

You have reached Cairo!

Cairo may bid for the 2036 Olympic and Paralympic Games.



Which country is Cairo in?

Which continent is it in?

Your Cairo challenge is...

Super star

Think it!

The Ancient Egyptians worshipped lots of gods. Each god or goddess had a different job or power. Do you know which god or goddess had which power?

**Match the god or goddess to the correct power.
Draw a line between the correct boxes.**

Isis

Thoth

Sekhmet

Osiris

God of the
underworld

Warrior and
healer goddess.

Goddess who
helped the dead
to the afterlife.

God who
scribed (wrote)
for the other
gods.

Extra active

Name each corner of the room after one of the gods. Dance in the middle until the music stops. Read out the power. Run to the matching corner.

Play it!

Athletes seem to have superpowers too. They can do amazing things! But athletes have to train hard to be successful.



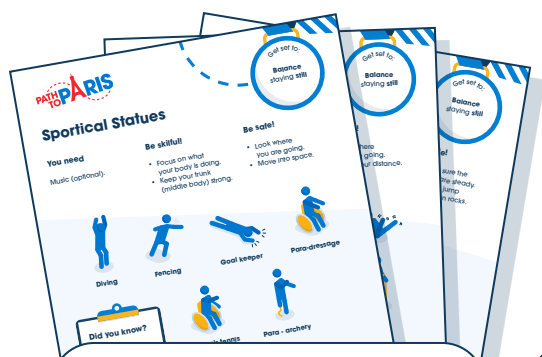
Train your superpowers by doing the Super Star challenge!

- Choose 4 different exercises. Make up your own or use these examples:
- March on the spot.
- Arm raises – lift both arms above your head.
- Star jumps.
- Forward punches – switch between right and left arms.
- Knee lifts (or toe lifts).
- Aeroplane arms – stretch arms to the sides and make circles.
- Start by doing each exercise for 5 seconds – $4 \times 5 \text{ seconds} = 20 \text{ seconds}$ in total.
- Add 5 seconds each day. Can you reach a total of 2 minutes ($4 \times 30 \text{ seconds}$)?

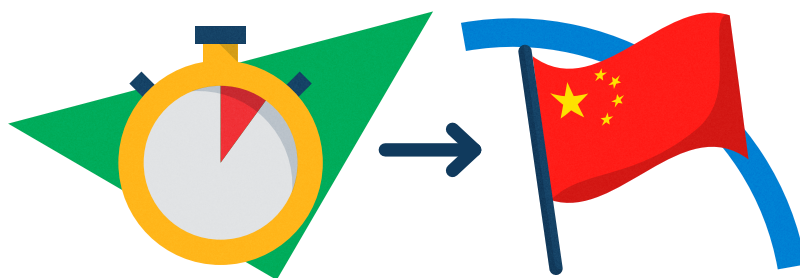
Equipment:

upbeat music – if it helps you.

Train your
superpowers



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



Log your activity to get to your next city – Beijing

getset.co.uk/app/log-activity