

You have reached Athens!

The first modern Olympic Games took place in Athens in 1896.



Which country is Athens in?

Which continent is it in?

Your Athens challenge is...

Weigh it up!

Think it!

One of the sports at the first Olympic Games in Athens was weightlifting. Weightlifting is still an Olympic sport and para powerlifting, which uses a bench press, is a Paralympic sport.

Sort these objects into order by weight - lightest first and heaviest last.

Shot put - 4kg

1

Bean bag - 450g

2

Discus - 1kg

3

Goalball - 1250g

4

Volleyball - 260g

5

Lightest



Heaviest

Extra active

Write the objects on separate labels. Relay run to stick them to a wall in the correct order – lightest at the top, heaviest at the bottom.



Play it!

Being strong helps you in sport and life.

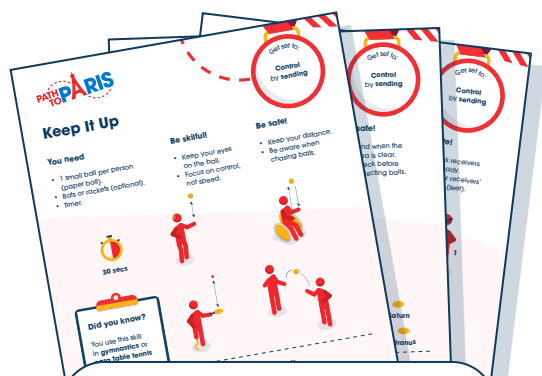
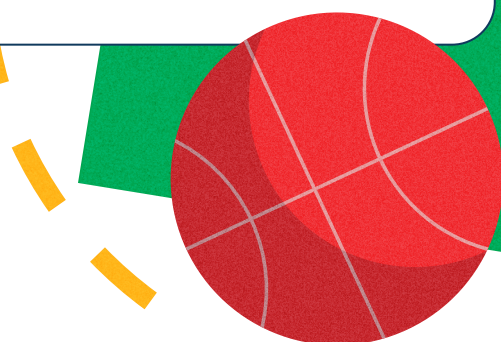
Play 'Thread it Through' to get stronger.

- Players stand in a line all facing the same way.
- First player passes the smallest weight over their head to the second player.
- Second player passes it through their legs to the third player.
- Third player passes it over their head... and so on.
- Last player runs to the front and starts again with a slightly heavier object.

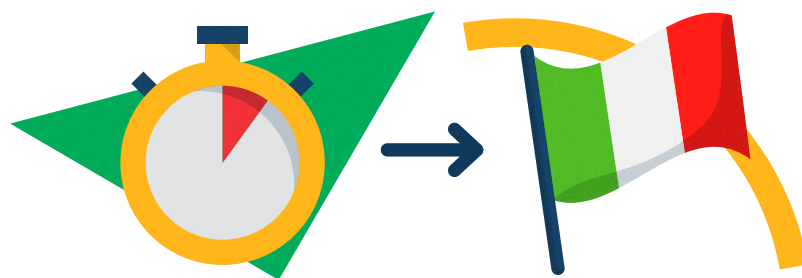
Equipment:

small objects of different weights, e.g., ball, orange, book, shoe, tin of beans.

Work out with weights!



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



Log your activity to get to your next city - Rome

getset.co.uk/app/log-activity