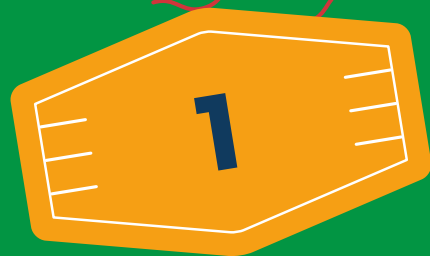


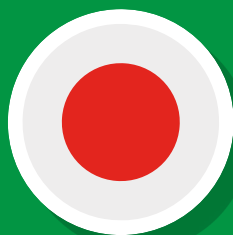
LONDON, UK
START!



TRAVEL TO TOKYO



TRAVEL
GUIDE



ARRIVAL



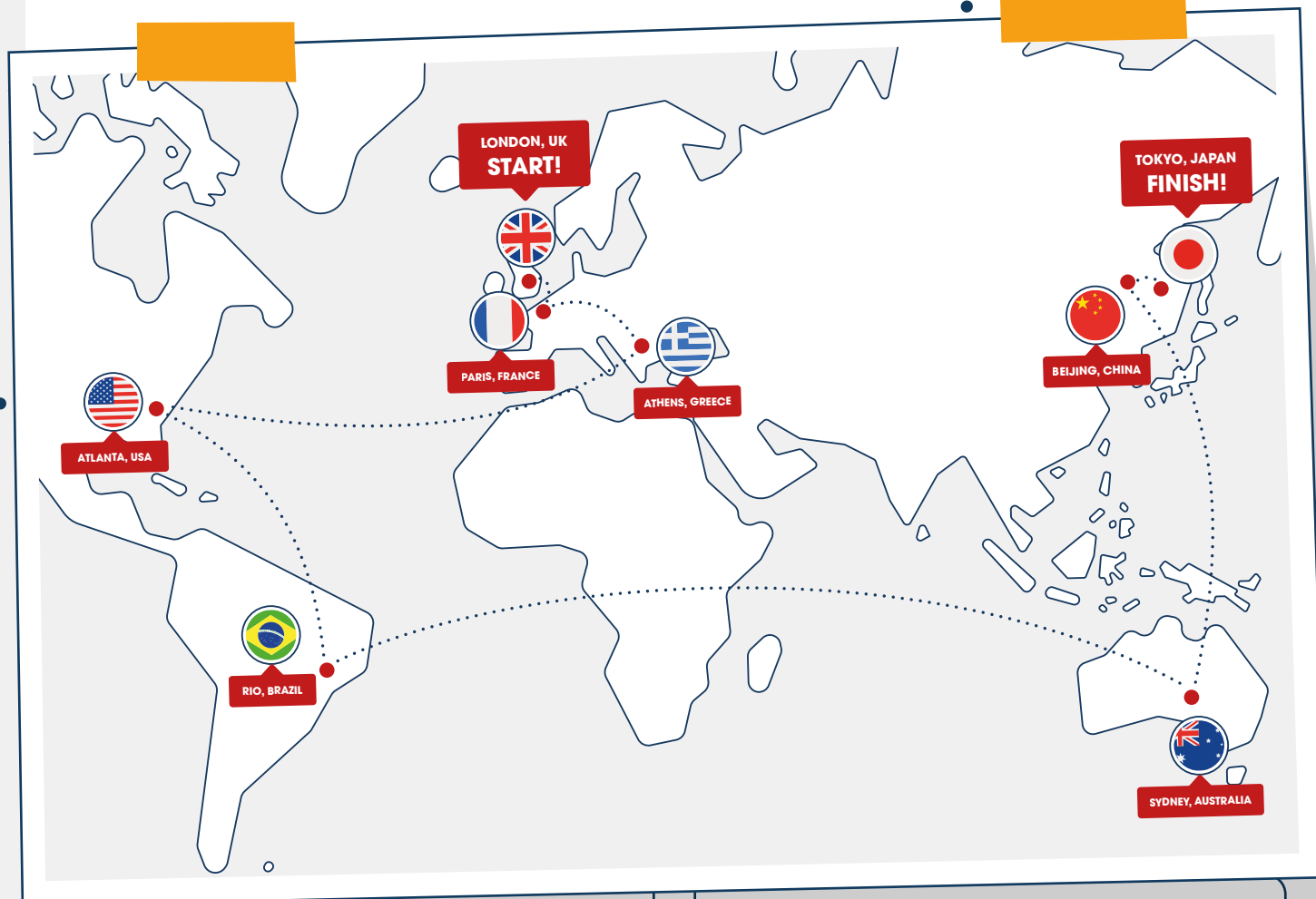
TRAVEL
TOKYO



TRAVEL TO TOKYO

We are going on a virtual trip to Tokyo, Japan to celebrate the Olympic and Paralympic Games in 2021.

On the way, we will visit other countries and cities. Here is a map of our journey.



TRAVEL GUIDE

Your Travel Guide will help you to learn about the countries and cities we visit. It gives you lots of activities to do. Take part and have lots of fun!

LOG YOUR ACTIVITY

We will travel by getting active! Any physical activity you log on the website will take your school one step closer to Tokyo. Ask an adult to help you log your activity: getset.co.uk/travel-tokyo/log-activity

JOURNEY
TO TOKYO
BEGINS

It's a long way!
47,349
kilometres!

TRAVEL TOGETHER!

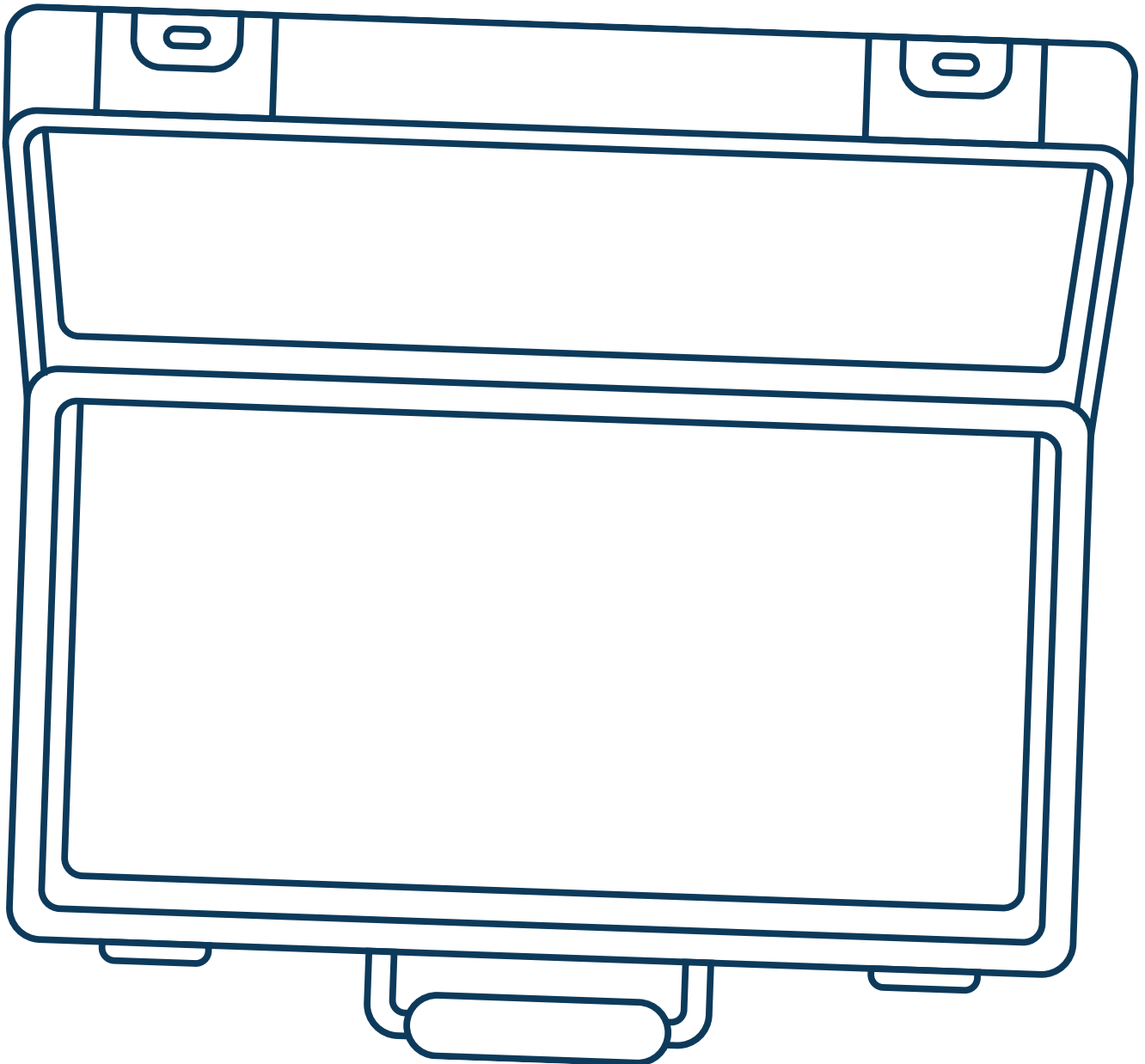
We will travel to Tokyo quicker if our friends and family are active too. Ask them to take part in the activities with you.

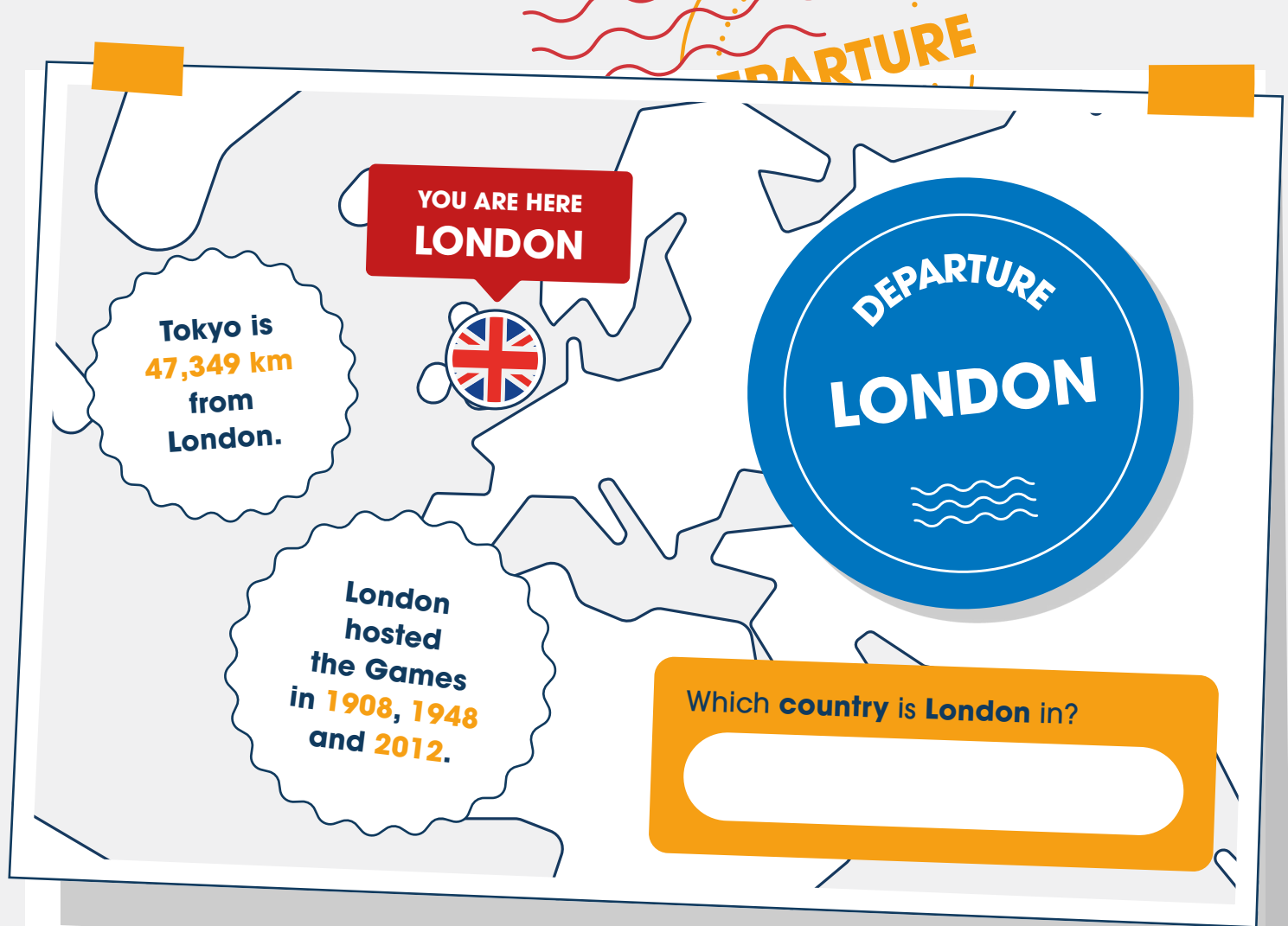


TRAVEL BAG

When we travel, we have to take everything we need with us. For example, we need clothes to match the weather of the countries we visit.

Draw what you think you will need to pack in your bag.





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?

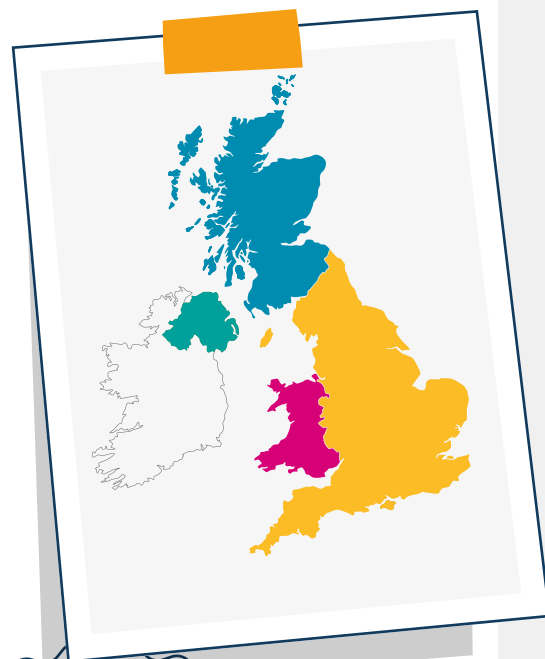
REMEMBER!

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?



YOU ARE HERE
PARIS



FIRST STOP
PARIS



Paris
hosted
the Games in
1924 and will
again in
2024.

Which **country** is **Paris** in?

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.

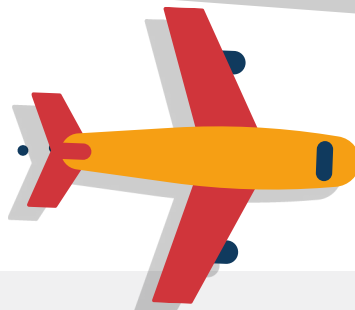
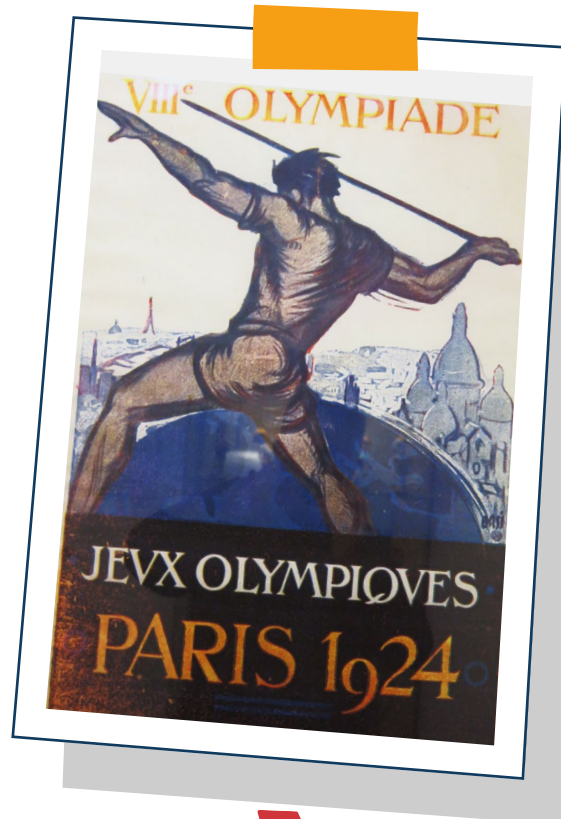
PARIS ACTIVITY 3

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.



YOU ARE HERE
ATHENS

Athens
hosted the
Games in **1896**
(the first modern
Olympics)
and **2004**.

SECOND STOP
ATHENS

Which **country** is **Athens** in?



ATHENS ACTIVITY 1 SPORT FOR ALL

Take part in an equestrian event – without a horse!

Only men took part in the ancient Olympics. Today, men and women take part in the Olympic and Paralympic Games. In most sports, they take part separately from each other. Equestrian – horse riding – is an Olympic and Paralympic sport where men and women take part together.

1. Put small obstacles on the ground, e.g. cones, mini hurdles, cushions, plant pots.
2. Spread them out to make space between them.
3. Pretend you are riding a horse. Walk around the course and jump over the obstacles. Zig zag between markers if you can't jump over them.
4. Can you control your landing?
5. Try again but jog between the obstacles before you jump or zig zag.
6. See if you can get faster but still have control.

You have travelled **2,097 km**
from Paris to Athens.



ATHENS ACTIVITY 2

AT HOME IN OLYMPIA

Learn which names are Greek or Roman.

The first Olympic Games were held in Ancient Greece. They included ceremonies for Zeus, king of the Greek gods. The Romans copied the Greek gods but gave them new names.

Adults:
Find out more
about Ancient
Greece at:
[bbc.co.uk/bitesize/
topics/z87tn39](http://bbc.co.uk/bitesize/topics/z87tn39)

1. Make Greek and Roman signs and stick them to opposite walls.
2. Ask an adult to read out the name of a god or goddess.
3. Before they tell you, can you guess if it is Greek or Roman?
4. When the adult tells you the answer, run to the correct sign and shout out the name of the god or goddess. That will help you to remember.
5. Now try it again – but this time run to the correct sign before the adult tells you the answer. Did you get it right?



GREEK

Athena – goddess of wisdom

Poseidon – god of the sea

Nike – goddess of victory



ROMAN

Mars – god of war

Venus – goddess of beauty

Vulcan – god of fire

ATHENS ACTIVITY 3

MUSICAL STATUES

Become a statue!

Athens is famous for its ancient monuments and statues. They include statues of gods and goddesses, warriors and sportspeople – as well as people doing everyday tasks.

1. Think about the shapes you can make.
2. Dance to some music. When the music stops, make a statue.
3. Hold it for 5 seconds. Is your statue completely still?
4. Repeat the game. How many different statues can you make?



YOU ARE HERE
ATLANTA



Atlanta
hosted the
Games in
1996.

THIRD STOP
ATLANTA



Which **country** is **Atlanta** in?

ATLANTA ACTIVITY 1 DANCE TO IT

Try a hip hop dance.

Many famous hip hop artists come from Atlanta. Hip hop was created by African Americans and Latin Americans. It includes music and dance.

Try this dance from HomeBros on BBC Super Movers: bbc.co.uk/teach/supermovers/just-for-fun-homebros-l1/z6cpwtly

1. Wear your PE shoes.
2. Make sure you have plenty of space and won't hit or trip over anything.



You have travelled **9,126 km**
from Athens to Atlanta.

ATLANTA ACTIVITY 2 WESTWARD HO!

Find out where the Native Americans lived before they were forced to leave their homelands.

Native Americans were the first people to live in America. When new people began to settle, they were forced to move and lost their homelands.

1. Stand in the middle of the space. Pretend it is the middle of the USA.
2. Ask an adult to show you the compass directions: north, south, east and west.
3. When the adult shouts a direction, run into that space.
4. The adult will tell you which Native American group lived there.

5. Try it again. Can you remember the names of the Native American groups without being told?

- North – **Sioux**
- South – **Comanche**
- East – **Cherokee**
- West – **Navajo**

Adults:
Find these famous people at:
[bbc.co.uk/
bitesize/topics/
zjkj382](http://bbc.co.uk/bitesize/topics/zjkj382)

Adults: Find out about Dr Martin Luther King: [bbc.co.uk/bitesize/
topics/zjkj382/
articles/zknmrj6](http://bbc.co.uk/bitesize/topics/zjkj382/articles/zknmrj6)

ATLANTA ACTIVITY 3 WALK OF FAME

Make your own walk of fame.

Dr Martin Luther King lived in Atlanta. He campaigned for civil rights for Black people in America. To honour their work, their footsteps have been included in a Walk of Fame.

1. Choose some famous people. They could be from anywhere in the world. See some examples below. Why are they famous?
2. Draw around your foot to make a footprint. Cut out one footprint for each famous person. Write their name on the footprint.

3. Put your footsteps around a space, e.g. hall, playground, garden, room.
4. Take a friend or family member on your walk of fame. Tell them about the famous person when you get to each footprint.

- **Dr Martin Luther King**
- **Gandhi**
- **Elizabeth Fry**
- **Emmeline Pankhurst**
- **Nelson Mandela**
- **Rosa Parks**



YOU ARE HERE
RIO



Rio
hosted the
Games in
2016.

FOURTH STOP
**RIO DE
JANEIRO**

Which **country** is **Rio** in?



RIO ACTIVITY 1 MIXED-UP SPORTS

Practise footvolley.

A new sport was created on the beach in Rio. It is called footvolley and is a mix of football and volleyball. You can use any part of your body to touch the ball – except your hands.

1. On your own, practise keepy-ups with a balloon. Can you keep the balloon off the ground without using your hands?
2. Practise with a friend. Can you pass the balloon to each other without using your hands?

3. As a group, can you pass the balloon around the circle without it touching the floor?
4. How many times can you pass it before it drops? Can you score more next time?

Adults: Watch it at:
[youtu.be/
UQrcys6Hbyk](https://youtu.be/UQrcys6Hbyk)



You have travelled **7,661 km**
from Atlanta to Rio.

RIO ACTIVITY 2

AMAZING ADJECTIVES

Win each adjective by landing a ball on the word.

Rio holds a carnival every year. It includes music, costumes and dancing. It needs lots of adjectives – describing words – to describe it.

ADJECTIVES

The carnival is:

- Sparkling
- Fantastic
- Enormous
- Joyful
- Exciting
- Colourful

Rio's
carnival is the
biggest in the
world!



1. Ask an adult to write the adjectives on separate pieces of paper.
2. Spread the papers across the table or floor.
3. Try to throw a rolled-up sock, paper ball or bean bag onto each paper.
4. If it lands on the paper, write down the word to keep it. If you miss, try again.
5. Can you write your own adjectives and add them to the game?

RIO ACTIVITY 3

SAVE THE TREES

Plant trees quicker than they can be knocked down.

A third of the world's tropical rainforests are in Brazil but many trees are being cut down. But we can plant more!

1. Set up some skittles and pretend they are trees, e.g. cardboard tubes, plastic bottles.
2. Ask an adult to set a time limit for each go, e.g. 2 minutes.
3. One player rolls a ball and tries to knock down the skittles.
4. Another player sets up the skittles again.
5. Stop the clock. Are some skittles still standing or have they all been knocked down?

Adults:
Find out about
tropical rainforests
at: [bbc.co.uk/
bitesize/topics/
zx882hv/articles/
zxdsvcw](https://www.bbc.co.uk/bitesize/topics/zx882hv/articles/zxdsvcw)



Which **country** is **Sydney** in?

Sydney
hosted the
Games in
2000.

FIFTH STOP
SYDNEY

YOU ARE HERE
SYDNEY



SYDNEY ACTIVITY 1 SNAKE TAG

Play a traditional tag game.

Indigenous Australians have lots of traditional games. They played these games before modern sports, such as cricket and rugby, were taken to Australia by white settlers.

Try playing Wanambi – named after a large Australian snake.

1. One player (the wanambi) sits on the ground in the middle of a large spiral drawn on the ground.
2. The other players make a long line – like a snake.

3. The snake follows the spiral, getting closer to the wanambi.

4. When the snake is about 5 metres away, the wanambi jumps up and tries to catch the snake. The snake turns around or moves backwards to escape.

5. If players escape the spiral, they are safe!

Adults: See Wanambi and other traditional Aboriginal games at:
sportaus.gov.au/yulunga

You have travelled **17,071 km** from Rio to Sydney.



SYDNEY ACTIVITY 2

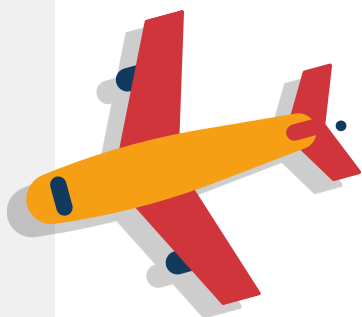
HUNT THE BEAST

Search for the deadly beasts.

There are lots of dangerous creatures in Australia. Here are some deadly beasts:

- **Box jellyfish**
- **Blue-ringed octopus**
- **Saltwater crocodile**
- **Funnel-web spider**
- **Great white shark**
- **Eastern brown snake**

1. Write the names of the beasts on separate pieces of paper. (Or ask an adult if you can print some photos from the internet.)
2. Ask an adult to hide the beasts, e.g. in a room, garden, playground. Don't peek!
3. Can you find all of the hidden beasts? How long does it take?



SYDNEY ACTIVITY 3

SYDNEY'S SAILS

Look for shapes on buildings.

The Sydney Opera House roof looks like sails on a ship. Sails on yachts are a triangle shape.

1. Draw some shapes on a piece of paper. 2D shapes include square, rectangle, triangle, circle. 3D shapes include cube, pyramid, sphere.
2. With permission from an adult, walk around a building – inside and outside.
3. Can you find shapes on the building to match your drawing? Tick them if they match.

Adults:
Use sportaus.gov.au/yulunga to introduce different shapes.



ARRIVE

Which **country** is **Beijing** in?

YOU ARE HERE
BEIJING

SIXTH STOP
BEIJING!

Beijing
hosted the
Games in
2008.

BEIJING ACTIVITY 1 PING PONG

Play ping pong.

Ping pong was created in Britain but is now the most popular sport in China.

1. Play a ping pong game with a friend.
2. How many times can you bat the ball between you without dropping it?



Which other
sports use a bat
and ball? Can you
try some of them?

Ping
pong is
another name
for table
tennis.

You have travelled **8,952 km**
from Sydney to Beijing.



BEIJING ACTIVITY 2

MARCH TO VICTORY

Practise marching in time.

In the past, Chinese emperors were very powerful. Huge and well-trained armies helped them to keep this power. Their armies included foot soldiers who could march long distances.

1. Clap or beat a drum to a count of 4: 1 and 2 and 3 and 4.
2. Start by marching on the spot. Use your arms and your legs. Can you keep in time?

3. Practise marching while moving forwards for 4 counts and backwards for 4 counts.
4. Now try marching with your friends. Can you keep in time together?



BEIJING ACTIVITY 3

TREASURE TRAIL

Take part in a treasure trail to find Fu Hao's treasures.

Fu Hao was the only woman to lead a Chinese army. She was powerful and rich. When she died, she was buried with lots of treasures. The treasures included:

- Jewellery
- Weapons
- Statues
- Beakers
- Mirrors
- Cowry shells (used as money)

3. Hide the treasures to match the clues you have written.
4. Take part in the treasure trail. Follow the clue to find the first piece of treasure. With that treasure you will also find the clue to the next piece of treasure.
5. Can you make a new treasure trail for your friends?

1. Write the names of the treasures on separate pieces of paper.
2. Write a simple clue to go with each treasure, e.g. 'Enter here' means the front door.

Adults: Find out more about the Shang Dynasty at:
[bbc.co.uk/bitesize/topics/z39j2hv](https://www.bbc.co.uk/bitesize/topics/z39j2hv)



Tokyo
hosted the
Games in **1964**
and will again
in **2021**.

YOU ARE HERE
TOKYO

ARRIVAL
TOKYO

Which **country** is Tokyo in?

TOKYO ACTIVITY 1

GENTLE JUDO

Practise some skills for judo.

Judo is a Japanese martial art. It means 'gentle way'. To take part in judo you need to have good discipline and have good balance and control of your body.

1. Do 4 double-footed jumps forward.
2. Do 4 double-footed jumps backward.
3. Do 4 forward bunny jumps.
4. Do 4 backward bunny jumps.
5. Do an ushiro ukemi: stand, crouch, sit, gently roll back like a ball.



Do you
know any
other martial
arts? Can you
try one?

Adults:
Find more
judo skills for
children at:
judokids.org.uk

You have travelled **2,099 km**
from Beijing to Tokyo.

TOKYO ACTIVITY 2

SOBO STEPS

Practise counting in Japanese as you play Grandmother's Footsteps.

Sobo is the Japanese word for grandmother. In Japan, older people are highly respected. Can you play a game of Grandmother's Footsteps in Japanese?

1. Ask someone to be the sobo. They stand at one end of the space.

2. Everyone else waits at the start line.

3. The sobo calls a number in Japanese, e.g. ichi (1). Take one step forward. If you get the number wrong, go back to the start line!

4. Who will reach the sobo first? Play again.

Adults: Listen to the numbers at: youtu.be/LDI0-yfnb6A

1 = Ichi
2 = Ni
3 = San
4 = Yon
5 = Go

TOKYO ACTIVITY 3

ROBOTIC RESPONSES

Pretend you are a robot.

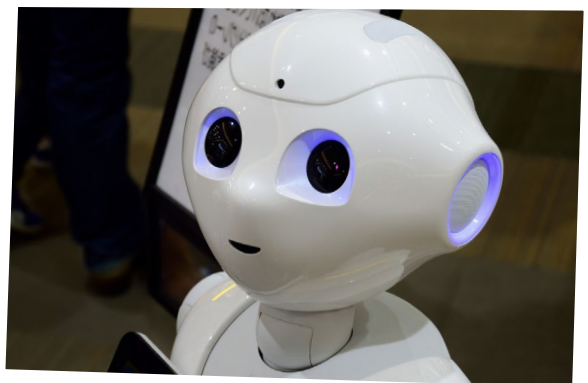
Japan leads the world in designing robots. At the Tokyo 2020 Games, robots will help visitors to find their way around.

1. Ask a friend to give you instructions.

2. The instructions must be physical movements, e.g. touch your toes, stretch high.

3. You must obey and make the movement.

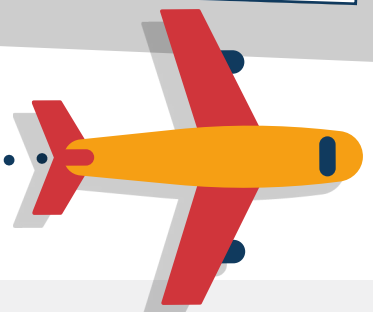
4. After a minute, swap places. Can you think of different movements?



GREAT JOB!

You made it to Tokyo.

You have travelled
47,349
km from London!





DAKAR ACTIVITY

TRADITIONAL SPORTS

Find out about a traditional sport.

Wrestling is the number one sport in Senegal. It is a part of African culture. What sport is popular in your culture?

1. Ask older people, such as your grandparents, what sport they played as a child.
2. Can they show or tell you how to play it?
3. Can you watch it or, even better, give it a go?
4. Involve your family and friends too!



Wrestling is an Olympic sport. Men and women compete separately.

ADAPTURE