

**PATH  
TO PARIS**

# Warm up for the Path to Paris

Childrens Launch Pack



TEAM GB



ParalympicsGB



THE  
NATIONAL  
LOTTERY



SPORT  
ENGLAND



Meet our Athletes

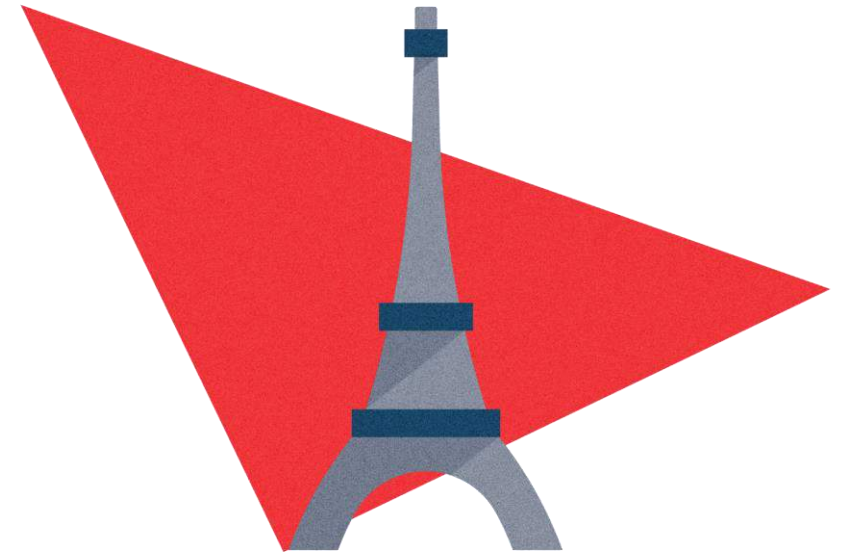
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# You are on the Path to Paris!

A virtual journey where you will travel all around the world before finally arriving in **Paris!**

**Paris is the home of the 2024 Olympic and Paralympic Games.**

On your journey you will pass through different countries, meet athletes from **Team GB and ParalympicsGB**, learn about the **Olympic and Paralympic Games** and have loads of opportunities to **win prizes**.



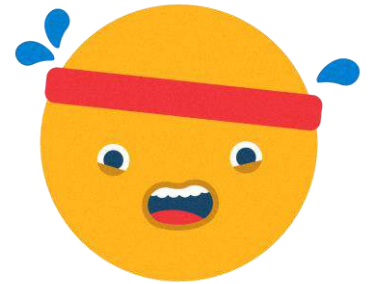
# How will you travel?

**On the Path to Paris you will travel around the world by getting active.**

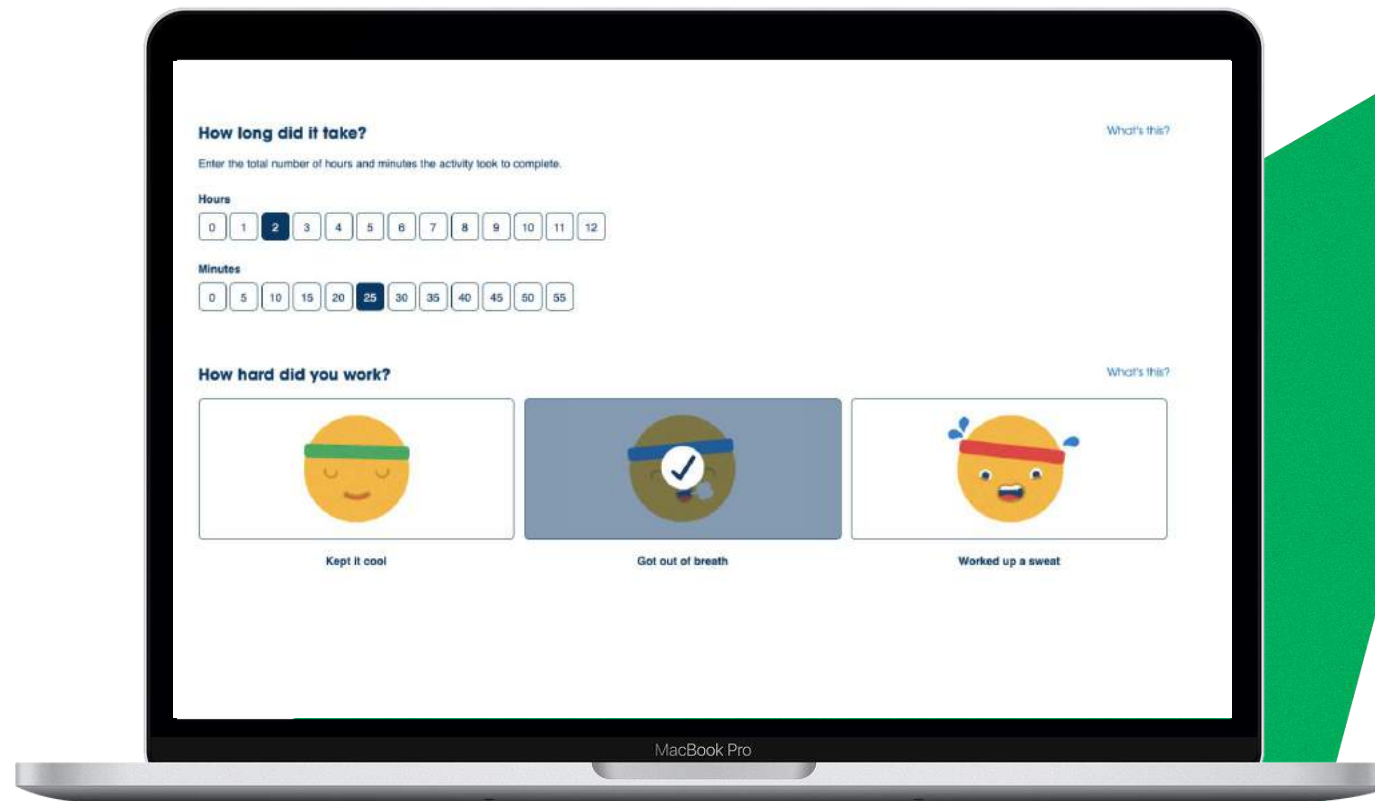
Getting active means anything that makes you breathe a little faster and start to feel a little warmer.

From walking the dog, to swimming at your local pool, to playing outside with friends, it all counts!

**Every active minute you do, you can log online and that will translate into virtual kilometres powering you on your journey.**



You can log activity yourself on any laptop, phone or tablet helping power your team to Paris and be in with a chance of winning prizes for you and your team.

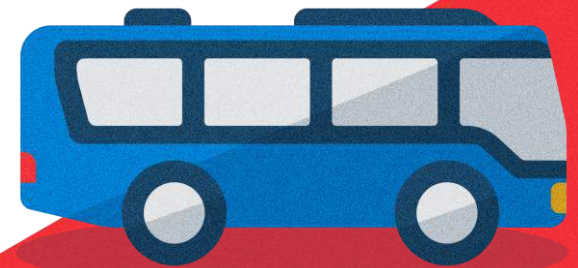


# Who will you travel with?

Everyone is part of a team in Path to Paris, and your team is represented as a little bus that looks like this:

But these little team buses aren't powered by petrol they are '**Powered by Perspiration**' and '**Accelerated by Activity**'. It is your active minutes that drive your bus all the way to Paris.

**You can get to Paris even faster by getting active with your friends and family at home**



# Where will you travel?

**On the Path to Paris you will travel all around the world!**

You will start in Athens in Greece, the birthplace of the modern Olympic Games, before travelling to Rome to learn about the origins of the Paralympic Games.

From there we will travel through many countries until we reach Paris.

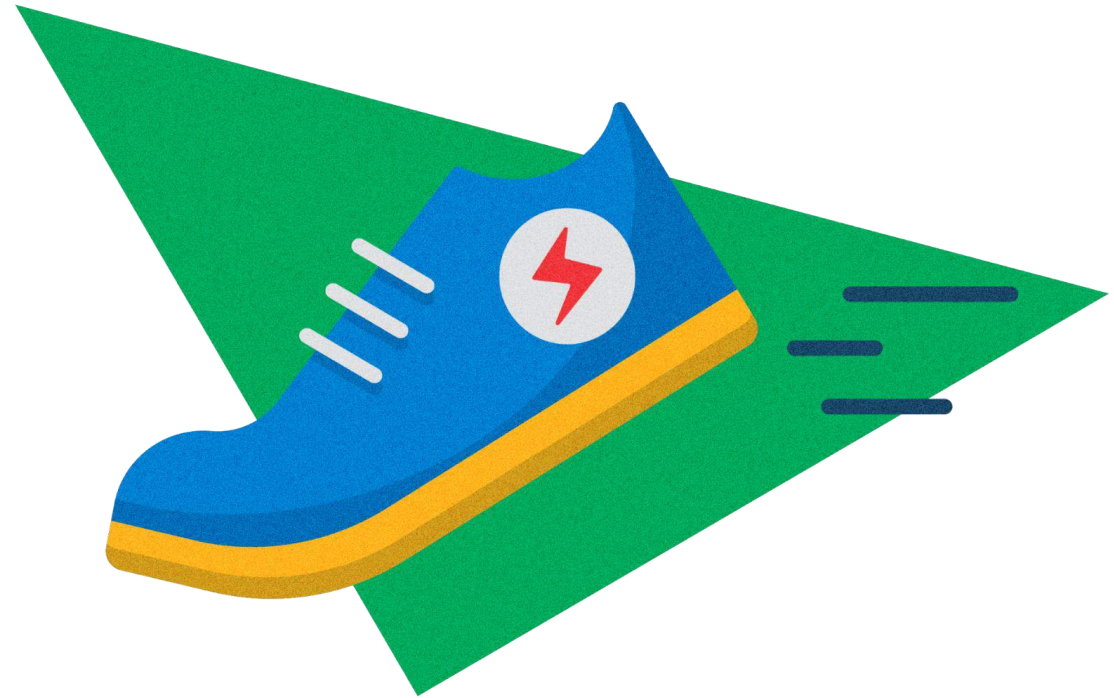


# When will you travel?

You can start right now by getting involved in our active quiz.

Work through the questions and answer by getting active.

Let's go!



# What country is Paris the capital of?



Wave your arms in the air if you think it's **France**.

Turn on the spot if you think it's **Spain**.

Touch your toes if you think it's **Portugal**.



# How many countries compete in the Olympic Games?

Wave your arms in the air if you think it's **96**.

Turn on the spot if you think it's **156**.

Touch your toes if you think it's **206**.

# How many sports are there in the Summer Paralympic Games?

Wave your arms in the air if you think it's **7**.




Turn on the spot if you think it's **22**.

Touch your toes if you think it's **84**.

# Athletes who compete in the Olympic Games are called...

Wave your arms in the air if you think it's **The British Athletes.**



Turn on the spot if you think it's **Team GB.**

Touch your toes if you think it's **The GB Squad.**

# If you win your event, what colour is your medal?

Wave your arms in the air if you think it's **bronze**.

Turn on the spot if you think it's **green**.

Touch your toes if you think it's **gold**.



**Now that we're warmed up,  
let's get to our athlete workout!**



**Click the laptop to get started.**

## Log that activity!

All of that active movement you just did in the quiz and taking part in the athlete workout adds up to **15 minutes of activity**.

Click [here](#) to log that activity to your team so you can start your journey around the world.

Every activity logged enters you into a prize draw, so keep moving and logging your active minutes to increase your chances of winning some cool prizes!

**Now you are warmed up, how about using one of our Paris Power Ups to keep moving?**