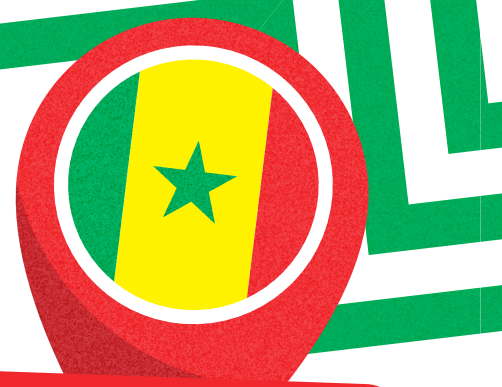


# You have reached Dakar!

The Youth Olympic Games will be held in Dakar in 2026.



Which country is Dakar in?

Which continent is it on?

Your Dakar challenge is...

## True traditions

### Think it!

Dakar will be the first African city to host an Olympic or Paralympic event. As well as celebrating sport, the Games will celebrate Senegal's culture and traditions.

**Which of these traditions are found in Senegal?  
Decide if the statements are true or false.**

| In Senegal...                                | True or False? |
|----------------------------------------------|----------------|
| 1. French is the most spoken language.       | .....          |
| 2. Islam is the most followed religion.      | .....          |
| 3. The national food is fish and chips.      | .....          |
| 4. An important value is respect for others. | .....          |
| 5. People are friendly to strangers.         | .....          |

## Extra active

Stretch up for true; crouch down for false.



## Play it!

Sporting traditions support Olympic and Paralympic Values, like respect, friendship and equality. For example, teams shake hands after a game. Players follow the rules. Sports are adapted to include everyone.

Celebrate  
values and  
traditions

### Put these values into action by playing 'Team Tag'.

- Mark out the corners of a large square. Players stay in this area during the game.
- One player is the tagger and tries to tag (touch) another player.
- When tagged, the player holds hands with the tagger then they chase the other players together.
- Each time someone is tagged, they join the tagging team.
- How quickly can you catch everyone?

#### Equipment:

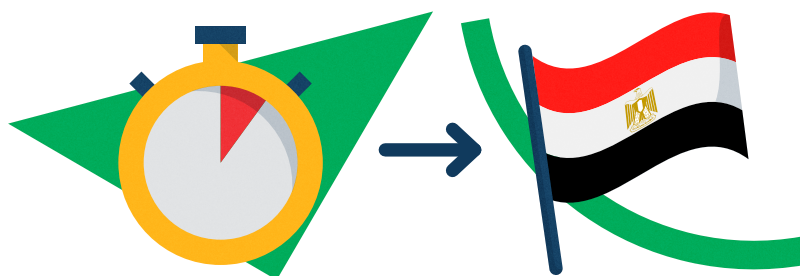
4 markers,  
e.g., chalk  
marks,  
jumpers,  
plastic cups.



**How did you show the values of respect, friendship and equality during your game?**



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



**Log your activity to get to  
your next city - Cairo**

[getset.co.uk/app/log-activity](https://getset.co.uk/app/log-activity)