



Time to Train

In **Rooftoppers** Sophie has gone to Paris where she meets Matteo and his friends Anastasia and Safi. Matteo and his friends are part of a community of people who live among the rooftops of Paris. Some of them never ever touch the ground but live among the roofs and trees! When Sophie first joins them on the rooftops she finds it difficult to balance, and a little scary, so she begins training.

On page 136 you'll find a description of the training she did:

"She did sit-ups and pull-ups on the doorframe. She practiced balancing on one leg with her eye closed, again and again. Her first effort was seven seconds. Her hundredth time was one minute and forty-two seconds."

Imagine that you are Sophie preparing for a rooftop adventure. Time to train.

- Can you stand on one leg with your eyes closed? How many seconds can you stay there?
- Can you stay there for longer than a minute.?
- How many sit-ups can you do? Lie on your back on the floor and bend your knees. Can you sit up without lifting your feet off the floor? To make it harder get someone to hold your feet down!
- Lie on your back on the floor. Can you lift your head and shoulders and your legs to make a dish shape?
- Lie on your front. Can you lift your head and shoulders and your legs to make an arch shape.
- Can you balance along a line on the floor without falling off? Lie a skipping rope along the floor and see if you can balance along it.

Enjoy your training.