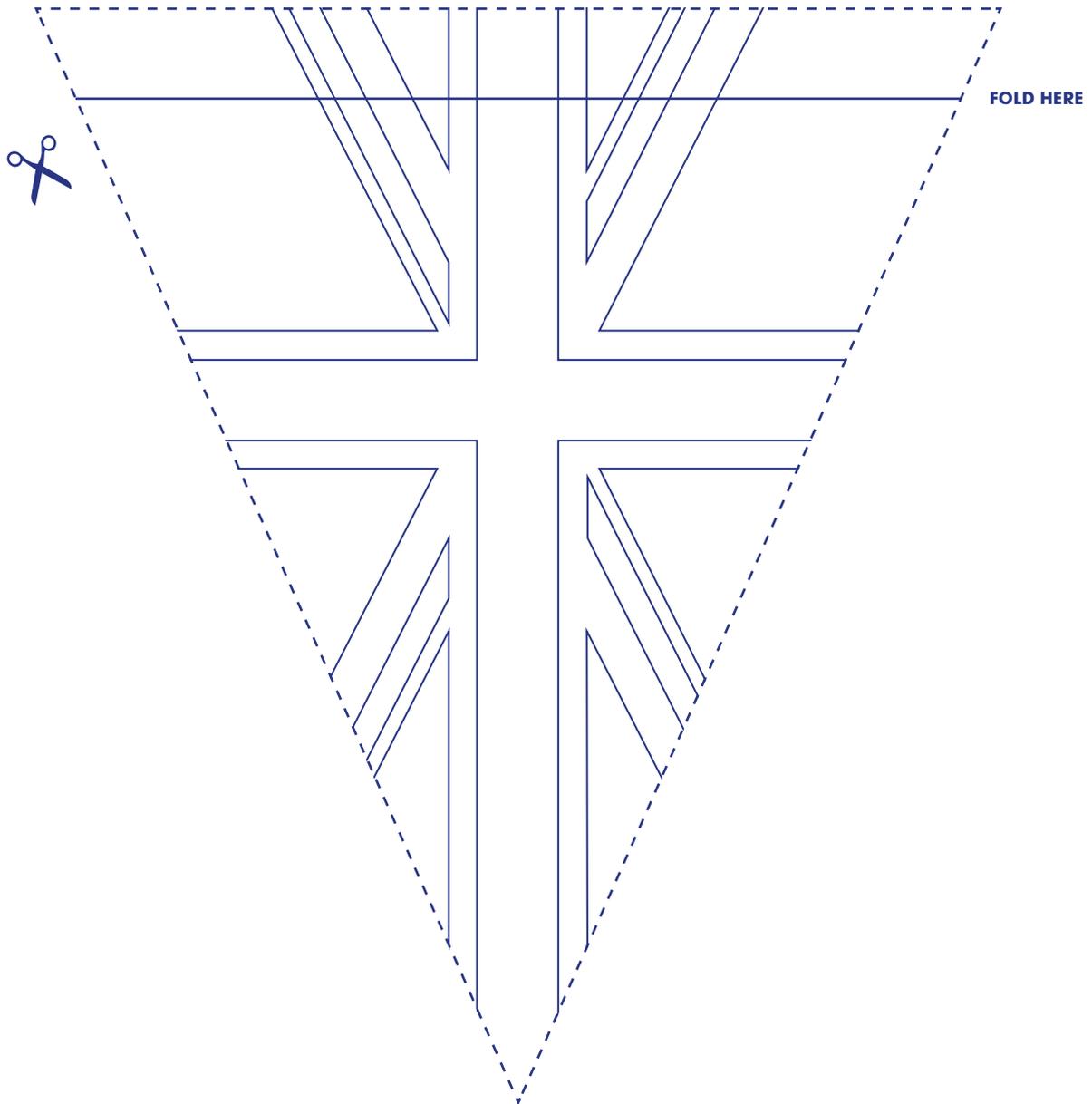


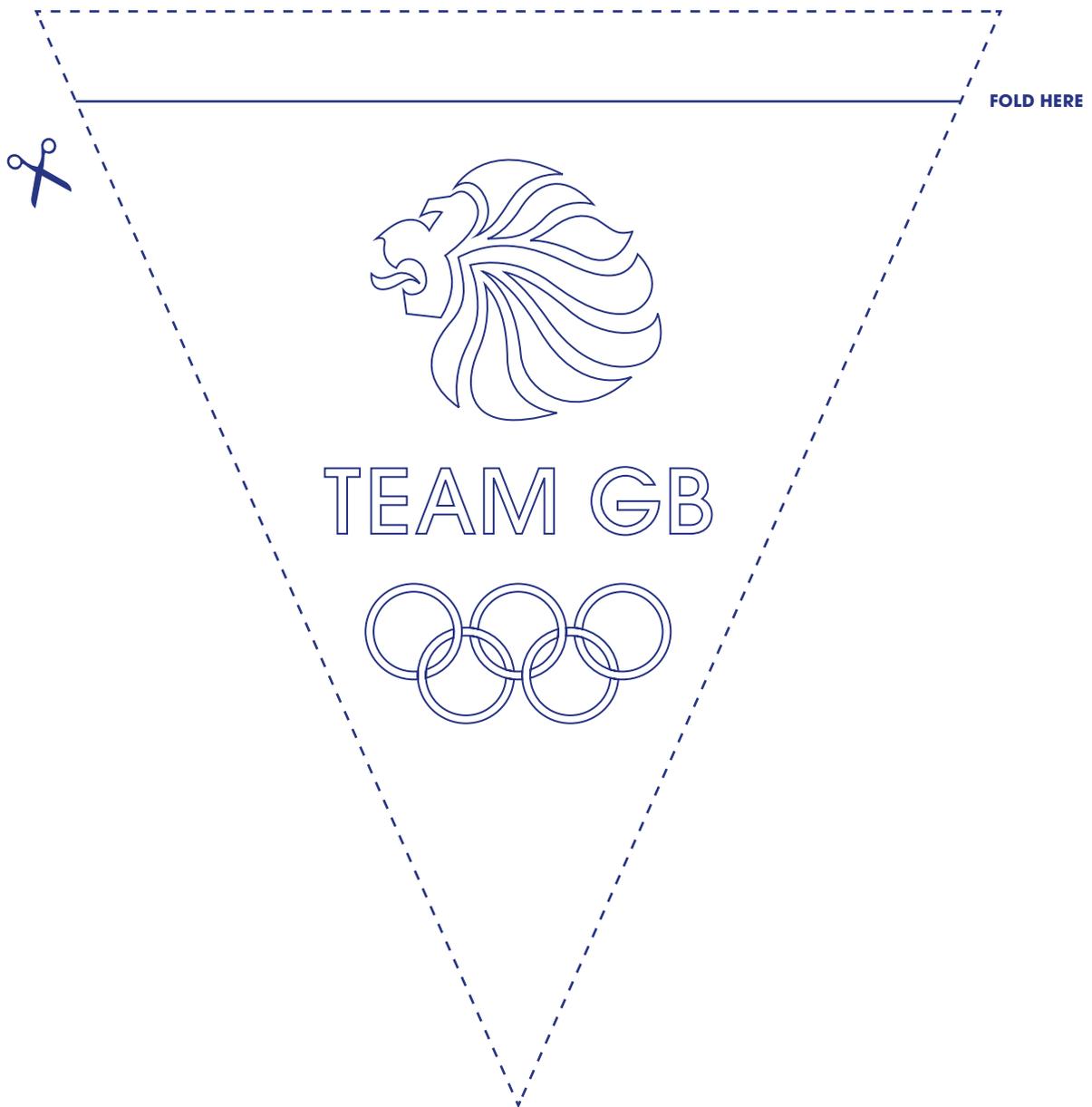
# TEAM GB BUNTING

Colour and cut out your bunting piece and fold along the line marked so that it's over your string, twine or ribbon to start creating your Team GB bunting.



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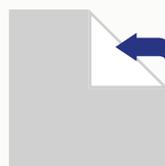
## Make a Fortune Teller

Origami is the ancient art of paper folding, which is often associated with Japanese culture. Follow the instructions, and write a challenge behind each number i.e. hop on one leg or tell a joke.

Once it's made ask a friend to choose a medal and spell it out, moving your fingers forwards, backwards and sideways with each letter. Select a number and repeat. Select another number and reveal your hidden challenge.



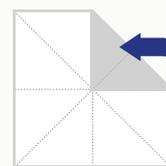
**Step 1:** Print this PDF and trim the paper on the dotted line.



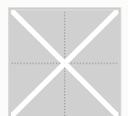
**Step 2:** With the text side facing down, fold up all four corners into the centre.



**Step 3:** Does it look like this? Great, flip it over.



**Step 4:** Fold in all the four corners so that the points meet in the middle.



**Step 5:** Does it look like this? Awesome, move onto Step 6.



**Step 6:** Flip it over and fold it in half as shown.



**Step 7:** Place your fingers under the four paper flaps and work the device back and forth to form creases.

Can you complete...



# THE PERSIMMON HOMES **STAY ACTIVE** FITNESS CHALLENGE

					
»»»»	»»»»	»»»»	»»»»	»»»»	»»»»
<b>10</b>	<b>12</b>	<b>10</b>	<b>12</b>	<b>10</b>	<b>12</b>
TOE TAPS	STAR JUMPS	LEG LIFTS	HOPS	ARM CIRCLES	LUNGES

**WHY NOT TIME YOURSELF AND TRY TO BEAT YOUR SCORE TOMORROW**



**REMEMBER TO STRETCH BEFORE AND AFTER YOUR CHALLENGE**



**DON'T FORGET TO DRINK LOTS OF WATER TO STAY HYDRATED**



**THERE ARE LOTS OF OTHER WAYS TO KEEP FIT THIS SUMMER**



**HULA HOOP**  
How long can you hula?

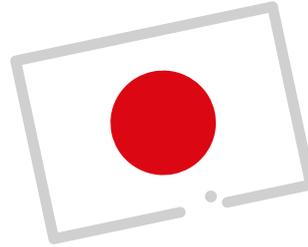


**KEEPY UPIES**  
What's your record?



**GET MOVING**  
Dancing is a great way to stay fit!

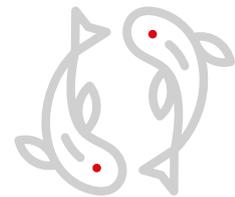
# 10 FACTS ABOUT JAPAN



The capital of Japan is Tokyo.



More than 1,000 earthquakes hit Japan every year.



Japanese cuisine consists of lots of rice, fish and vegetables. It's believed this nutritious diet contributes to the Japanese being one of the longest living populations in the world!

Almost four-fifths of Japan is covered with mountains.

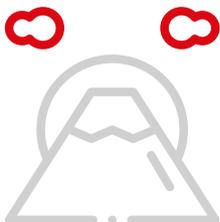


Japan is the only country in the world with a reigning emperor.

Emperors have no real power but are respected as a symbol of the country's traditions and unity.

The country's population is just over 125,000,000.

Japan also has around 200 volcanoes, 60 of which are still active.



The highest peak and Japan's most famous mountain is Mount Fuji.

Japan has the third largest economy in the world.

About 136 animal species in Japan are listed as endangered.



**Persimmon**

Together, we make a home.

OFFICIAL PARTNER

# DESIGN YOUR OWN **GOOD LUCK TEAM GB POSTER**

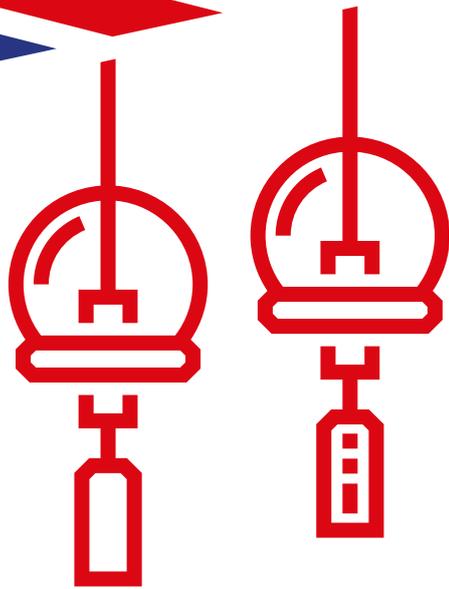


**YOU COULD WIN A TEAM GB ATHLETE VISIT TO  
YOUR SCHOOL ASSEMBLY, PLUS A £100 GIFTCARD!**

Send your entries to **Persimmon Homes**

**f @persimmonhomes** **📷 persimmon\_homes** **🐦 @PersimmonHomes**  
using **#PersimmonStayActive** or email **contact@persimmonhomes.com**

Closing date: 23rd July 2021



## TRY TO MAKE YOUR OWN JAPANESE FURIN OR WIND CHIME

Wind chimes are a symbol of summer in Japan. Typically they are hung outside so people can enjoy the soothing sounds they make when the wind blows.



Thread beads, keys or old CDs onto at least five pieces of string. Attach these to a recycled paper cup or stick. Hang it in your garden, porch or balcony. Wait for a breeze and listen to the sounds.

