

You have reached Montreal!

Canada hosted the Games in 1976. The Olympics were in Montreal and the Paralympics were in Toronto.



Which province is Montreal in?

Which province is Toronto in?

Your Montreal challenge is...

People patterns

Think it!

The First Peoples of Canada made canoes by hollowing out logs. Some tribes used wood carvings and natural dyes to decorate their canoes. Here is an example:



How would you decorate your own canoe?

What shapes and colours would you use?

Decorate this blank canoe..



Extra active

Get ideas for patterns by making rubbings of outdoor objects, e.g., make a bark rubbing by holding a piece of paper against a tree trunk and rubbing it with crayon.

Play it!

To keep a canoe in a straight line, everyone needs to paddle in time. They need to be synchronised.

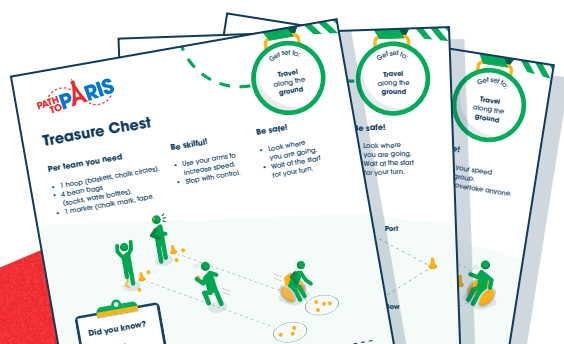
*Move in
time with
your team*

Practise synchronising your movements by playing Synchro Steer.

- Stand in a line one large step apart so you don't bump into each other. Face forward.
- The leader is at the back of the line. They are the steerer.
- The steerer calls out actions, e.g., step left, for everyone to do. Try to keep in time!
- Add arm movements with the objects. Change action, speed, direction and height.
- Swap steerers.

Equipment:

an object to hold in each hand, e.g., bat, stick, scarf.



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



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your next city - Belfast**
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