

LONDON, UK
START!



TRAVEL TO TOKYO

TRAVEL
GUIDE



ARRIVAL



TRAVEL
TOKYO

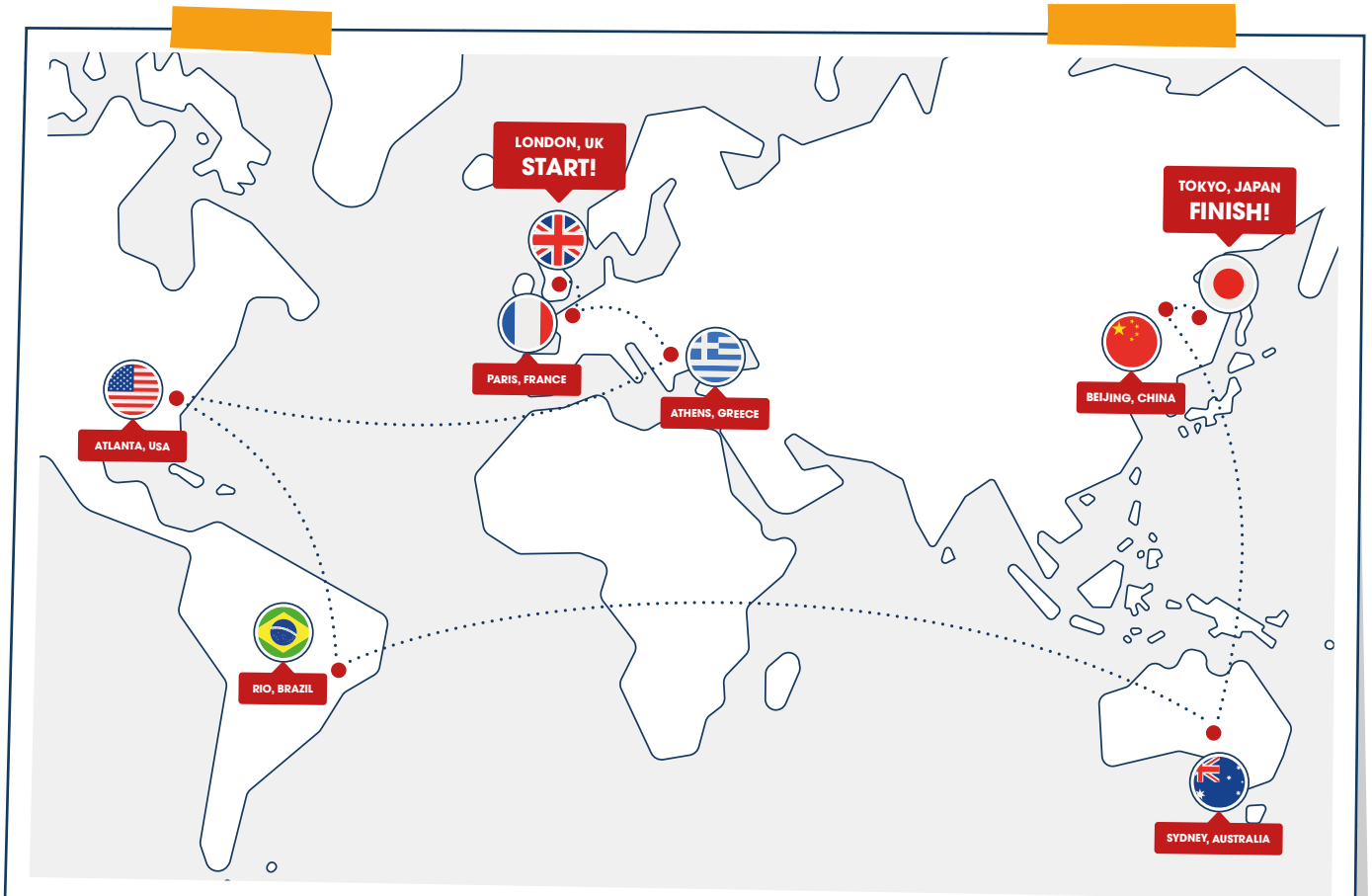


EMBARK ON AN ADVENTURE



To celebrate the Tokyo 2020 Olympic and Paralympic Games, we are going on a virtual trip from London to Tokyo!

By getting active and logging our activity, we will visit cities which have hosted an Olympic and Paralympic Games (or will do soon!).



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. Log your activity at:

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

EXPLORE NEW DESTINATIONS

This Travel Guide will help you to find out about the places on our route. All the activities can be logged too!

ENCOURAGE OTHERS

Our journey to Tokyo will be quicker if your family are active too. Ask them to take part in the activities with you to earn extra kilometres.

PACK YOUR BAG BEFORE YOU TRAVEL



Before you travel, you must pack everything you need for your journey.

On a real journey this includes clothes, toiletries, passport and money. On this virtual journey you need to **pack your values** – these will help you to get the most from your travels.

In your suitcase, write the three values you think you will need most:

INSPIRATION

FRIENDSHIP

RESPECT

SELF-BELIEF

CO-OPERATION

IMAGINATION

Design a luggage label: include your name and your values message.

COURAGE

EQUALITY

DETERMINATION

CURIOSITY

MOTIVATION

EXCELLENCE



HOW WILL THESE VALUES HELP YOU?

For example, you need **courage** to try new things.

The Olympic values are **respect**, **excellence** and **friendship**.

The Paralympic values are **determination**, **inspiration**, **courage** and **equality**.





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**:

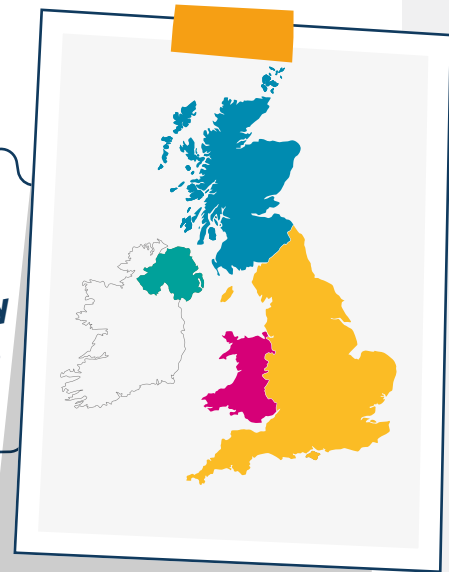
Use Google maps to find out **how many kilometers your house is from the Olympic Park**:

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 **300m** 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





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.

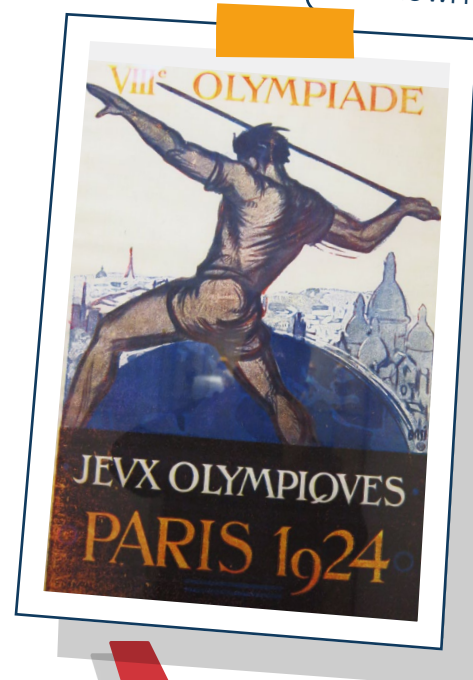
Many of the world's great paintings are in Parisian art galleries.

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.



YOU ARE HERE
ATHENS

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

SECOND STOP
ATHENS

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

Which **continent** is it on?

ATHENS ACTIVITY 1

SPORT FOR ALL

Create a sports event that everyone can take part in equally.

Only men competed in the ancient Olympics. Women held their own festival. Today, both men and women compete at the Olympic and Paralympic Games. For most sports they compete separately, however in equestrian events men and women take part together.

See if you can create your own sports event which can be played by everyone equally: *girls and boys, disabled and non-disabled people*. Think of a game that already exists and then choose one of the following: adapt the rules, e.g. *some people start or finish in a different place*. Adjust the scores, e.g. *different points for different abilities*. Change the equipment, e.g. *heavier/lighter, bigger/smaller*.

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



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



ATHENS ACTIVITY 2

AT HOME IN OLYMPIA

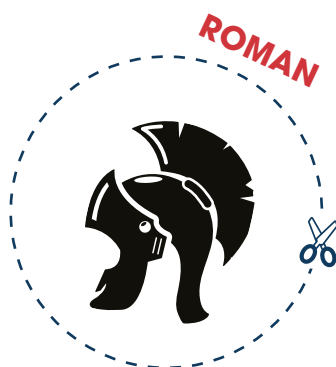
Greek or Roman? Decide which god or goddess is which.

The first Olympic games were held in Ancient Greece in honour of Zeus, the king of the ancient Greek gods. Romans based their gods on the Greek gods.

Create symbols like these and stick them on separate sides of your space. Decide if it is Greek or Roman and run to the matching sign. Were you right?



Read out the names of the gods and goddesses.



Athena – goddess of wisdom

Mars – god of war

Poseidon – god of the sea

Hades – god of the underworld

Venus – goddess of beauty

Artemis – goddess of hunting

Vulcan – god of fire

Nike – goddess of victory

ATHENS ACTIVITY 3

STATUESQUE

Use your body to make artistic statues.

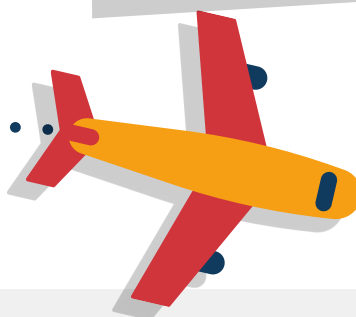
Each player writes one adjective and one adverb on separate pieces of paper. Put them in separate piles – face down. Play musical statues – with a twist! Before you play the music, pick a card from the adverb pile and read it out. Players must dance in the style of the adverb, e.g. energetically. While you dance, pick a card from the adjective pile and read it out. When the music stops, players must make a statue to match, e.g. *graceful*.

You will need music!

ADVERBS
CAREFULLY
GRUMPILY
EXCITEDLY

ADJECTIVES
DAINTY
CRUEL
SECRETIVE

The most famous monument in Greece is the Parthenon – an ancient temple decorated with marble statues.



YOU ARE HERE
ATLANTA



Atlanta
hosted the
Games in
1996.

THIRD STOP
ATLANTA

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

Which **continent** is it on?

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: bbc.co.uk/teach/supermovers/just-for-fun-homebros-11/z6cpwtly

Level 2: bbc.co.uk/teach/supermovers/just-for-fun-homebros-12/zv2cpg8

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

Winnebago – 5 steps – North

Comanche – 7 steps – West

Apalachee – 2 steps – South West

Crow – 12 steps – North 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.

WRITE FOUR NAMES:





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



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

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.

ADJECTIVES

Eye-catching

Elaborate

Electrifying

Glorious

Lively

Sensational

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.



RIO ACTIVITY 3

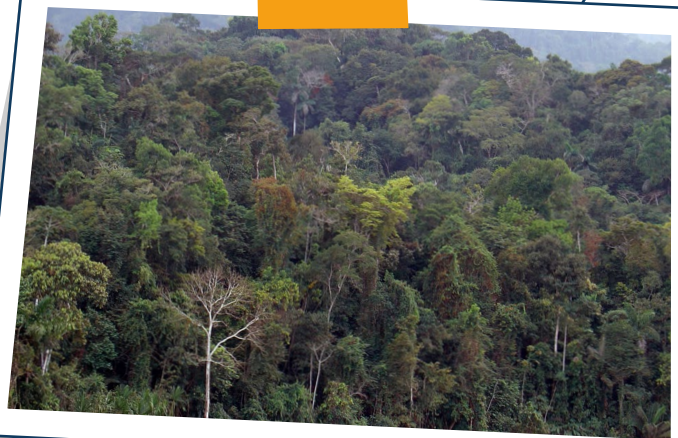
BEAT THE BULLDOZERS

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](https://www.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.



Sydney
hosted the
Games in
2000.

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

Which **continent** is it on?

FIFTH STOP
SYDNEY

YOU ARE HERE
SYDNEY

SYDNEY ACTIVITY 1

TRADITIONAL GAMES

Play a traditional game – from your own culture.

Australian children play games traditionally played by Indigenous Australians – Aboriginal people. For example, Kungirruna is a running and stepping game, similar to hurdles. Explore other traditional Aboriginal games: sportaus.gov.au/yulunga

See if you can play a game traditional to your culture. To get started: find out what older people in your culture played when they were young. Think about the games you play in the playground or at home.

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



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

SYDNEY ACTIVITY 2

DEADLY BEAST HUNT

Search for some of Australia's deadly beasts on a scavenger hunt.

Write names of creatures on separate pieces of paper (or print photos!). Ask someone to hide them in areas that represents their natural habitat, e.g. *bathroom = ocean*. Tell players where the habitats are or put labels on the rooms. Give each player some creatures to find. Make sure they are in different habitats. *Who can find their creatures first?*

To make it more challenging have some 'spare' habitats, without any creatures.



Australia has more creatures that are dangerous to humans than any other country in the world.

SYDNEY ACTIVITY 3

SYDNEY'S SAILS

Make the shapes you see on local building.

With permission from an adult, make a tour of a building – inside and outside. Sketch or photograph the shapes you see. Are they 2D or 3D? Individually or in a group, try to reproduce those shapes – using your body. Which other geometric shapes can you make?

Sydney Opera House has a roof which reminds people of a ship's sails. What shapes can you see when you look at buildings?

- **BOX JELLYFISH**
- **BLUE-RINGED OCTOPUS**
- **BULL ANT**
- **STONEFISH**
- **FRESHWATER CROCODILE**
- **CASSOWARY BIRD**
- **FUNNEL-WEB SPIDER**
- **HONEY BEE**
- **GREAT WHITE SHARK**
- **EASTERN BROWN SNAKE**





BEIJING ACTIVITY 1

PING PONG

Introduce a new ping pong-type game to other people.

Ping pong – table tennis – is the most popular sport in China, played by more than 200 million people. But ping pong was created in Britain! It was introduced to China in 1901 by British traders and settlers.

See if you can create your own version. To get started: find out how table tennis is played and try it yourself. Adapt it so anyone can play anywhere, *e.g. with or without a table, with or without bats, with different sorts of balls.*

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



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

BEIJING ACTIVITY 2

SUPERPOWER SHANG

Complete all three challenges in a Shang triathlon.

Challenge 1: Marching in time – with your friends or to the beat of a drum. Can you march forward, backwards and sideways and in a circle?

Challenge 2: Throwing a paper aeroplane – how far can you throw it?

Challenge 3: Travelling as fast as you can (run, cycle, push) – are you the fastest? Can you get faster next time?

The Shang Dynasty ruled China from 1600 BC to 1046 BC. Its army

included foot soldiers – who marched in time, archers – who fired arrows long distances, and charioteers – who were incredibly fast.



You could march while sitting down, using hands or feet only.

BEIJING ACTIVITY 3

TREASURE TRAIL

Create a treasure trail to help archaeologists discover Fu Hao's treasures.

Write the names of the materials on separate pieces of paper. Write a simple clue to find each treasure, e.g. 'Enter here' for the front door. Place the treasures in different locations around your school or home. Put the clue to the next treasure on the trail alongside each treasure. Encourage your friends or family to take part in your treasure trail.

Find out more about the Shang Dynasty at:

bbc.co.uk/bitesize/topics/z39j2hv

Fu Hao was a female leader of the Shang army.

When she died in 1200 BC, she was buried with lots of treasures in a tomb in Yinxu.

MATERIALS

- Jade
- Bone
- Bronze
- Stone
- Ivory
- Pottery
- Cowry shell
- Sculptures



ARRIVAL

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

YOU ARE HERE
TOKYO

ARRIVAL
TOKYO

Which **country** is **Tokyo** in?

Which **continent** is it on?

TOKYO ACTIVITY 1 GENTLE JUDO

Create a gentle judo skill for everyone.

Judo is a Japanese martial art. It means 'gentle way'. Players try to take down their opponent to the ground and hold them there. Judo is also about control and discipline. You can learn and practise judo skills on your own. See some examples at: judokids.org.uk

See if you can create your own judo skill. Think about which parts of your body need to be strong – don't forget your core! Think about the different balances you will need to hold. Practise movements that are controlled and fluent. Any type of movement can count. Focus on control!

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



**GREAT
JOB!**

You made it
to Tokyo.

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.

Someone – the sobo – stands at one end of the space, facing the other way. Wait at the start line then step forward each time the sobo calls a number, e.g. *ichi* (1) – *take one step forward*. If you get the number wrong, return to the start line! Who will reach the sobo first? Swap places with the sobo and play again.

Sobo is the Japanese word for grandmother. In Japan, grandparents often live with their relatives and older citizens are highly respected.

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

1 = Ichi
2 = Ni
3 = San
4 = Yon
5 = Go
6 = Roku
7 = Nana
8 = Hachi
9 = Kyu
10 = Ju

TOKYO ACTIVITY 3

ROBOTIC RESPONSES

Test your responses as if you are a robot.

Pretend you are a robot. You can only follow precise commands. Take turns with a friend to be a robot or a human. The human must give instructions about physical movements, e.g. *march on the spot*, *turn around*. The robot must obey – if the command is clear! How do you make instructions as clear as possible?



You have travelled
47,349
km from London!

Japan leads the world in robotics
- developing robots that will help us in everyday life. Robots will be used at the Tokyo Olympic and Paralympic Games to help visitors.





DAKAR ACTIVITY

AFRICAN SPORTS

Learn about and try a sport from an African country.

Wrestling is the number one sport in Senegal. It is seen not just as a sport but a part of African life, tradition and culture. Which other sports reflect African life?

See if you can try a sport from an African country. To get started: Choose an African country. Discover a sport they play in that country. Try it yourself!

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

No African country has hosted an Olympic and Paralympic Games yet. However, the Youth Olympics will be held in Senegal in 2026. Senegal is in west Africa.

