



LONDON ACTIVITY 1

POWER OF THE PARALYMPICS

Create and play your own game, based on archery.

The first Paralympic Games was held in Britain in 1948 and the first sport was wheelchair archery. Watch it here: paralympic.org/ipc/history.

See if you can create your own version. Some ideas include: *play sitting down, kneeling or standing up*. Throw different objects, e.g. *paper aeroplanes, foam javelins*. Draw targets on paper and give them different points.

Write up your activity as a Tokyo Ten. Use the My Workout template at: getset.co.uk/tokyo-home-activity



LONDON ACTIVITY 2 POWER OF THE PARALYMPICS

Work out how far you are from the Olympic Park in steps!

Record how many steps it takes to **walk 10m**:

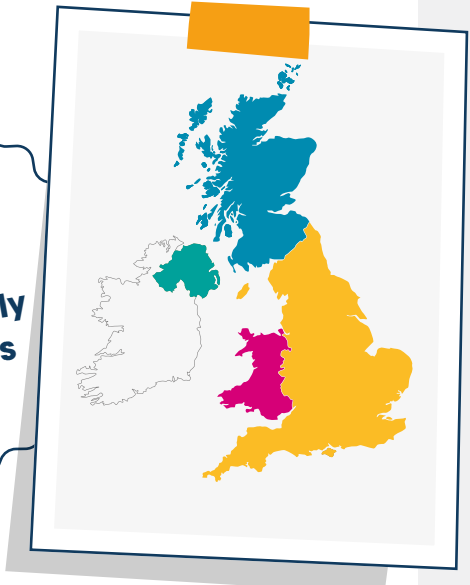
Use Google maps to find out **how many kilometers your house is from the Olympic Park**:

Work out how many steps would make **1km (1,000m)**:

NOW CALCULATE THAT DISTANCE IN STEPS.

For example: if **12.5** steps makes **10m**, **1,250** steps makes **1km**. My house is **300km** from the Park. **1,250 x 300 = 375,000** steps.

You should try and walk approximately **12,000** steps a day!



LONDON ACTIVITY 3 CAPITAL LETTERS

Do exercises to find three UK capital cities.

Give each letter of the alphabet a number in order (A=1, B=2). Now think of some easy moves, for example, march on the spot, star jump, toe touch, squat, side bend. Spell out words by repeating a move for each letter (B-E-N = 2 star jumps - 5 toe touches - 14 squats). Now find the capital cities in the same way.

Capital of Wales:
3 - 1 - 18 - 4 - 9 - 6 - 6

Capital of Scotland:
5 - 4 - 9 - 14 - 2 - 21 - 18 - 7 - 8

Capital of Northern Ireland:
2 - 5 - 12 - 6 - 1 - 19 - 20

REMEMBER!

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

getset.co.uk/travel-tokyo/log-activity

