

You have reached Rome!

The first Paralympic Games took place in Rome in 1960.



Which country is Rome in?

What is its national language?

Your Rome challenge is...

Wheely fast!

Think it!

Wheelchair racing is a fast-moving event in Para Athletics. In Ancient Rome, chariot races were the fastest – and most dangerous – sport held in the Circus Maximus.

Discover ways to travel on wheels by filling in the missing letters.

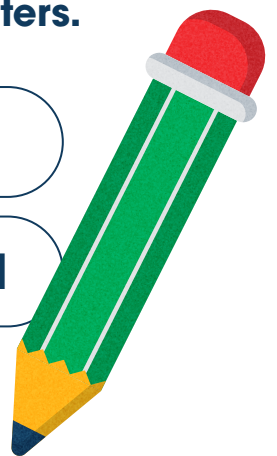
1 W h _ _ l c _ _ i r

2 S _ a _ b _ a r d

3 _ i _ y c _ e

4 _ o l l _ r s _ a _ e s

5 S c _ o t _ r



Extra active

Do 3 star jumps or arm raises each time you get a letter wrong!

Play it!

Speed is important in lots of sports, not just racing.

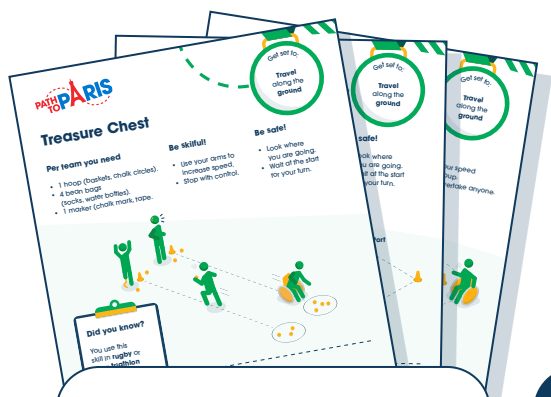
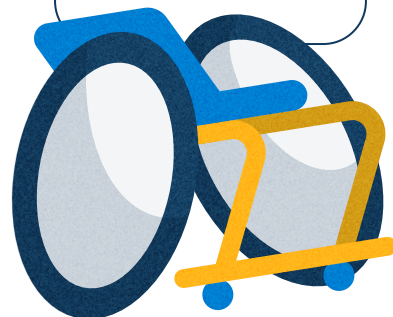
Play 'Faster and Further' to get faster.

- Give yourself plenty of space, e.g., long path, playground, field, beach.
- Use one marker as your start point.
- Ask someone to time 5 seconds, e.g., watch, phone, counting.
- Race as fast as you can for 5 seconds. Place the second marker where you stop.
- Race again for 5 seconds: can you get past your marker?
- Keep trying and move the marker each time you beat it.

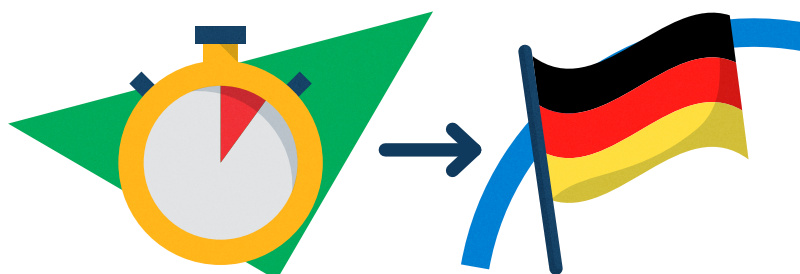
Travel on wheels

Equipment:

vehicle, e.g., feet, wheelchair, skateboard, skates, scooter, bike; and 2 markers, e.g., stone, plastic cup/bottle.



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



Log your activity to get to your next city - Berlin

getset.co.uk/app/log-activity