

**The Hong Kong Girl Guides Association**  
**Interest Certificate Syllabus**  
**Ranger Section**

**Sports**

- I. Have been engaged in at least 1 physical activity (excluding the activities under the “Fitness” category, canoeing and dragon boating) within the 3 months prior to the assessment, or have been a member of a sports team and show records of regular practice within the 3 months prior to the assessment.
- II. Explain the rules and safety rules of your choice of sports.
- III. Explain the history and development of your choice of sports.
- IV. Describe the appropriate clothing and items that you wear or use while you are playing the sports.
- V. Discuss with the Assessor the difficulties you encountered while participating in the sports and demonstrate how you overcome them.
- VI. During the assessment, demonstrate your progress in participating in this sports and discuss the goals you want to achieve.
- VII. Discuss with the Assessor how to promote this sports to family, friends and Unit members.

**Hong Kong Award for Young People**

- Holders of this certificate are qualified for the Physical Recreation Section at the Bronze (Minors) Level of the HKAYP.
- Candidates who have completed the Physical Recreation Section at the Bronze Level of the HKAYP in the corresponding item are qualified for this certificate. (Must specify the chosen activity)