



READY, STEADY, GO!

The Olympic and Paralympic Games are a great chance to learn about different sports. Why not get involved in a new sport?



As London gets ready to host the Olympics between July and September 2012, Pedal takes a look at some of her favourite Olympic sports.



You should be active for at least 60 minutes every day.

Olympic facts

- The Olympic and Paralympic Games are sporting events in which athletes from all over the world compete against each other.
- At the Olympic Games athletes take part in 26 different sports.
- The Paralympic Games are special Olympic Games where athletes with a disability take part in 20 different sports.

Swimming races

Swimming races take place in a 50 metre pool where up to eight swimmers race against each other. The winner is the one who touches the pool wall first. Swimmers use different swimming strokes such as breaststroke, butterfly, backstroke and freestyle.



Can you swim? If not, perhaps your family could find out where you could learn. If you can swim, why not join a swimming club?

Sprint races

Sprints are short running events which take place on an oval track in a stadium. Runners compete against each other in a 100, 200 or 400 metre race. They begin the race by kneeling on one knee at the start line. They need to be strong and fast to win the race.



Why not try to organise some sprint races in your local park with your friends?

Rhythmic gymnastics

Gymnasts are strong, flexible and graceful athletes. Rhythmic gymnastics mixes together music and movement. Gymnasts use ribbons, balls, hoops, ropes and scarves in fun and creative ways. They compete by doing short exercises in front of a panel of judges hoping to score lots of points.



Gymnastics is a lot of fun and is a great way to exercise. There are lots of gymnastic clubs in Britain that you can join.

Visit the London 2012 website at www.london2012.com to find out more about the Olympic Games