

Welcome to Oriam

Welcome to **Oriam** Scotland, Scotland's Sports Performance Centre, aiming to provide our top sportsmen and women with the facilities, access and support services pivotal for successful performance on the international stage.

- The curve of our roof is based on the curve of a famous footballers free kick. Can you guess who that footballer is?



The answer is Roberto Carlos!

Here is a clip of his famous kick [Roberto Carlos amazing free kick for Brazil - Bing video](#)

Did you know the curve of a football is called the '*Magnus effect*' and happens when pressure on one side of the ball is higher than the pressure on the other side of the ball.

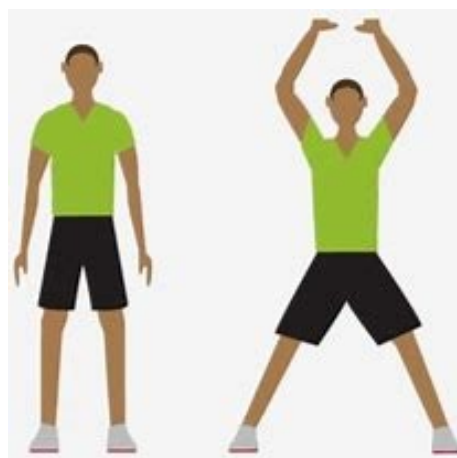
This makes it seem like the football is defying gravity!

Check this out to learn more <https://www.sciencekids.co.nz/experiments/bouncingballs.html>

Now, lets get moving! How many jumping jacks can you do in 1 min?

Apparently, the world record number of jumping jacks in one min is 123 and it's held by a man called Rishiswar Pariyar from Nepal.

If you can beat that make sure you send a video to hello@oriam.hw.ac.uk so we can celebrate with you! Feel free to tag us on Social Media as well, using the hashtags #OurOriam #ouroriamyourpotential #yourpotential
This is what we mean by a jumping jack:



Oriam

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