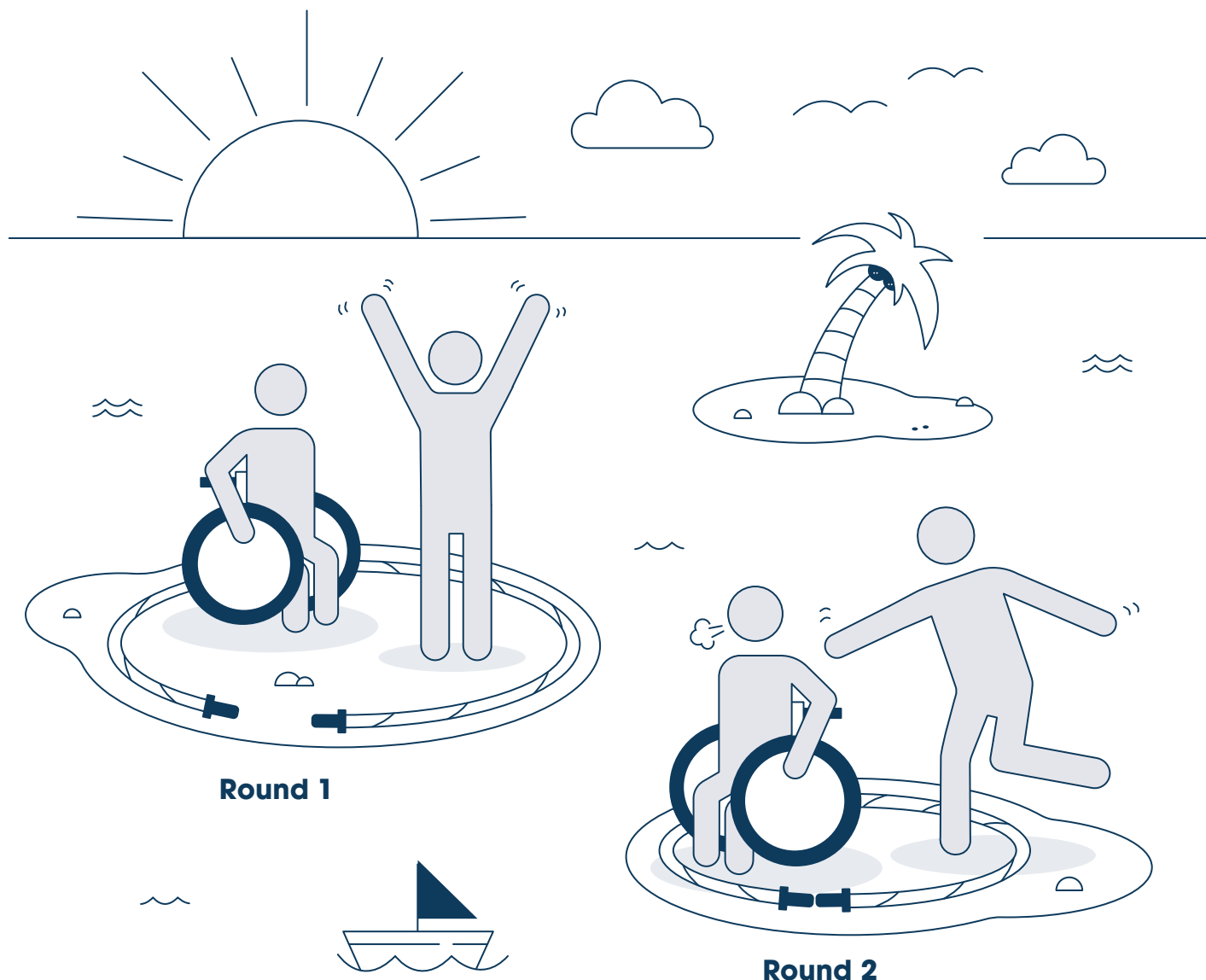


Small island



Petite île

Did you know?

The cathedral Notre-Dame de Paris is on a small island called L'île de la Cité (the city island) in the middle of the River Seine.



Prépare-toi !

Get ready!

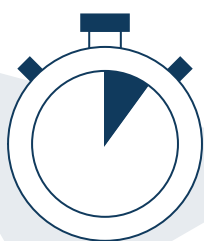
- Skipping rope.
- Music – optional.



Joue !

Play!

1. Make a circle on the floor with the rope.
2. Dance around the circle. When the music stops, move into the circle.
3. Can you fit everyone in the circle?
4. Make the circle smaller and play again.



Change le jeu !

Change the game

- Tie ropes together to make a bigger circle.
- Put body parts in the circle, e.g., one foot.
- Have more than one circle.

Build your skills
for this activity by
exploring **Get Set**
for... **Balance**

#PathToParis

For more activities: getset.co.uk/pathtoparis

