

LONDON ACTIVITY 1

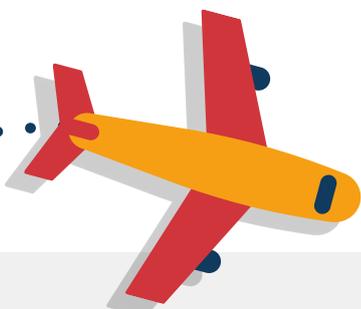
POWER OF THE PARALYMPICS

Take part in a target game with your friends and family.

The first Paralympic Games were held in Britain in 1948. The only sport was wheelchair archery. Archery is a target game - archers shoot arrows at a target to score points. They must be accurate.

1. Draw a target on a piece of paper. You can have one target or more.
2. Give the circles different points.
3. Make a paper aeroplane. Ask an adult to show you how.

4. Stand a short distance from the target. Can you throw the paper aeroplane so it lands on the target?
5. How many points did you score? Can you beat your score next time?



LONDON ACTIVITY 2 STEPPING OUT

Count your steps.

Counting steps is one way to see how active we are.

1. With the help of an adult, measure 10 metres along the ground. Walk that distance. How many steps do you take?
2. Where else do you walk? To school, around the playground, around your house or garden, to the shops? Count how many steps you take on a short walk.

LONDON ACTIVITY 3 CAPITAL LETTERS

Find each city by doing exercises.

There are four countries in the United Kingdom:
England, Scotland, Wales and Northern Ireland.

- **London** is the capital city of **England**.
- **Edinburgh** is the capital city of **Scotland**.
- **Cardiff** is the capital city of **Wales**.
- **Belfast** is the capital city of **Northern Ireland**.

1. Do 2 star jumps. Which city starts with the second letter of the alphabet?
2. Do 3 claps in the air. Which city starts with the third letter of the alphabet?
3. Do 12 punches. Which city starts with the twelfth letter of the alphabet?
4. Do 5 high knee lifts. Which city starts with the fifth letter of the alphabet?

REMEMBER!

Log your activity to help us get
to our next stop: **Paris**

<https://www.getset.co.uk/travel-tokyo/log-activity>

To be healthy, you should walk approximately **12,000** steps a day!

Can you put the exercises together and repeat them?

