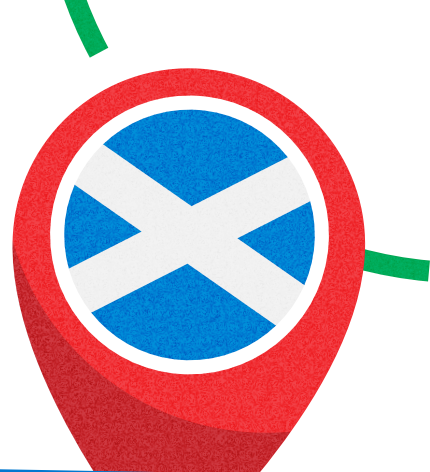


You have reached the UK – second stop Edinburgh!

Sir Chris Hoy, who won six Olympic Gold medals in track cycling, was born in Edinburgh.



Which home country is
Edinburgh in?

Can you name another city in
this country?

Your Edinburgh challenge is...

Explosive energy

Think it!

Edinburgh Castle sits on Castle Rock, a 700-million-year-old volcano. Thankfully it is extinct so cannot erupt! How would you describe a live volcano – one that is erupting?

Circle the words (adjectives) that best describe a live volcano. Add your own words too. You can use a thesaurus to find synonyms (words with similar meanings).

Explosive

Secure

Hazardous

Calm

Fiery

Unpredictable

Extra active

Write the words on separate pieces of paper. Spread them across the floor. Try to throw a paper ball (or rolled up sock) on to the words that describe a live volcano.

Play it!

Explosive strength is something that athletes have too. It means using sudden force to move yourself or an object, e.g., jumping, sprinting, swinging a bat or throwing an object.

Build your explosive strength by playing 'Throw and Go'.

- Mark out a long clear space, e.g., park, field, beach, quiet street, school yard.
- From the start marker, throw your object as far as you can towards the finish marker.
- As soon as you have thrown, sprint to where your object landed.
- Pick it up and throw again; repeat until you reach your finish marker.
- How many throws did you take to get there? Can you use fewer throws next time?

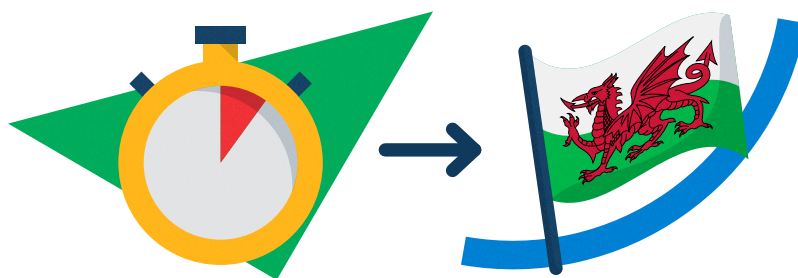
Show
your
throwing
strength

Equipment:

2 markers, e.g., stone;
throwing object – throw with two hands, e.g., football, or throw with one hand, e.g., tennis ball (shot put), frisbee (discus), water bottle (javelin).



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



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