

You have reached Beijing!

Beijing hosted the summer Olympic and Paralympic Games in 2008 and the winter Games in 2022.



Which country is Beijing in?

Which continent is it in?

Your Beijing challenge is...

Helping hands

Think it!

China's most famous sport is table tennis (ping pong). In Mandarin (a Chinese language), when you use your hand to play a sport, the verb is *dá* (hit). You can hear how to say it here: tinyurl.com/jdba7vp

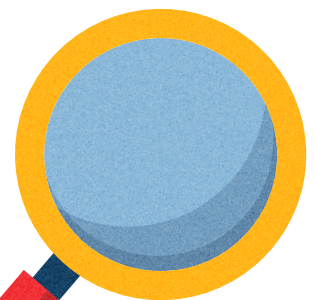
Do you know the word for 'hand' in other languages?
Spot the odd one out - one of the words means foot!

French - Une main

Spanish - Una mano

Italian - Un piede

Portuguese - A mão



Extra active

Learn words for other body parts in a different language.
Call out different body parts, e.g., "knee and elbow".
Can you make a balance that rests on those body parts?

Play it!

Table tennis needs good hand-eye coordination
– it helps you to react quickly and keep control.

Practise your hand-eye coordination by playing 'Paper Pat'.

- Use the markers to make a goal at one end of a table (or floor).
- One player is the goalie and stands (or kneels) behind the goal.
- One player is the server and stands (or kneels) at the other end of the table.
- The server tries to pat as many balls as possible through the goal, using one hand.
- The goalie tries to block the balls, using one hand.
- How many goals can you score? Swap places and play again. Try your other hand!

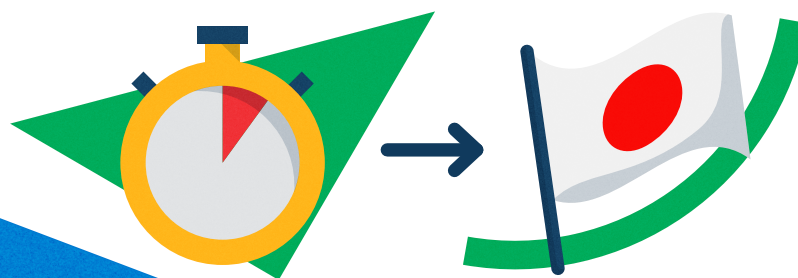
Show
how handy
you are

Equipment:

paper – scrunched into 4-6 small balls; 2 small markers, e.g., pencils, spoons.



To practise your coordination, try some Skills Builder
Get Set to...
control activities.



Log your activity to get to
your next city – Tokyo

getset.co.uk/app/log-activity