

You have reached the UK – first stop Belfast!

Gold-medal-winning swimmer Bethany Firth represented Ireland in her first Games before deciding to compete for ParalympicsGB instead.



Which home country is Belfast in?

Can you name another city in this country?

Your Belfast challenge is...

Scrambled

Think it!

Northern Ireland has fewer people than the other countries in the UK. However, Northern Irish athletes still represent the UK as Great Britain and Northern Ireland in lots of sports.

Can you unscramble the letters to find some of those sports?

1 H Y K C O E

3 M S M I W G N I

2 G W R N O I

4 Y E C A R H R



Extra active

Stand in a line. Give each player one of the letters in the word. Rearrange the players to put the letters in the correct order.

Play it!

Our brains have to think quickly when playing sport. They have to unscramble lots of information.

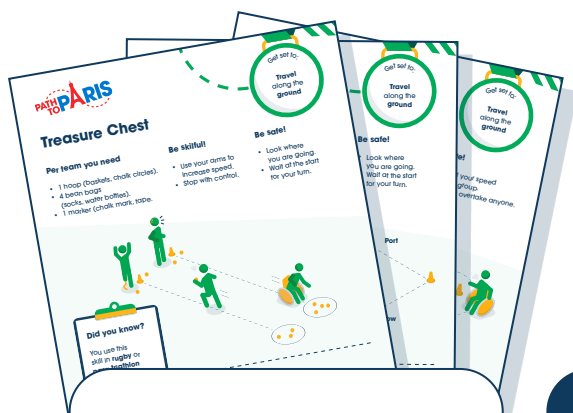
Test
your
reactions

Play 'Alarm Clock' to practise thinking and reacting quickly.

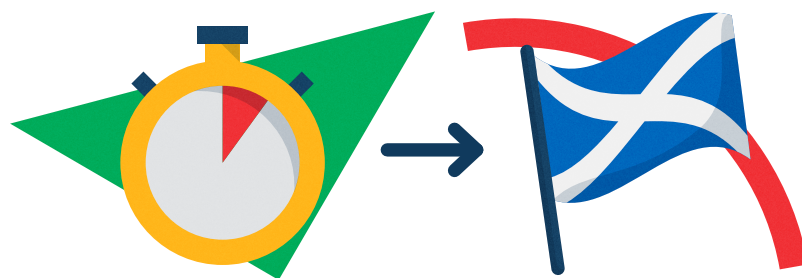
- Imagine the ground is a clock. Put the markers at 12, 3, 6 and 9.
- Leave a large space in the middle of the clock.
- Players stand in the middle of the space.
- A caller shouts different times, e.g., 12, 9, 6, 12, 3, 9. Keep it quick!
- Players move to the correct marker as quickly as possible.
- When the caller shouts "Alarm!" everyone moves into the middle.

Equipment:

4 markers, e.g., chalk marks, stones, plastic cups/bottles.



To practise your
agility, try some
**Skills Builder Get
Set to... travel
activities.**



Log your activity to get to
your next city - Edinburgh
getset.co.uk/app/log-activity