

PARIS ACTIVITY 1

BOULES FOR WELLBEING

Create and play your own version of boules.

Boules is a traditional French game. Players take turns to throw heavy, metal balls as close to a small, wooden ball – the jack – as possible. It is played by people of all ages and abilities and is a fun, social event for friends and families.

See if you can create your own version. Some ideas include: Throw different types or sizes of balls, *e.g. paper, sponge, plastic, rolled-up socks*. Deliver the ball in different ways, *e.g. throw, roll, kick, use a ramp or gutter*. Play in a circle or end-to-end in a rectangle.

Write up your activity as a Tokyo Ten. Use the My Workout template at:

getset.co.uk/tokyo-home-activity



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

PARIS ACTIVITY 2

DIDIER DIT...

Take part in a French language version of Simon says...

Practise speaking and listening to the French for these actions.

en haut (high)

en bas (low)

en avant (forward)

en arrière (backwards)

à gauche (left)

à droite (right)

Choose one player to be Simon or, in this case, Didier. In French, they will say Simon says (*Didier dit*) and the action. **For example: Didier dit en haut.** The other players do the actions as jumps or stretches, e.g. stretch high, stretch left. Start with 20 points. If you get an action wrong, you lose a point. See how many you are left with. Take turns to be Didier.

PARIS ACTIVITY 3

PAINTER'S POSE

Make a sporting pose and create your own poster.

Many of the world's great paintings are in Parisian art galleries.

Choose an Olympic or Paralympic sport. Make a pose based on a skill from that sport. You can make a solo pose or a group pose. Practise the skill so your pose is lifelike. When you are happy with your pose, take a photo or draw it.

Posters are created for each of the Olympic and Paralympic Games. This is the poster from the 1924 Paris Olympic Games.

To hear the French words, visit:

howtopronounce.com/french/ and type in the words shown above.

