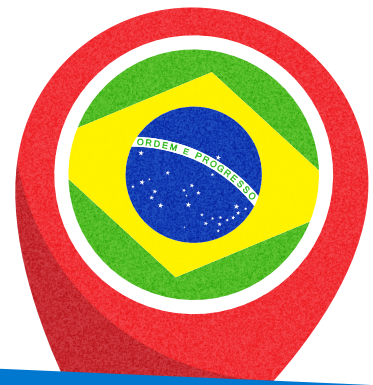


You have reached Rio!

The Olympic and Paralympic Games took place in Rio de Janeiro in 2016.



Which country is Rio in?

What is its national language?

Your Rio challenge is...

Dance off

Think it!

Rio's most famous dance is the samba. This has fast footwork that follows the beat of steel drums. In music, we use notes to show the beats.

Clap or stamp for 4 beats, e.g., clap-2-3-4, clap-2-3-4.

Clap or stamp for 2 beats, e.g.,
clap-2, clap-2,
clap-2, clap-2.

Clap or stamp for $\frac{1}{2}$ beat, e.g.,
clap-clap, clap-clap,
clap-clap, clap-clap.

Clap or stamp for 1 beat, e.g.,
clap, clap, clap,
clap, clap, clap,
clap, clap.

Can you clap or stamp different combinations of notes? Write notes for a friend to clap or stamp too.

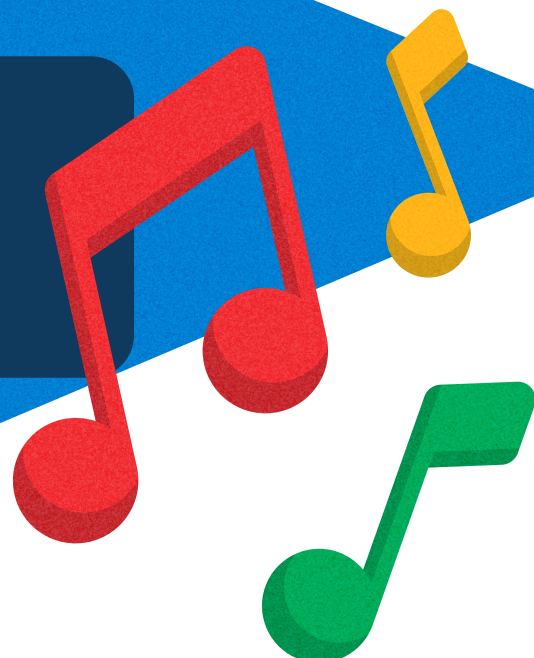


Extra active

Move instead of clapping, e.g., march, kick, jump, punch, twist.

Play it!

Dancing is a wonderful way to get active as you can do it anywhere and any moves will do.



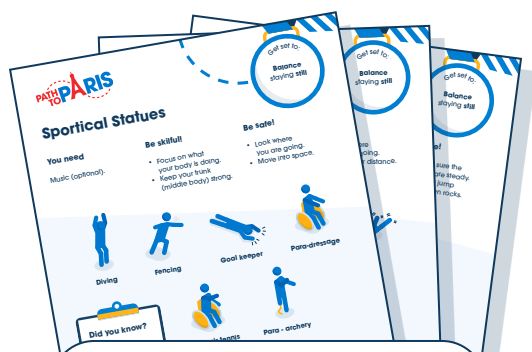
Raise your heartbeat by doing the Dance Off challenge!

- Make up one simple movement, e.g., move forward for 2 beats and backward for 2.
- Your partner copies your movement then adds their own.
- Repeat those two movements then add a new one of your own.
- Take turns to keep adding movements until someone gets it wrong.
- Start again! Ask other players to join your dance off.

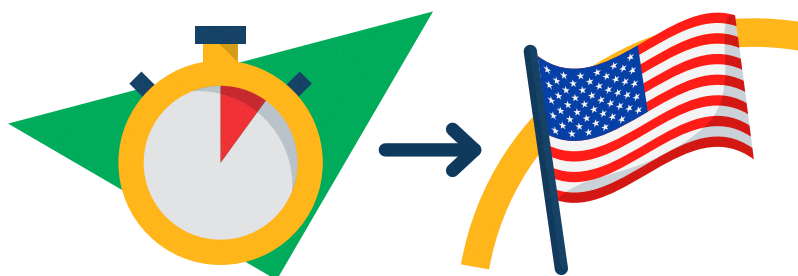
Equipment:

music with a regular beat, e.g., 1-2-3-4 or 1-2-3-4-5-6-7-8.

Dare
others to
dance



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



Log your activity to get to your next city - Los Angeles
getset.co.uk/app/log-activity