



TRIP TO TOKYO

INFORMATION

The trip to Tokyo is designed to use the power of the Olympic and Paralympic Games to inspire pupils to be physically active whilst learning about other countries.

Schools are challenged to travel the 8000 miles from Norwich to Tokyo, learning about other countries, towns, and cities en route, and picking up some facts about the Olympics on the way.

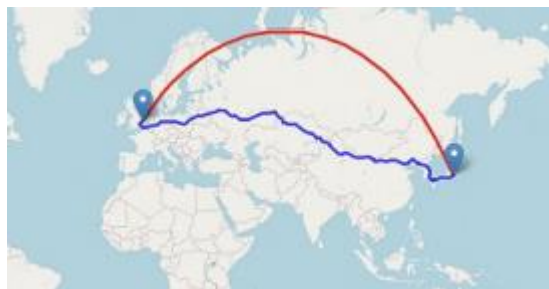
There are 16 stages (approx. 500 miles each) to the travel and pupils and staff are challenged to complete each stage on foot, bike, skates, wheelchair, scooter or by completing other tasks.

Participants have three options as to how they can complete the journey.

Option A- Participants are tasked with logging miles covered and collating them with the aim of covering a total of 8000 miles (e.g. 10 mile walk with family).

Option B- Mark out a course on your school playground or field. This can be any distance to suit your pupils. Each lap counts as an Olympic mile and contributes towards the total.

Option C- Pupils should substitute completing 500 miles to complete each stage, by completing 500 tasks. For example, 500 skips, 500 basketball/ netball goals, 500 lengths of the swimming pool.



STAGES

Stage 1- Norwich (England) to Dijon (France)

Stage 2- Dijon (France) to Munich (Germany)

Stage 3- Munich (Germany) to Krakow (Poland)

Stage 4- Krakow (Poland) to Kiev (Ukraine)

Stage 5- Kiev (Ukraine) to Volgograd (Russia)

Stage 6- Volgograd (Russia) to Baikonur (Russia)

Stage 7- Baikonur (Russia) to Samarkland (Uzbekistan)

Stage 8- Samarkland (Uzbekistan) to Faisalabad (Pakistan)

Stage 9- Faisalabad (Pakistan) to Lucknow (India)

Stage 10- Lucknow (India) to Lhasa (Tibet)

Stage 11- Lhasa (Tibet) to Chengdu (China)

Stage 12- Chengdu (China) to Xi'an (China)

Stage 13- Xi'an (China) to Beijing (China)

Stage 14- Beijing (China) to Shenyang (China)

Stage 15- Shenyang (China) to Vladivostok (Russia)

Ferry Trip- Vladivostok (Russia) to Sakaiminato (Japan)

Stage 16- Sakaiminato (Japan) to Tokyo (Japan)



TARGET AUDIENCE

This event is an Engage theme event, and is non competitive and focuses on targeting pupils who would benefit from being more physically active.

YEAR GROUPS

This challenge is suitable for all pupils in Primary, Special and Secondary schools.

HOW TO ENTER

Pupils should record their progress on their Pupil Passport (Page 3).

Once schools have completed their journey, they should fill out the School Passport to tell us how far you travelled and how many pupils took part.

The deadline for submissions is Friday 9th July.

RISK ASSESSMENT

It is the responsibility of each school to assess the risk for participating in the challenges within their own school. It is the responsibility of schools to ensure that any space and equipment used is suitable for the challenge being attempted.

SAFEGUARDING

During the South Norfolk SSP virtual challenges schools must adhere to their own school safeguarding and photo consent policies.

COVID 19

The South Norfolk SSP virtual challenges should be completed in accordance with your schools Covid-19 PE policy.



VALUES

During each School Sport Partnership experience pupils are challenged to demonstrate the School Games values.



Determination- Determination is about the journey you go on to push yourself and achieve your dreams.



Passion- Giving it 100% putting your heart and soul into the game and never giving up.



Respect- Respect the referee, opposition, for your team mates, for yourself and for the game.



Honesty- Honesty with others and with yourself. Having the courage to do the right thing and what you know is right.



Self-Belief- You've got to believe to achieve. Have the self-belief and confidence to succeed and reach your personal best.



Teamwork- Treating everybody equally, supporting each other and working together to achieve at your very best level.



SOUTH NORFOLK
SCHOOL SPORT PARTNERSHIP

PUPIL PASSPORT

Pupil Name..... Class.....

When you have reached each destination, please fill in the corresponding part of the pupil passport below. Ask a teacher to stamp or sign your passport. Also, see if you can write three facts about the destination that you have learned along the way (see information about the route, P5).

Stage	Stamp or signature	Three facts about the destination
Stage 1 Norwich (England) to Dijon (France)		1. 2. 3.
Stage 2 Dijon (France) to Munich (Germany)		1. 2. 3.
Stage 3 Munich (Germany) to Krakow (Poland)		1. 2. 3.
Stage 4 Krakow (Poland) to Kiev (Ukraine)		1. 2. 3.
Stage 5 Kiev (Ukraine) to Volgograd (Russia)		1. 2. 3.
Stage 6 Volgograd (Russia) to Baikonur (Russia)		1. 2. 3.
Stage 7 Baikonur (Russia) to Samarkand (Uzbekistan)		1. 2. 3.

Stage 8 Samarkand (Uzbekistan) to Faisalabad (Pakistan)		1.
		2.
		3.
Stage 9 Faisalabad (Pakistan) to Lucknow (India)		1.
		2.
		3.
Stage 10 Lucknow (India) to Lhasa (Tibet)		1.
		2.
		3.
Stage 11 Lhasa (Tibet) to Chengdu (China)		1.
		2.
		3.
Stage 12 Chengdu (China) to Xi'an (China)		1.
		2.
		3.
Stage 13 Xi'an (China) to Beijing (China)		1.
		2.
		3.
Stage 14 Beijing (China) to Shenyang (China)		1.
		2.
		3.
Stage 15 Shenyang (China) to Vladivostok (Russia)		1.
		2.
		3.
Ferry Trip Vladivostok (Russia) to Sakaimitato (Japan)		1.
		2.
		3.
Stage 16 Sakaimitato (Japan) to Tokyo (Japan)		1.
		2.
		3.

INFORMATION ABOUT THE DESTINATION

Stage 1

Norwich (England) to
Dijon (France)



Dijon is the capital city of the historical Burgundy region in eastern France, one of the country's principal wine-making areas.

It's known for its traditional mustard, vineyard tours, autumn gastronomic fair and building styles ranging from Gothic to art deco.

Dijon mustard is a traditional French mustard, named after this town, which was the centre of mustard making in the late Middle Ages and was granted exclusive rights in France in the 17th century.

OLYMPIC FACT

The Tour de France will start a week early this year – a measure introduced to accommodate any riders who wanted to race both in the Tour and the Olympics, but even with the rearranged dates riders will have just under a week to fly to Japan and adjust to the time difference before the road race.

Stage 2

Dijon (France) to
Munich (Germany)



Munich is a city in Germany, and is Bavaria's capital. It is home to centuries-old buildings and numerous museums. The city is known for its annual Oktoberfest celebration and its beer halls, including the famed Hofbräuhaus, founded in 1589. In the 'old town', central Marienplatz square contains landmarks such as Neo-Gothic Town Hall, with a popular glockenspiel show that chimes and re-enacts stories from the 16th century. (A glockenspiel is a percussion instrument composed of a set of tuned keys arranged in the fashion of the keyboard of a piano).

OLYMPIC FACT 1

Munich Olympic Games - 'Waldi' the dachshund was the 1st official mascot in the history of the Summer Olympics. Fittingly, the dachshund is a dog famed for its endurance, tenacity & agility.

OLYMPIC FACT 2

Munich massacre was an attack during the 1972 Summer Olympics in Munich, West Germany, by eight members of the Palestinian terrorist group Black September, who took nine members of the Israeli Olympic team hostage after killing two of them, and also a West German police officer.

Stage 3

Munich (Germany) to
Krakow (Poland)



Kracow is a city in southern Poland near the border of the Czech Republic. It is known for its well-preserved medieval core and Jewish quarter. Its old town is centred on the stately, expansive Rynek Główny (market square). This plaza is the site of the Cloth Hall, a Renaissance-era trading outpost, and St. Mary's Basilica, a 14th-century Gothic church, and is near to the site of the Auschwitz memorial.

OLYMPIC FACT

Poland's men's volleyball team coach Vital Heynen insisted that the postponement of the Olympic Games to 2021 is not a problem for his players, as the two-time world champions are among the favourites to take an Olympic medal!

Stage 4

Kracow (Poland) to
Kiev (Ukraine)

А Б В Г Д Е Е Ж З И Й
К Л М Н О П Р С Т У Ф
Х Ц Ч Ш Щ Ъ Ы Ь Э Ю Я
ГДЕ ЕЖ?

Kiev, the capital of Ukraine, is a densely populated city. It is in north-central Ukraine along the Dnieper River, and is an important industrial, scientific, educational and cultural centre in Eastern Europe. It is probably best known for its historical connection to the Old Rus' polity, a historical predecessor to the modern Russian state.

Ukrainian is the official language of this country, and is written in Cyrillic script.

OLYMPIC FACT

Ukraine first participated at the Olympic Games as an independent nation in 1994, and has sent athletes to compete in every Summer and Winter Olympic Games since then. Previously athletes of modern Ukraine had competed as part of Russia. The first athlete who won the gold medal for the 'yellow-blues' was Oksana Baiul. (yellow & blue are the colours of their national flag).

Stage 5

Kiev (Ukraine) to
Volgograd (Russia)



Volgograd, formerly called Stalingrad, is a city in southwest Russia, on the western bank of the Volga River.

It is best known to Russians, and foreigners, as the site of the bloodiest battle of the Second World War - The Battle of Stalingrad is commemorated by a huge statue, The Motherland Calls, part of the hilltop Mamayev Kurgan memorial complex.

Today, Volgograd is an industrial city and transport hub, with the Volga River as its heart.

On 10 November 1961, Nikita Khrushchev's administration changed the name of the city to Volgograd ("Volga City") as part of his programme of de-Stalinization following Stalin's death. He was trying to reduce the "cult of personality" (someone who uses techniques of mass media propaganda, lies etc. to create an idealised image)

OLYMPIC FACT

Russia's team name, flag and national anthem were banned from the 2021 Tokyo Olympics as well as the 2022 Beijing Winter Olympics by the Court of Arbitration for Sport (CAS), which gave out two years of sanctions on Russian sports for tampering with drug testing in Moscow while the laboratory was under state control.

Stage 6

Volgograd (Russia) to
Baikonur (Russia)



Baikonur has been a major part of Russia's contribution to the International Space Station (ISS), as it is the only spaceport from which Russian missions to the ISS are launched.

It was built at the height of the Cold War in the 1950s, when Russia was part of the Soviet Union and the Space Age was just starting. The Soviets built a secret space facility that they called Baikonur, to make the West think the site was near a small mining town that shared that name.

The city of Baikonur is actually in Kazakhstan. Kazakhstan, is a Central Asian country and former Soviet republic, extending from the Caspian Sea in the west to the Altai Mountains at its eastern border with China and Russia.

OLYMPIC FACT

Kazakhstan first participated at the Olympic Games as an independent nation in 1994, and has sent athletes to compete in every Games since then. Kazakh athletes have won a total of 64 medals at Summer Olympic Games, and another 8 at Winter Olympic Games.

Stage 7

Baikonur (Russia) to
Samarkand
(Uzbekistan)



Samarkand is the second largest city in Uzbekistan known for its mosques and mausoleums. It's on the old Silk Road, the ancient trade route linking China to the Mediterranean, and is an Islamic centre for scholarly study.

Snow Leopards can be found in this area, and are legally protected here under the Law of Nature Protection of 1993. They are now no longer an endangered species but there are still significant fines & prison terms for poaching these beautiful animals.

OLYMPIC FACT

The Museum of Olympic Glory in Uzbekistan is dedicated to the Olympic movement. The main goal of the museum is to display exhibits celebrating the achievements of Uzbek athletes at the Olympic Games.

The majority of medals won by Uzbek athletes come from wrestling & boxing. Their 1st ever Gold medal was won by Mahammatkodir Abdoollayev in the men's lightweight boxing category at the Sydney Olympics in 2000.

Stage 8

Samarkand
(Uzbekistan) to
Faisalabad (Pakistan)



Faisalabad, formerly known as Lyallpur, is the third most populated city in Pakistan after Karachi and Lahore respectively. Historically it is one of the first planned cities within British India, and has since developed into a cosmopolitan metropolis.

Faisalabad is called Manchester of Pakistan because it is the biggest textile city of Pakistan, and all the industries there relate to textiles, the same as Manchester in UK, so these cities are named as Twin cities.

Faisalabad is also famous for its food, especially its Dal Chawal – a lentil & rice dish flavoured with cumin & coriander.

OLYMPIC FACT

Pakistan first sent a team to the Olympic Games in London in 1948. (Pakistan was only formed as an independent state on the partitioning of India in August 1947).

Since their first Olympic appearance they have won 3 Gold, 3 Silver & 4 Bronze medals – 10 in total, but perhaps it should have been 11! Syed Hadi Haider Naqvi won a Bronze in the Tae-Kwon-Do which was only a demonstration sport, so the medal does not count towards his country's official tally.

Stage 9

Faisalabad (Pakistan)
to Lucknow (India)

Lucknow is a large city in northern India, and is the capital of the state of Uttar Pradesh. The city is famous for its traditional chikan embroidery work, which attracts travellers from all across the country.

Chikan embroidery is a delicate, and artfully done, hand embroidery on a variety of textile fabric like muslin, silk, chiffon, organza, net, etc. White thread is embroidered on cool, pastel shades of light muslin and cotton garments.



The places to shop in Lucknow include the city's markets, with their narrow old lanes and countless shops, and nearby is the grand Victorian Husainabad Clock Tower, which was built as a victory column in 1881 to mark the arrival of Sir George Couper, the Lieutenant Governor of the United Provinces of British India.

OLYMPIC FACT

Priyanka Goswami, from Lucknow, qualified for the Tokyo Olympic Games 2021 by shattering the National time in the 20km race/walk with a time of 1:28:45. She tested positive for Covid-19 in April 2021 but is still focussing on competing in this year's Olympic Games.

Stage 10

Lucknow (India) to
Lhasa (Tibet)



Lhasa, the capital of occupied Tibet, lies on the Lhasa River's north bank in a valley of the Himalayas. Rising on top of Red Mountain at an altitude of 3,700m, the red-and-white Potala Palace once served as the winter home of the Dalai Lama. The palace's rooms, numbering around 1,000, include the Dalai Lama's living quarters, as well as murals, chapels and tombs. Lhasa is world-famous for its sites of historical interest related to Buddhism, with its many monasteries & temples it became home to many religious heads.

Why is Tibet not a country?

The People's Republic of China (PRC) claims that Tibet is an integral part of China. The Tibetan Government-in-Exile maintains that Tibet is an independent state under unlawful occupation.

OLYMPIC FACT

In early 2008, months before China was to welcome the world to the Olympic Games in Beijing, an uprising began in Lhasa, and spread across the country. It made headlines around the world, followed by thousands of pro-Tibet campaigners gathering to protest as the Olympic Torch was carried in Argentina, the United Kingdom, France, the United States, India and South Korea.

The Tibetan people knew the world was watching China, and took this opportunity to once again tell China they can't oppress Tibetan people's rights.

The Olympics had been awarded to China in 2001 by the International Olympic Committee (IOC), with the hope that the Games would support the progress the country was making in opening up, and lead to greater freedom for media, expression and adjustment to its human rights policies.

What happened in 2008, however, was the exact opposite: following the protests in Lhasa there was a massive crackdown on Tibet and the region was effectively closed off to the outside world.

Stage 11

Lhasa (Tibet) to
Chengdu (China)



Chengdu is the capital of southwestern China's Sichuan province. Chengdu's history dates back to at least the 4th century B.C. when it served as capital for the Shu Kingdom. Artifacts from that dynasty are the focus of the Jinsha Site Museum.

Chengdu is known as the home of China's most famous creatures, the cute giant pandas. The Chengdu Research Base of Giant Panda Breeding is a conservation centre where visitors can view endangered giant pandas in a natural habitat.

OLYMPIC FACT

The Chinese cities of Chengdu and Chongqing have revealed plans to jointly bid for the Olympic Games as early as 2032.

Stage 12

Chengdu (China) to
Xi'an (China)



Xi'an is the capital of the Shaanxi Province in central China. Its name Xi'an means 'Western Peace'. It's one of China's most popular tourist destinations and is famous for its Terracotta Warriors.

OLYMPIC FACT

Xi'an Olympic Centre Stadium has been constructed to host the 2021 Olympic Games. It features a 60,000 seater stadium (nicknamed "pomegranate flower" for its unique shape), plus another venue capable of holding 18,000 spectators, along with a 4,000 seater swimming arena. It will host the 'opening' & 'closing' ceremonies, as well as Athletics, Gymnastics, Swimming & Diving events. The venue is located in the Xi'an International Trade & Logistics Park & was constructed amid the COVID-19 outbreak, under strict epidemic prevention and control measures.

Stage 13

Xi'an (China) to
Beijing (China)



Beijing is China's capital city & has a history stretching back 3 millennia. The city is renowned for its opulent palaces, temples, parks, gardens, tombs, walls and gates. It has seven UNESCO World Heritage Sites—the Forbidden City, Temple of Heaven, Summer Palace, Ming Tombs, Zhoukoudian, and parts of the Great Wall and the Grand Canal.

Beijing, previously known as Peking, is home to the longest wall in the world.

OLYMPIC FACT

Beijing is the 1st City to host both Summer & Winter Olympic Games.

Stage 14

Beijing (China) to
Shenyang (China)



Shenyang is the capital and largest city of China's northeast Liaoning Province, and is an important industrial centre in China. It serves as the transportation and commercial hub of China's northeast—particularly involving links with Japan, Russia and Korea. The shortest distance (by air) between Shenyang and Beijing is 389.67 miles. The shortest route (by road) between Shenyang and Beijing is 424.79 miles, and the driving time is approx. 7h 44min.

OLYMPIC FACT 1

China largely did not compete at the Olympics before 1980, but it soon became a medal power. The Chinese finished second to the U.S. in total medals at the last three Summer Games and had the most golds in Beijing in 2008. China has been consistent at recent Winter Games, earning an average of 10 medals over the last two decades and building enough of a reputation to earn hosting rights in 2022.

OLYMPIC FACT 2

Shenyang Olympic Sports Stadium was built to host some of the Football matches for the 2008 Beijing Olympics. It is the home ground of Shenyang Dongjin FC – a China League 2 team. Liu Hongtu carried the Olympic torch through the streets of Shenyang. His father, Liu Changchun, was China's 1st Olympian, competing at the 1932 Los Angeles Games in the heats of the 100 & 200 metres...as China's only athlete!

Stage 15

Shenyang (China) to
Vladivostok (Russia)



Vladivostok is a major Pacific port city in Russia overlooking Golden Horn Bay, near the borders with China and North Korea. It's known as a terminus of the Trans-Siberian Railway, which links the city to Moscow in a 7-day journey. In the city centre is Central Square, where a towering memorial pays tribute to local soldiers who fought Japanese forces in the early 20th century. Vladivostok is the chief educational and cultural centre of the Russian Far East. It is the site of the Far Eastern Branch of the Russian Academy of Sciences, the Far Eastern State University, and medical, art education, polytechnic, trade, and marine-engineering institutes.

OLYMPIC FACT

The 1980 Summer Olympics, officially known as the Games of the XXII Olympiad were held in Moscow, Russia - the first Olympics, and only Summer Olympics, to be held in a Slavic language-speaking country, and also the only Summer Olympic Games to be held in a communist country until the 2008 Summer Olympics held in China.

80 nations were represented at the Moscow Games, the smallest number since 1956. Led by the United States, 66 countries boycotted the games entirely to protest against the Soviet invasion of Afghanistan. The Soviet Union, which hosted these Games, and its allies, would later boycott the 1984 Summer Olympics in Los Angeles.

At sea

Vladivostok (Russia) to
Sakaiminato (Japan)

44 hour ferry trip – Use this time to participate in Olympic events or Deck Games, & let us know which ones you have tried.

Stage 16

Sakaiminato (Japan)
to Tokyo (Japan)



Tokyo, Japan's busy capital, mixes the ultramodern and the traditional, from neon-lit skyscrapers to historic temples. The opulent Meiji Shinto Shrine is known for its towering gate and surrounding woods. The Imperial Palace sits amid large public gardens. The city's many museums offer exhibits ranging from classical art (in the Tokyo National Museum) to a reconstructed kabuki theatre (in the Edo-Tokyo Museum).

Tokyo is famous for Anime (hand drawn and computer animation from Japan), electronics, manga (a style of Japanese comic book and graphic novels), and video games. Akihabara is the epicentre of it all. It becomes a jungle of electric lights and colours at night, providing a sensory overload for visitors. Getting lost, window shopping, and photography are top activities here.

Tokyo has been a well-travelled destination for decades. Cherry blossoms, Mt. Fuji, and sushi grace the postcards and photographs. This thriving, colourful city is famous for many more reasons than one. Tokyo boasts so many noteworthy attractions that it can be difficult to know what it was famous for first.

The Tsukiji Fish Market (Tokyo) is the largest and busiest fish market in the world. Visitors try to get here by at least 5am to see the hustle and bustle of the tuna auction.

TOKYO OLYMPICS 2021

The COVID-19 pandemic not only changed our daily lives in 2020, but also left us without the fantastic spectacle of the Olympic Games, and athletes in limbo with their training schedule.

The IOC, the IPC, Tokyo 2020, the Tokyo Metropolitan Government and the Government of Japan agreed new dates for the Games of the XXXII Olympiad, in 2021. The Olympic Games will be celebrated from 23 July to 8 August 2021. So, one year late, Tokyo is hosting the event with the addition of 5 new Olympic sports, these are... surfing, sport climbing, skateboarding, baseball and karate.

OLYMPIC FACT

In 1940, the Second World War forced the Olympic Games to be suspended. They were supposed to be held in Tokyo (Japan) but were then rescheduled for Helsinki (Finland). On that occasion it wasn't a pandemic that was to blame, but the Second Sino-Japanese War, the prelude to the great conflict which left the Japanese capital without its greatest sporting event! It is therefore not the first time that Tokyo has faced setbacks when it comes to organising the Olympic Games!

よくやった-あなたは到着しました!

Yoku yatta - anata wa tōchaku shimashita!

Well done, you have arrived!





OLYMPIC FACTS

Did you know...

1. The first time the Olympic torch relay was held was for the 1936 Olympics. The idea was conceived by Carl Diem, who proposed the flame would be lit in Ancient Olympia.
2. American swimmer Michael Phelps is the most decorated athlete in Olympic history with 28 medals, which includes a record 23 gold (he also won 3 silvers and 2 bronze).
3. The Russian Olympic team intend to travel to Vladivostok to train for the 2021 Olympics. The trip from Moscow to Vladivostok takes more than 6 days, and makes 120 stops across 9300km, via the Trans-Siberian Railway, and over 9 hours via a direct flight.
4. Since the 1928 Olympics, it has been the tradition that athletes from Greece lead the Parade of the nations at the opening ceremony, the host country's athletes go last in the parade, with all other countries in between in alphabetical order (according to the host nations language).
5. The 2021 Olympic Games will feature 5 new sports:- Baseball, Karate, Skateboarding, Sport Climbing and Surfing.
6. Greg Rutherford, former British Olympic long jump champion who won gold at London 2012, is training with Britain's bobsleigh squad in an attempt to compete at the 2022 Beijing Winter Olympic Games.
7. Pierre de Coubertin, the 'father of the modern games, created the Olympic Flag. It has a white background and five interlaced rings in the centre: Blue, yellow, black, green and red. This design is symbolic; it represents the five continents around the world, united by Olympism, while the six colours are those that appear on the national flags of the world at the present time.
8. Tarzan, Johnny Weissmuller, an athlete-turned-actor who played Tarzan in 12 movies, won five Olympic gold medals in swimming events in the 1920s. He represented the USA in the Olympics, despite being born in Romania.
9. Medal winners are not only instilled into their nation's history and Olympic history, but are also honored at the Olympic stadium of that year's tournament. Their names are engraved on the wall of the stadium- allowing their legacy to be written in stone.
10. At the 1936 Olympic Games in Berlin, two Japanese pole vaulters Shuhei Nashida and his friend Sueo Oe were set for a tiebreaker to decide who took silver and who took bronze. The duo decided to decline the tie-break scenario and they famously cut the medals in half. They then fused the bronze with the silver to make two new 'friendship medals.
11. The first Paralympic Games took place in Rome in 1960, designed to allow war veterans a chance to compete and rehabilitate. Before that, there were instances where physically disabled athletes competed in the Olympics themselves. Olympic gymnast George Eyser famously won six medals with a wooden leg in the 1904 Games. Now the Paralympics offers a chance for people with an array of disabilities the chance to compete. In 2014 Ibrahima Hamato made history as he became a world champion in table tennis despite having no arms and playing with a racquet in his mouth.
12. Abebe Bikila won the Olympic Marathon at the Rome Olympic Games in 1960. Amazingly he did it without the benefit of footwear. Running barefoot for the painstaking 26-mile run, Bikila became the first African in history to win a gold medal.
13. The last series of Olympic medals to be made of solid gold were awarded at the 1912 Olympic Games in Stockholm, Sweden.
14. The London 2012 Olympic Games was known as the Women's Games. It was the first summer Olympics which showcased true equality. Women were not barred from a single sport and for the first time in history, each nation sent a female competitor.
15. Synchronized swimming debuted in the Los Angeles Olympic Games (1984) with two events: women's duet and women's solo event, instead of synchronizing with another swimmer or a team of swimmers, one swimmer would sync with the chosen music. Synchronized swimming by yourself!!!!



MAKE UP YOUR OWN QUIZ

Can you make up your own multiple choice quiz for your classmates, teachers, parents or grandparents?

For example

Olympic Fact- At the 1980 Olympic Games in Moscow both the gold and silver medal winning rowing teams in the coxless pairs events were identical twins- Gold went to Bernd and Jorg Landvoigt (East Germany), Silver to Nikolai and Yuri Pimenov (Soviet Union).

Your question could be- "At the 1980n Olympic Games in Moscow what was unique about the gold and silver medal winning rowing teams in the coxless pairs event?"

- a. None of them could swim
- b. Both pairs were identical.
- c. All 4 had competed in boxing at previous Olympic Games
- d. All of them won a Gold medal at the previous Olympic Games.



SOUTH NORFOLK
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