

RIO ACTIVITY 1

COPACABANA CREATIVITY

Create and play a new sport by combining two existing sports.

Copacabana is a famous beach in Rio. It is the birthplace of footvolley, which is a combination of football and volleyball. You can use any part of your body to touch the ball - except your hands. Watch it at: youtu.be/UQrcys6Hbyk

See if you can combine two sports to make your own new sport. To get started: choose one Olympic sport and one Paralympic sport. Think about the playing area, equipment, rules and scoring. Test different ideas before you decide on the final version.

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





RIO ACTIVITY 2 AGILE ADJECTIVES

Earn the adjectives by landing a ball on each word.

Write some adjectives on separate pieces of paper. Spread the papers across the table or floor. Win a word by throwing a paper ball or bean bag. If it lands on the word, you may keep it. If you miss, try again. Use the adjectives to write a description of the Rio carnival.

Every year, Rio
holds the largest
carnival in the world.
It includes costumes,
floats, samba music and
dance. It's such an
extravaganza it needs
many adjectives to
describe it.

ADJECTIVES

Eye-catching
Elaborate
Electrifying

g Glorious Lively Sensational

RIO ACTIVITY 3 BEAT THE BULLDOZERS

See if you can plant trees quicker than they can be knocked down.

Set up some skittles to represent trees, e.g. cardboard tubes, plastic bottles. Set a time limit for each go, e.g. 2 minutes. By rolling a ball, one player tries to knock down all of the skittles. Another player sets up the skittles again. Who will win? Can you save some skittles or have they all been knocked down?

Find out about tropical rainforests at: bbc.co.uk/bitesize/topics/zx882hv/articles/zxdsvcw

30% of the world's tropical rainforests are in Brazil. But Brazil has the highest rate of deforestation in the world.





