

## ATLANTA ACTIVITY 1 HIP HOP TO IT

Create a hip hop routine that you can use as a workout.

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

See if you can create your own hip hop routine. Get some ideas from BBC Super Movers HomeBros routines:

Level 1: <u>bbc.co.uk/teach/supermovers/just-for-fun-homebros-l1/z6cpwty</u>

Level 2: <u>bbc.co.uk/teach/supermovers/just-for-fun-homebros-l2/zv2cpg8</u>

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





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

## ATLANTA ACTIVITY 2 WESTWARD HO!

Create a map showing the Native Americans' homeland by following the compass directions.

Always start each journey from the middle of your space, this is Atlanta. Write the names of the Native Americans on bits of paper *e.g. Mohawk*. Find out which direction is North. Follow each of the Native American directions and place the labels on the ground to create your Native Americans map.

Native
Americans
are the people
who lived in North
America before
the arrival of
Europeans.

You will need a compass!

## **NATIVE AMERICAN DIRECTIONS**

Mohawk - 5 steps - North East

Comanche - 7 steps - West

Crow - 12 steps - North West

Winnebago - 5 steps - North

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**Apalachee - 2 steps - South West** 

Navaho - 9 steps - West

## ATLANTA ACTIVITY 3 WALK OF FAME

Create a walking trail to follow in famous peoples' footsteps.

The civil rights campaigner, Dr Martin Luther King Junior, lived in Atlanta. In his memory, there is a park with an International Civil Rights Walk of Fame. It shows the footsteps – in granite or bronze – of people who have championed equality.

Decide who will be included on your trail: why are they famous? Write down some interesting facts for each person. Decide where your trail will go and write down the directions. Include stopping points where walkers will read about your famous people or features. Walk the trail with your friends and family.



