

TOKYO TEN | 東京10



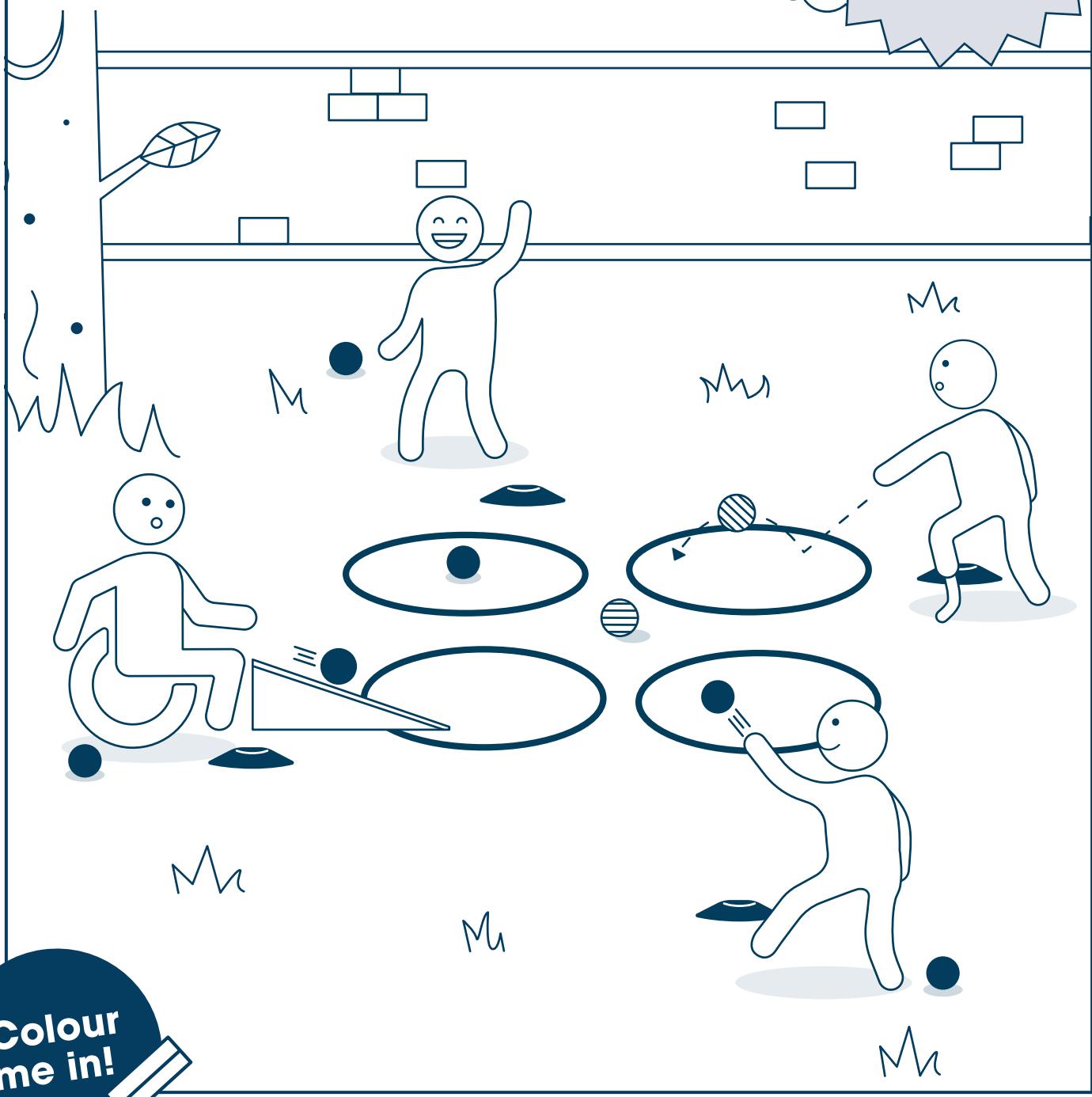
A 10-minute activity to get everyone moving!

HIT THE SPOT

ヒット ザ スポット | Hitto za supotto

Did you know?

Japan's national flag is a red circle on a white background. It is called Hinomaru, which means circle of the sun.



Colour
me in!

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TEAM GB
Olympics



ParalympicsGB

TRAVEL
TOKYO



LOTTERY FUNDED

#TravelToTokyo

10 Mins



HIT THE SPOT

ヒット ザ スポット

Hitto za supotto

Ball Games



Activity type

Home

Away

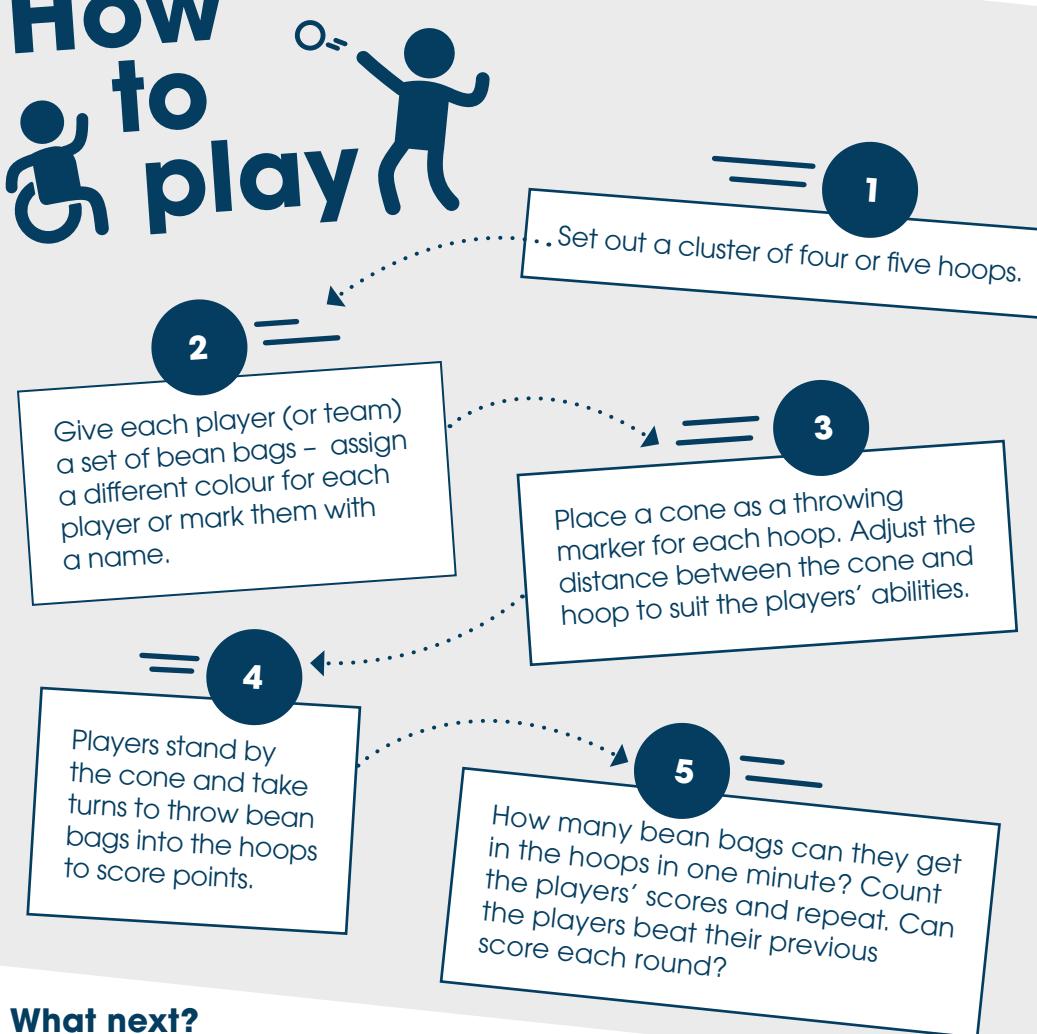
Indoor

Outdoor

Equipment

- 4-5 hoops (can mark a zone using other items)
- 4-5 cones (can use other items)
- 8-10 bean bags per child (or balls/crumpled paper)
- Timer

How to play



What next?



Try something similar

Athletics (throwing), boccia, bowls, golf



Try something different

Swimming, synchronised swimming, diving, water polo



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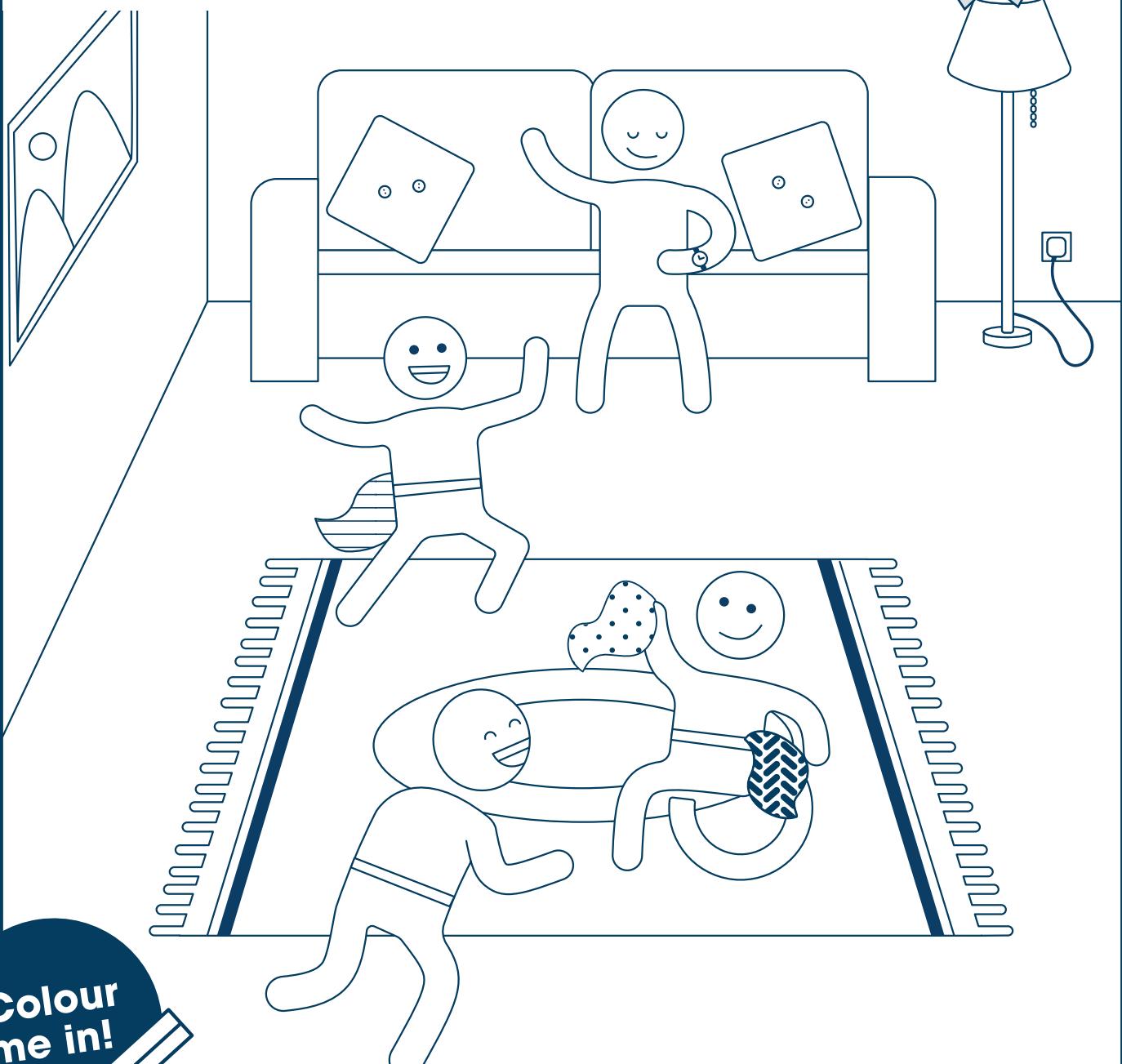
A 10-minute activity to get everyone moving!

DUSTER DODGE

ダスター ドッジ | Dasutā dojji

Did you know?

Japanese children clean their school as part of their daily schedule.



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DUSTER DODGE

ダスター ドッジ
Dasutā dojji

Martial Arts



Activity type

Home

Away

Indoor

Outdoor

Equipment

- 1 duster for each player (or scarves, ties, socks etc)
- Timer, e.g. watch, clock, phone



How to play

One person is the timekeeper.
(Keep swapping so the timekeeper also gets to play.)

1

Each player tucks a duster into the waistband of their clothes so it is dangling down their back. This is their 'tail'.

2

Shout 'Go!'. The players move and dodge around the space, trying to catch other players' tails, without losing their own.

3

4

After 60 seconds, shout 'Stop!'. Each player checks to see if they still have a tail and counts how many tails they caught.

5

Repeat to see if you can keep your own tail and can catch more tails than last time.

What next?



Try something similar

Judo, karate, taekwondo, fencing, boxing



Try something different

Scooting, cycling, skateboarding



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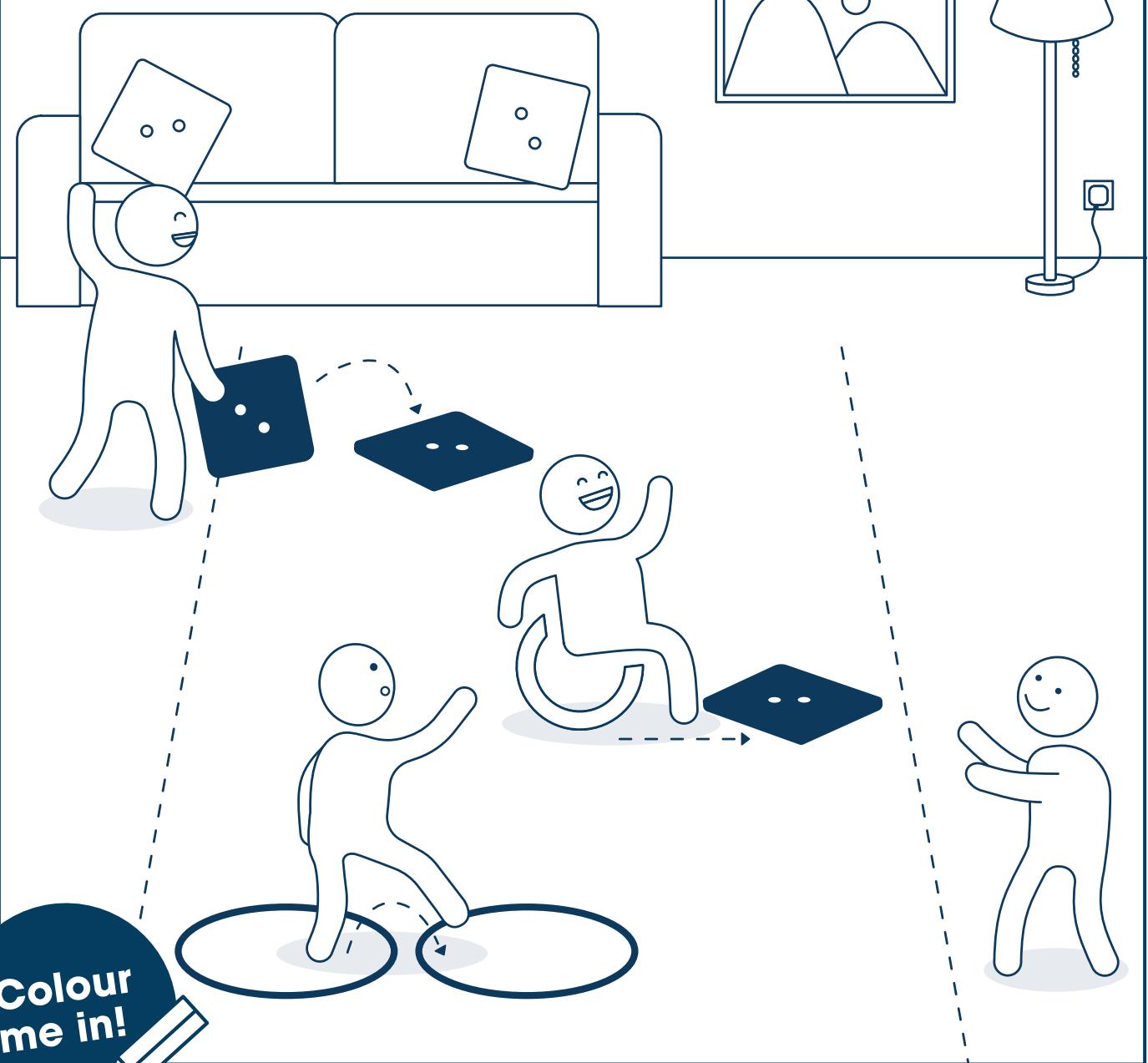
A 10-minute activity to get everyone moving!

STEPPING STONES

ステッピング ストーンズ
Suteppingu sutōnzu

Did you know?

Japan is made up of 6,852 islands! Often small islands form long chains between the large islands, like giant stepping stones across the sea.



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STEPPING STONES

ステッピング ストーンズ

Suteppingu sutōnzu

Adventure



Activity type

Home

Away

Indoor

Outdoor

Equipment

- 2 stepping stones per team, e.g. hoops, carpet tiles, crates
- Objects to mark river banks
- Timer

How to play



2

Sort players into teams of equal sizes, if you have smaller numbers, play as individuals. Each team works in its own channel between the riverbanks, travelling from the start line to the finish line.

4

They must: only use the given equipment; all return to base if any body parts touch the water; take their equipment with them so it also ends up on the final river bank.

1

Set up two 'river banks'
- start and finish lines
- approx. 10m apart.

3

Give each team a set of stepping stones. They must use these to get every team member across the river without getting wet.

5

Set a timer of one minute. Can teams (or are quick, score how many times they all cross the river. Award points for good team work, not just best time.

What next?



Try something similar

Climbing, equestrian, canoeing, sailing



Try something different

Basketball, rugby, hockey, football



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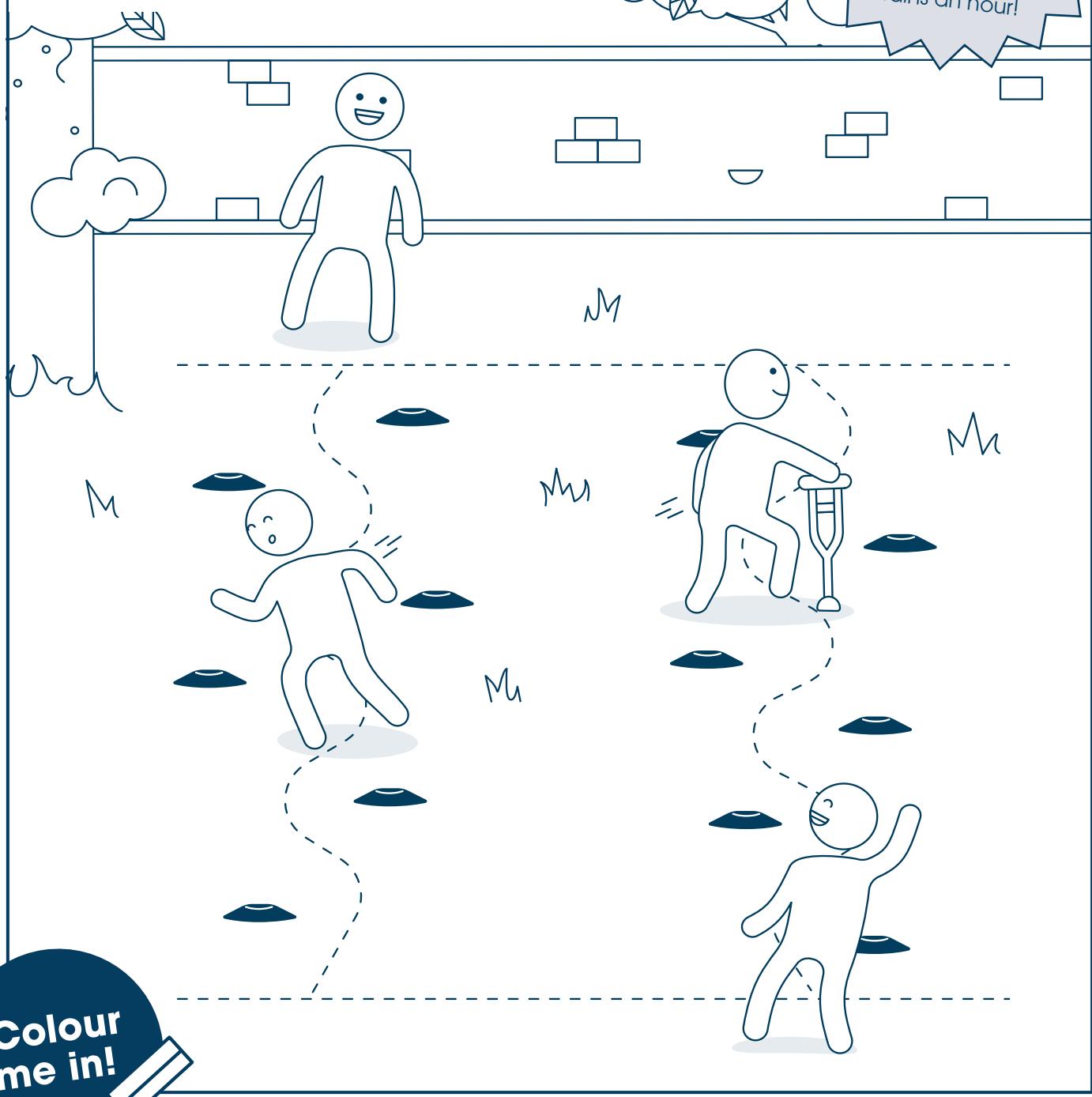
A 10-minute activity to get everyone moving!

ON TRACK

オン トラック | On torakku

Did you know?

Shinkansen – Japanese bullet trains – are the fastest trains in the world. At peak times, there may be 13 trains an hour!



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ON TRACK

オン トラック On torakku

Walk and Run



Activity type

Home

Away

Indoor

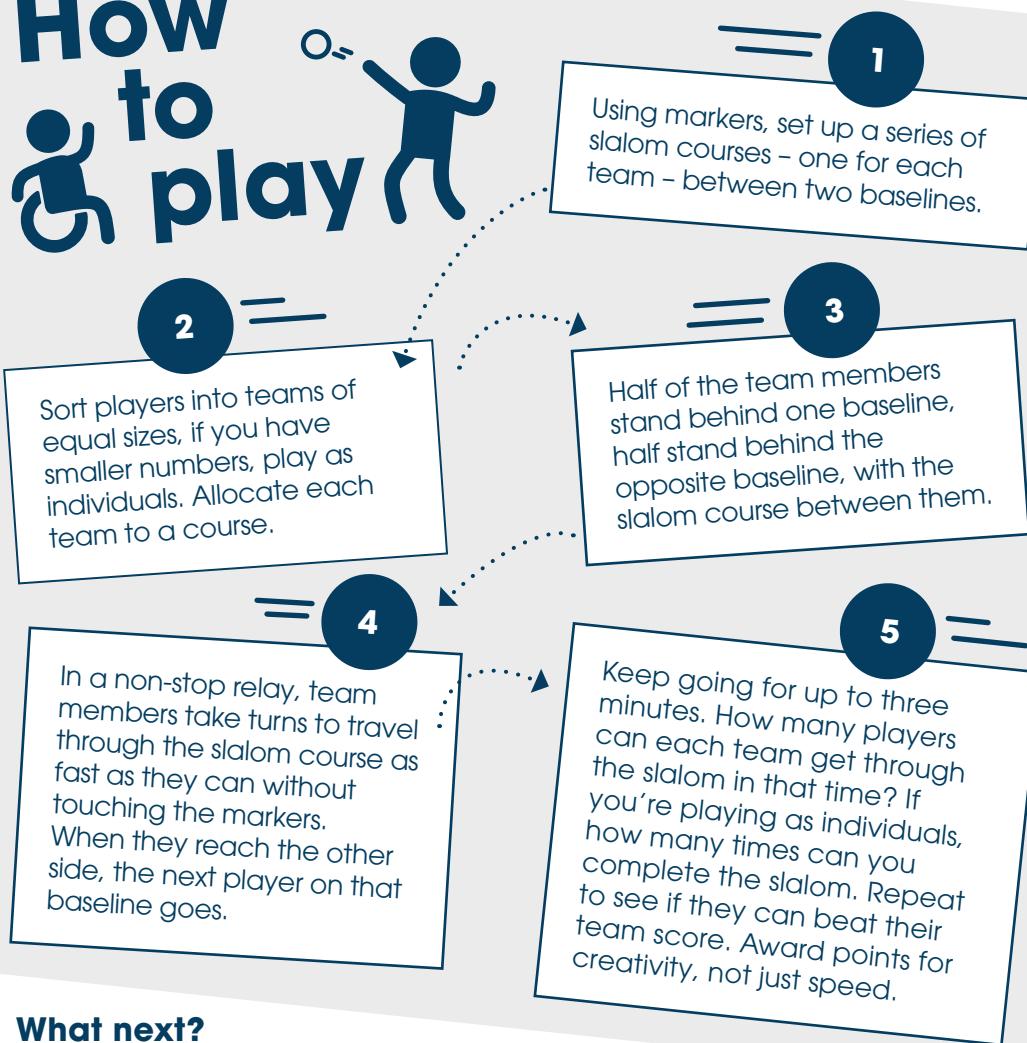
Outdoor

Equipment

- 6 slalom markers per team, e.g. cones, crumpled paper, sticks

- 2 baseline markers per team
- Timer

How to play



What next?



Try something similar

Athletics (track), cross-country, cycling, triathlon



Try something different

Gymnastics, powerlifting, weightlifting



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A 10-minute activity to get everyone moving!

SHAPE SHIFTER

シェイプ シフター | Sheipu shifutā

Did you know?

Japanese folklore includes stories about lots of different mythical monsters. One monster is the Bakeneko - a shape-shifting cat.



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SHAPE SHIFTER

シェイプ シフター
Sheipu shifutā

**Move
and Dance**



Activity type

Home

Away

Indoor

Outdoor

Equipment

- Percussion instrument to keep the beat (or clap)
- Different coloured markers for each team (e.g. sashes, scarves) (optional)

How to play



Give each team a simple movement to a beat of four: team 1: marching on spot; team 2: swing arm rotation.

Keep the beat for three rounds (1-2-3-4, 1-2-3-4, 1-2-3-4) then shout 'balance' and a number from 1 to 4 (e.g. balance 2!). Players make a matching balance: 1 = balance on one leg, 4 = hands and feet. They must try and hold the balance without wobbling for five seconds.

4

Repeat, changing up movements and balances.

5

Players focus on their own individual performance, but their efforts will score points for their team. Practise the activity a few times before scoring. Players are awarded points for good balance and keeping the rhythm. Nobody is out if they wobble or miss the beat!

What next?



Try something similar
Gymnastics, cheerleading, dancing



Try something different
Archery, shooting, modern pentathlon



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