




PARIS ACTIVITY 1

BOULES FOR WELLBEING

French people play boules for fun with their families and friends. You can play it too!

Boules is a traditional French game. Players take turns to throw metal balls as close to a small, wooden ball as possible. It is played by children and adults.

1. Put a marker on the ground to show the throw line. Stand here.
2. Throw a small ball onto the ground, at least 2m away. Use any ball, e.g. paper ball, tennis ball, bean bag. This is called the jack.
3. Throw a different sort of ball (different colour, size, type) and see how close you can get it to the jack.
4. Take turns with another player. Who can get their ball closest to the jack?
5. Throw more than one ball and knock balls out of the way to make it more fun!

You have travelled **343 km** from London to Paris.

PARIS ACTIVITY 2

DIDIER DIT...

Play a French version of Simon says... (we call this Didier dit...)

It is good to learn the language of the countries we visit. It helps us to get around and it is polite to the people of that country. People speak French in France. These are the French words for parts of your body:

- Head = **La tête**
- Shoulders = **Les épaules**
- Knees = **Les genoux**
- Feet = **Les pieds**

Ask an adult to teach you the sound of the words. Play a French version of Simon says... (We will call this Didier dit...)

1. Ask an adult to shout a word in French. Touch the correct part of your body.
2. Did you get it right?
3. Keep going with the other words. Can you get faster?

Adults: Use howtopronounce.com/french to hear the pronunciation.

PARIS ACTIVITY 3

PAINTER'S POSE

Make your own sporting poster.

Posters are made for the Olympic and Paralympic Games. This is the poster from the 1924 Paris Olympic Games.

1. Choose a sport.
2. Make a pose from that sport - like a model.
3. You can make a pose on your own or with friends.
4. Draw a poster of your friend's pose. Ask them to draw yours.

