on the history of the Paralympic Games and the tradition of fair play and honourable sports competition. They are:

- courage
- determination
- inspiration
- equality.

Types of culture included in the 2012 Cultural Olympiad

Architecture
 Archives
 Carnival and street theatre
 Crafts
 Dance
 Design
 Fashion
 Film and video
 Food
 Gaming
 Gardens
 Heritage and historic environment
 Libraries
 Literature
 Museums and galleries
 Music
 Opera
 Photography
 Poetry
 Science
 Theatre
 Visual Arts



Girlguiding UK

girls in the lead

Girlguiding UK is an operating name of The Guide Association. Registered charity number 306016. Incorporated by Royal Charter.

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