

Wear your beret



Porte ton béret

Did you know?

Un béret is a hat traditionally linked to France. It originally came from Ancient Greece!



Prépare-toi !

Get ready!

- Frisbee.
- Optional – obstacles, e.g., box, jumper.



Joue !

Play!

1. Balance the frisbee on your head – like a beret!
2. Travel to the finish line as fast as you can without dropping the beret.
3. Start again if you drop it.
4. Who will get there first?



Change le jeu !

Change the game

- Travel forwards, backwards, sideways.
- Go over, under and around obstacles.
- Balance the frisbee on different body parts.

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

#PathToParis

For more activities: getset.co.uk/pathtoparis

