

around the world

FITNESS

Work your way around the world!

Pick 6 places where you want to visit and complete the exercises needed to earn your flight to get there.

Once you have completed these activities to make it harder double the time or number of exercises you are completing.

Have a go at answering the questions about the location too. Can you do any further research around your fitness holiday destination?

Then have a go at picking 4 of your own destinations and create your own activity cards and send them to your teacher. These can be completed on the computer or by drawing by hand.

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Chateau de Versailles

FRANCE

Chateau de Versailles is located 20km south of the centre of Paris. The chateau has 700 rooms, 67 staircases and 2100 statues- how many windows does it have?

The chateau began its life as a hunting lodge. It was transformed by Louis XIV in the 17th century.

When was the Treaty of Versailles signed?

To earn your flight here you need to hold a plank for 30 seconds like one of the statues around the Versailles.



Colosseum

ITALY

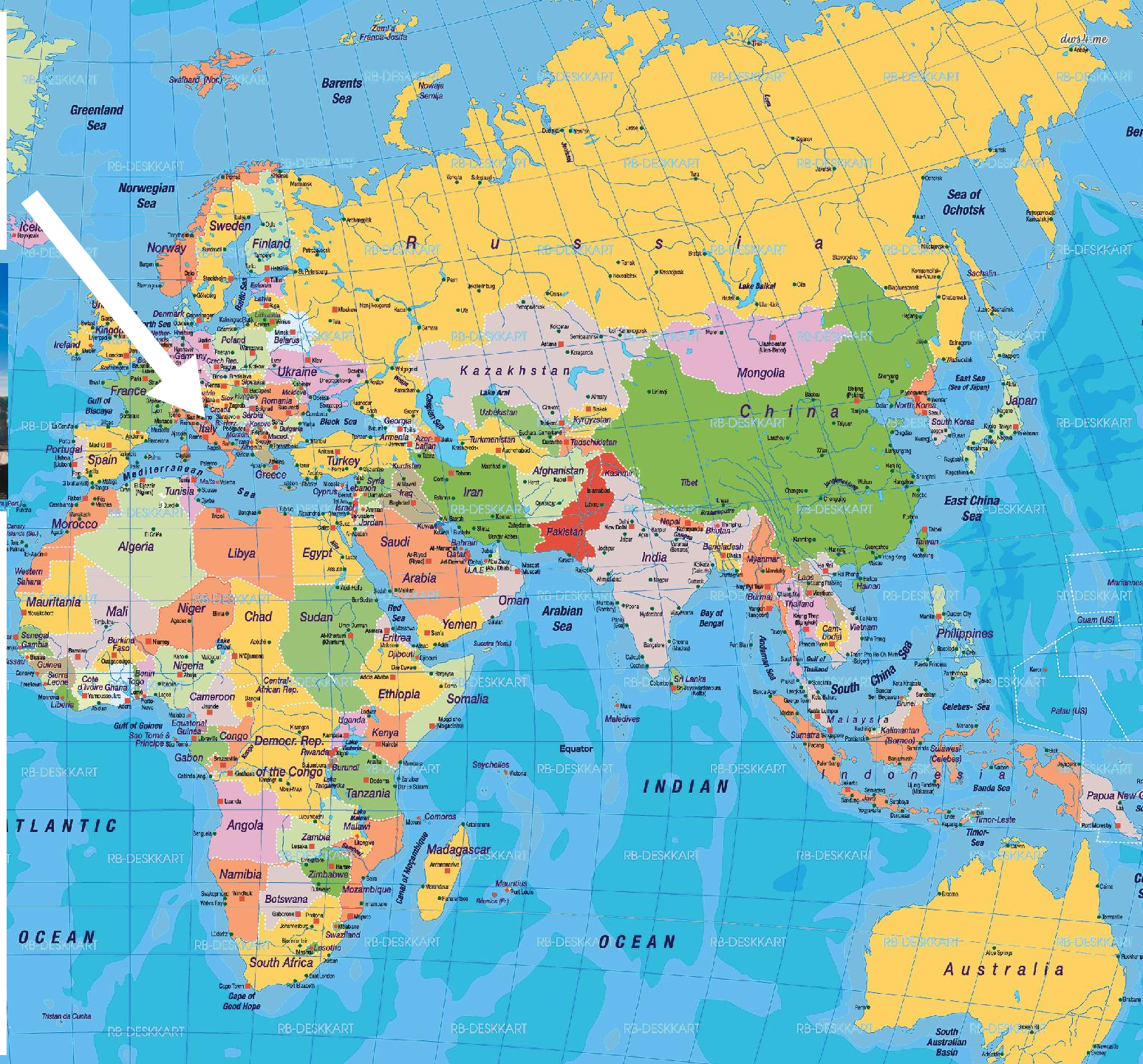


The colosseum is located in Rome, Italy. It was a 50,000 seat amphitheatre where gladiators met. The colosseum is named not for its size but after a nearby statue of Nero, the Colosso di Nerone.

How many entrance arches are there to the colosseum?

What was the hypogeum used for?

To earn your flight here you need to train like a gladiator- 20 star jumps, 10 squats, 20 mountain climbers, 10 up/down planks.





Pyramids of Giza EGYPT

The pyramids of Giza are located near Cairo. The pyramids were constructed 4500 years ago. The most iconic pyramid, the great pyramid, was constructed by Pharaoh Khufu around 2550 B.C. how tall is the great pyramid?

The second pyramid was built by Pharaoh Khafre, it includes the Sphinx. What is the Sphinx made of?

To earn your flight here you need to complete a pyramid of work- 3 press ups, 5 squats, 7 sit ups, 5 squats, 3 press ups



Berlin Wall

GERMANY



The Berlin Wall is located in Berlin, Germany. It was built to separate West Berlin from the surrounding East Germany (German Democratic Republic). At the end of World War II, pre war Germany was divided into 4 occupation zones. What was the agreement that set this out?

The fall of the Berlin Wall occurred on the 9th of November 1989, in what year did construction begin? The fall of the Berlin Wall paved the way for the reunification of Germany. When did this formally take place?

To earn your flight here you need to complete 3 sets of 10 press-ups against a wall.



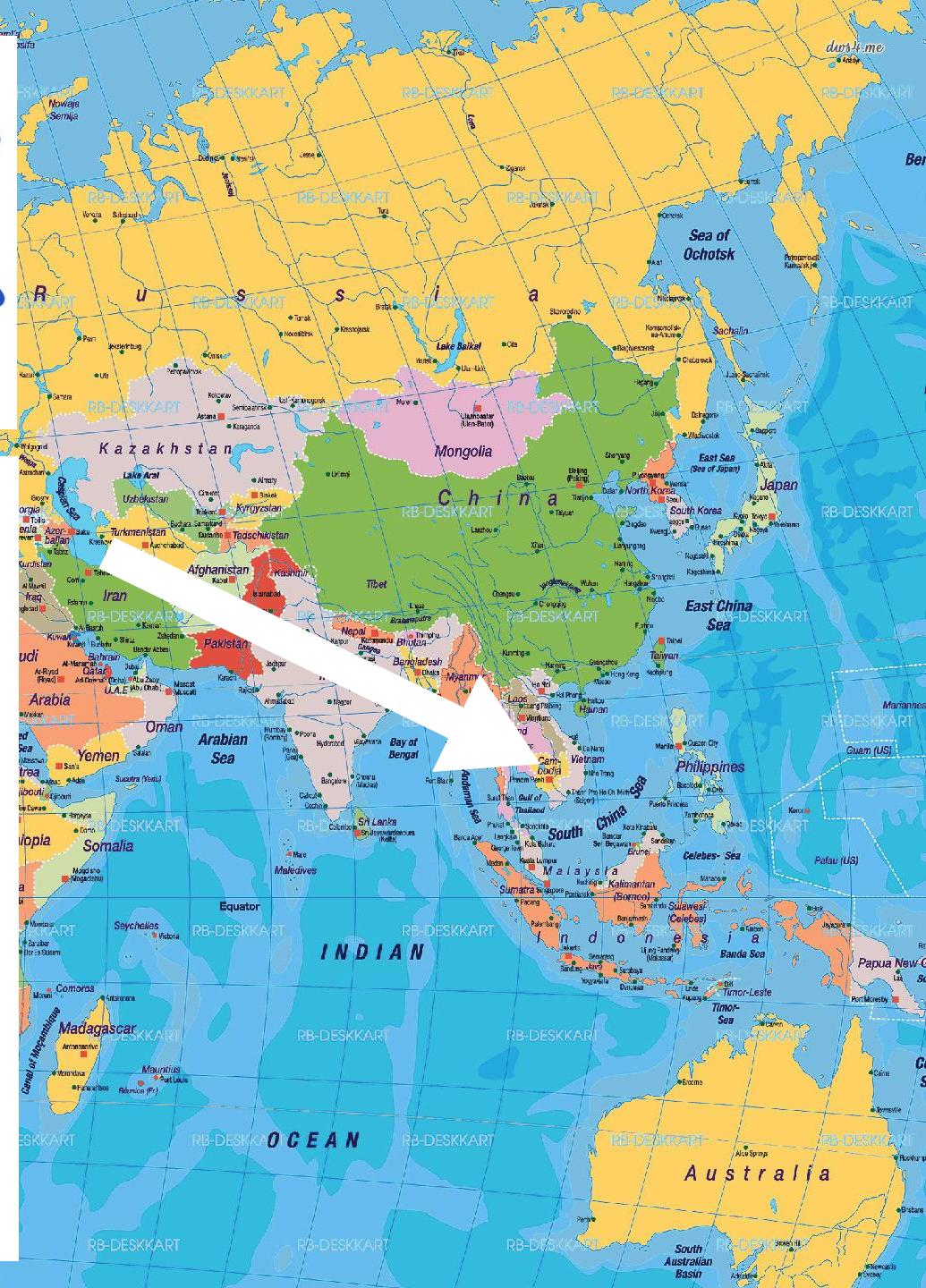


Temples of ANGKOR CAMBODIA

The temples of Angkor are made up of over 1000 temples with the crowning glory being Angkor Wat. The temples were built in the early 12th century. Which city is the nearest to the Temples of Angkor?

Cambodia is widely Buddhist, the temples of Angkor are Hindu temples. Which God was Angkor Wat dedicated to?

Ta Prohm, a temple about 3km away from Angkor Wat was the background to Lara Croft Tombrader. To earn your flight here you have to run on the spot for 2 minutes and drop into a squat every 10 steps, imagine you are Lara Croft running through the temples.



Victoria falls

ZAMBIA/ZIMBABWE



Victoria Falls is located on the border of Zambia and Zimbabwe. The Lodi name for Victoria falls is Mosi-oa-Tunya, what does this mean? There is a bridge that crosses the Zambezi river and acts as a border between the two countries.

To earn your flight here you need to complete a waterfall work out- 10,9,8 etc... burpees and star jumps



Machu Picchu PERU

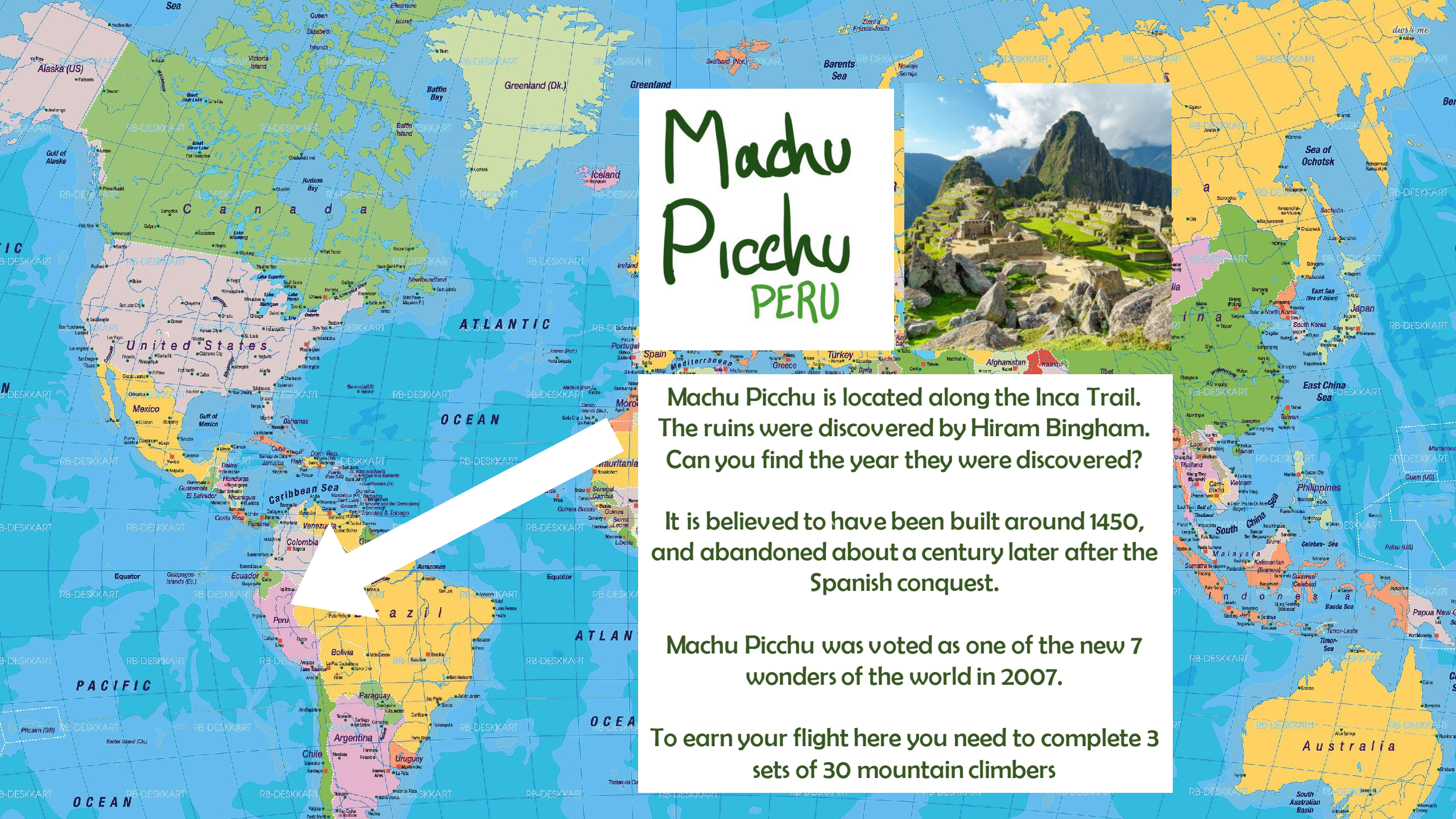


Machu Picchu is located along the Inca Trail. The ruins were discovered by Hiram Bingham. Can you find the year they were discovered?

It is believed to have been built around 1450, and abandoned about a century later after the Spanish conquest.

Machu Picchu was voted as one of the new 7 wonders of the world in 2007.

To earn your flight here you need to complete 3 sets of 30 mountain climbers



Galapagos Islands

ECUADOR

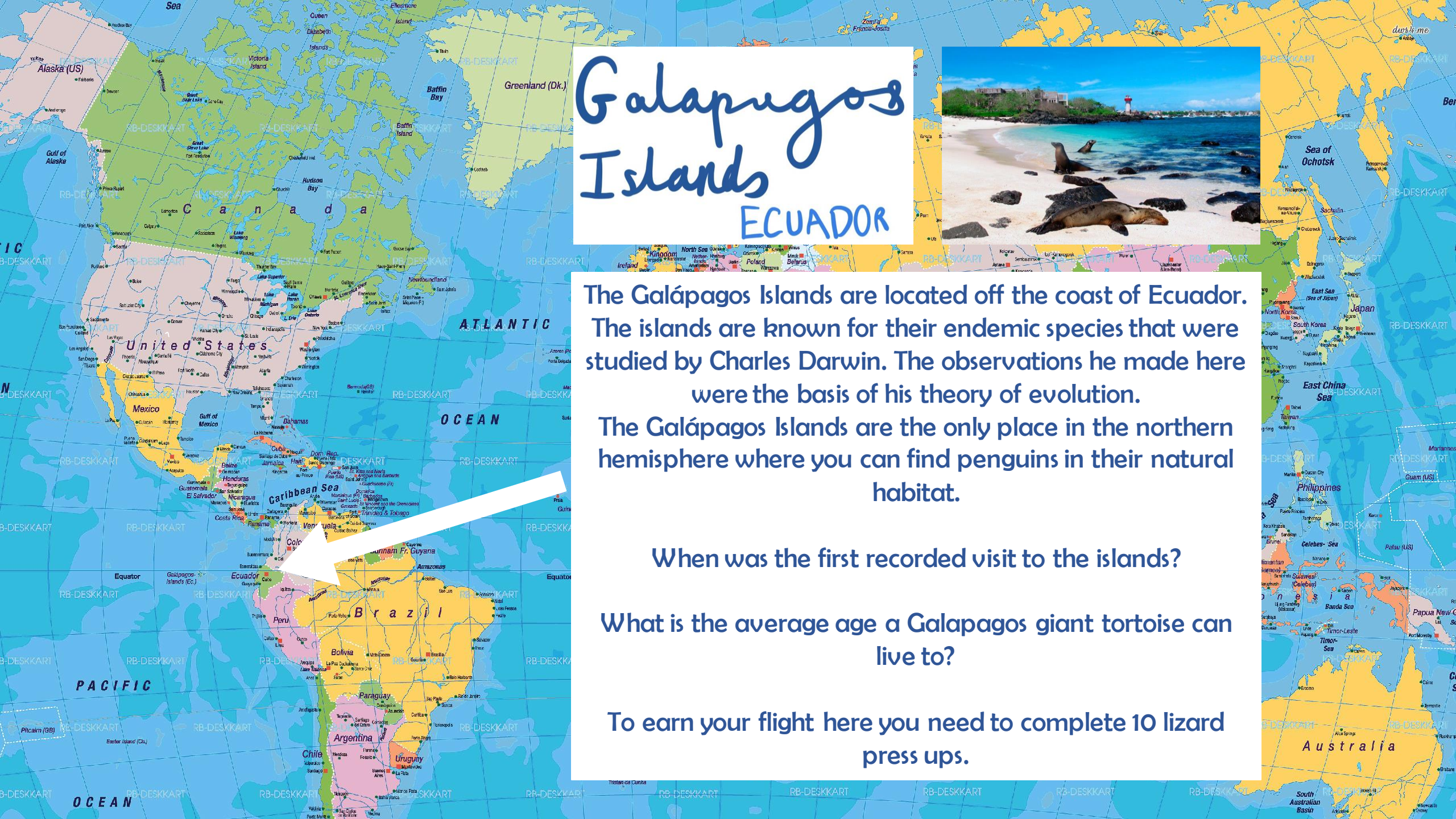


The Galápagos Islands are located off the coast of Ecuador. The islands are known for their endemic species that were studied by Charles Darwin. The observations he made here were the basis of his theory of evolution. The Galápagos Islands are the only place in the northern hemisphere where you can find penguins in their natural habitat.

When was the first recorded visit to the islands?

What is the average age a Galapagos giant tortoise can live to?

To earn your flight here you need to complete 10 lizard press ups.



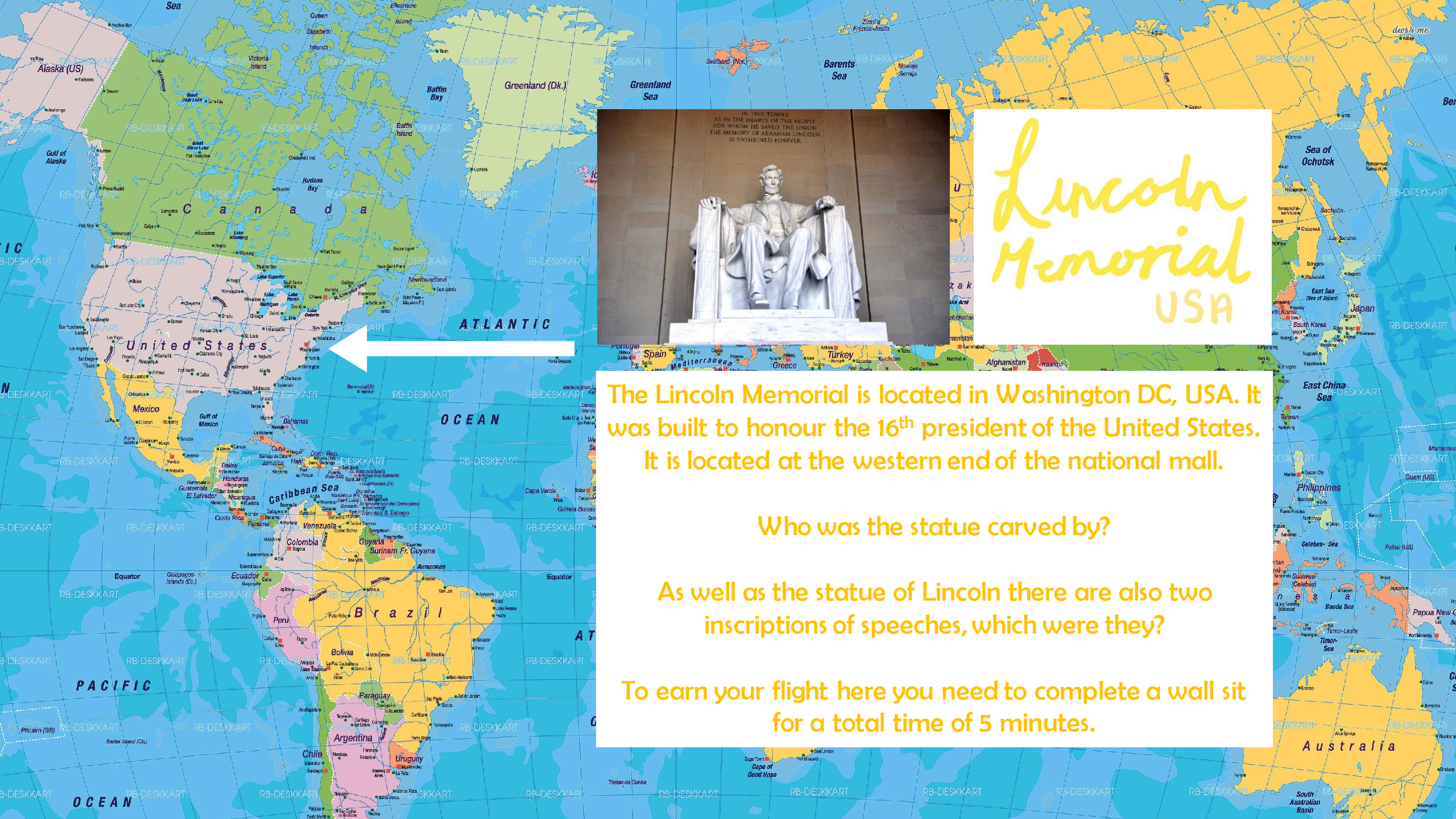
A world map with a white rectangular box highlighting the United States. Inside the box, the text "Yosemite National Park USA" is written in a red, cursive font. To the right of the text is a small inset photograph of Yosemite National Park, showing a river flowing through a valley with large granite cliffs and green trees under a blue sky. A white arrow points from the United States on the world map towards the text box.

Yosemite National Park USA

**Yosemite national park is located in California, USA.
The park contains 2,600km of streams, 1300km of hiking trails
and 560km of roads.**

**There are between 300 and 500 black bears in Yosemite
national park.**

**What sport is credited to have being invented here?
To earn your flight here you need to complete 3 sets of 30
seconds bear crawling.**



Lincoln
Memorial
USA

The Lincoln Memorial is located in Washington DC, USA. It was built to honour the 16th president of the United States. It is located at the western end of the national mall.

Who was the statue carved by?

As well as the statue of Lincoln there are also two inscriptions of speeches, which were they?

To earn your flight here you need to complete a wall sit for a total time of 5 minutes.