

TOKYO TEN | 東京10



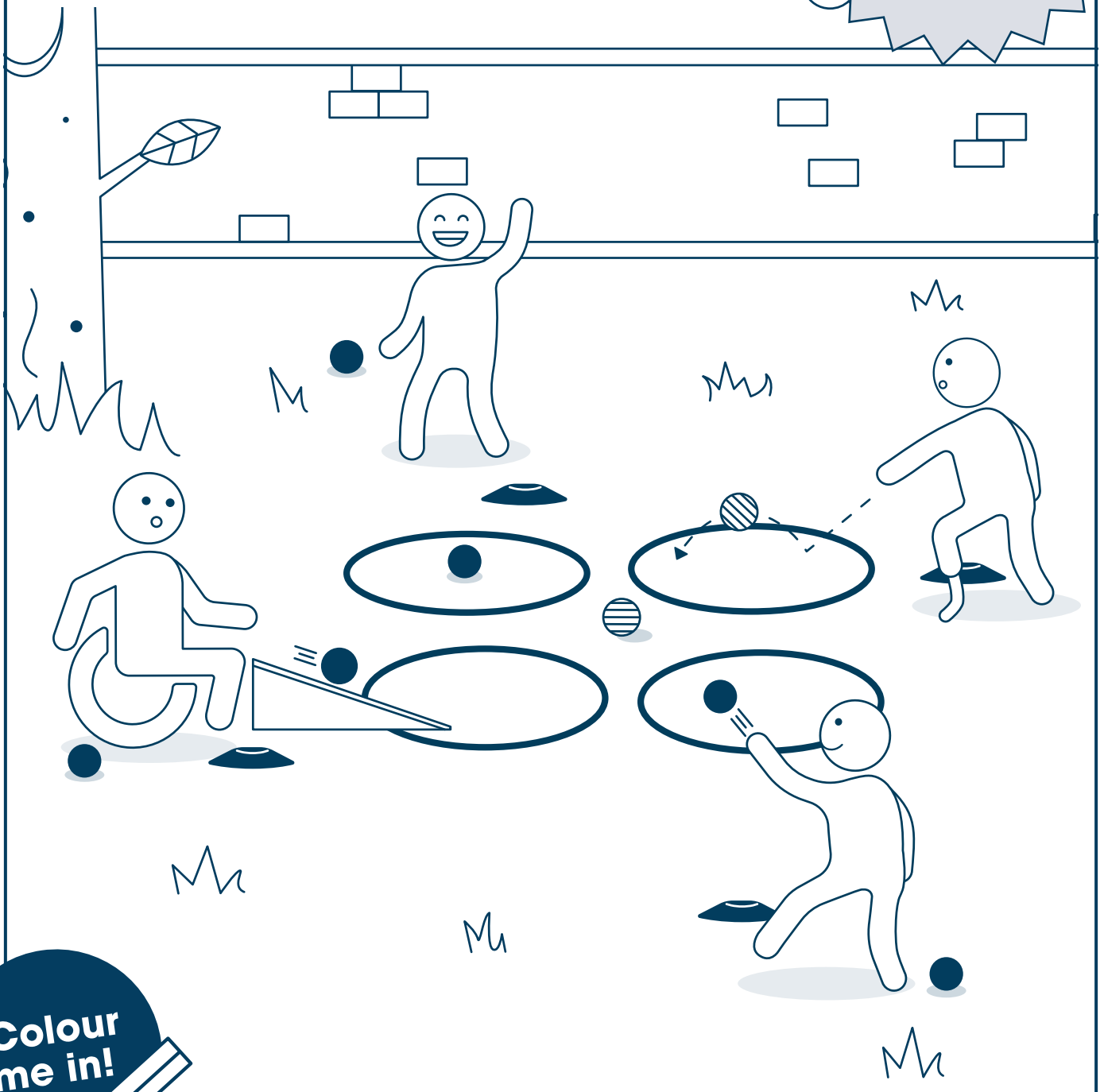
A 10-minute activity to get everyone moving!

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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TRAVEL
TOKYO



SPORT
ENGLAND
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



2

Give each player (or team) a set of bean bags - assign a different colour for each player or mark them with a name.

1

Set out a cluster of four or five hoops.

3

Place a cone as a throwing marker for each hoop. Adjust the distance between the cone and hoop to suit the players' abilities.

4

Players stand by the cone and take turns to throw bean bags into the hoops to score points.

5

How many bean bags can they get in the hoops in one minute? Count the players' scores and repeat. Can the players beat their previous score each round?

Variations

- Give each player a base so they run/skip/jump to the throwing marker before throwing.
- Use different size targets with higher points for smaller targets.
- Individual players (or teams) aim at different hoops.

Challenge yourself

- Can you increase your score each time?
- Can you encourage and help other players (or your teammates)?
- Can you make sure it is fair and fun for everyone?

What next?



Try something similar

Athletics (throwing), boccia, bowls, golf



Try something different

Swimming, synchronised swimming, diving, water polo



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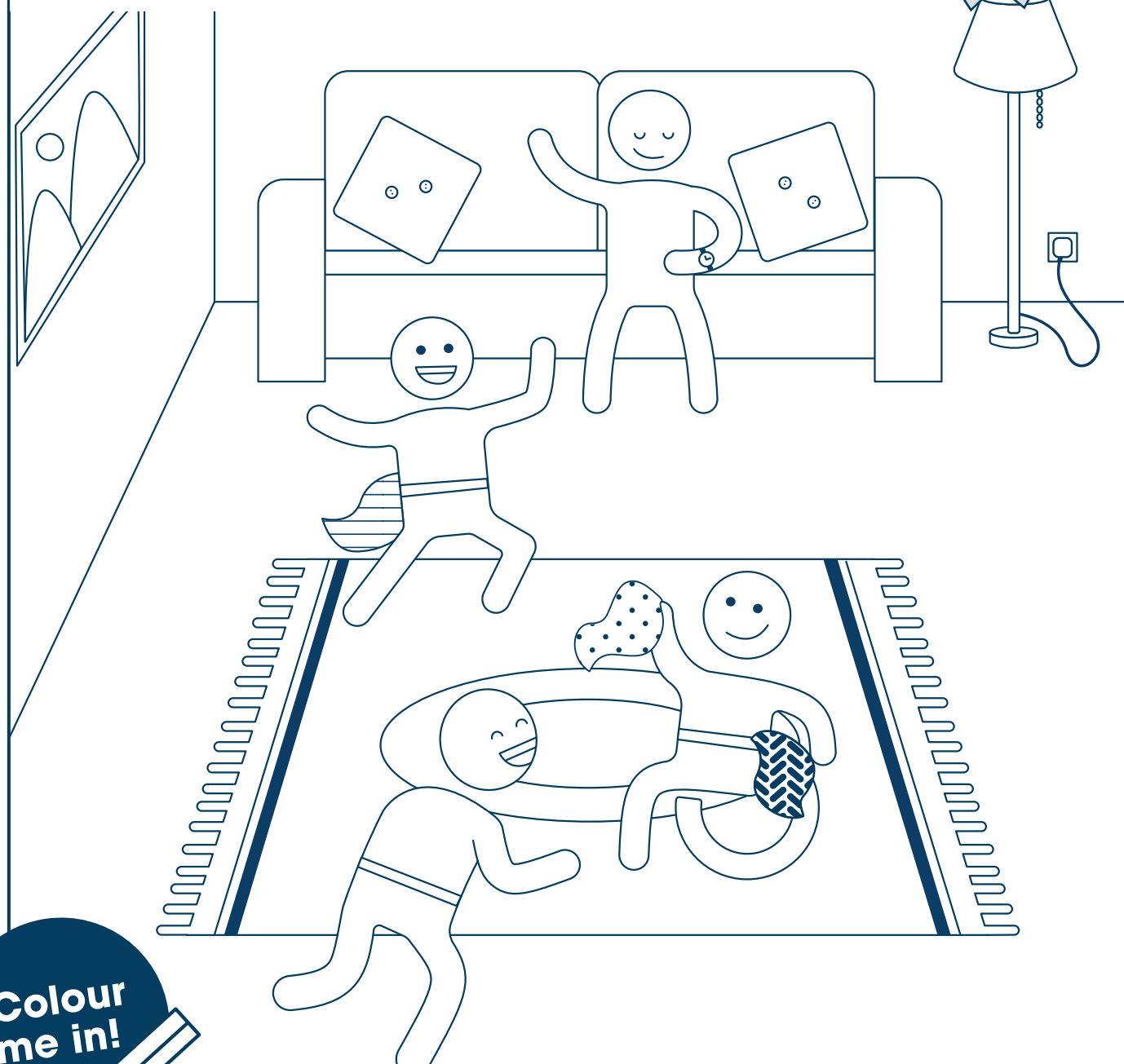
A 10-minute activity to get everyone moving!

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



2

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'.

3

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

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.

Variations

- One player is the catcher and stands in the middle of a circle. Other players dodge but can't run away.
- Each player wears the tails they caught.
- Make up your own rules.

Challenge yourself

- Can you move faster?
- Can you move around a bigger space?
- Can you make each round longer than 60 seconds?

What next?



Try something similar

Judo, karate, taekwondo, fencing, boxing



Try something different

Scouting, cycling, skateboarding



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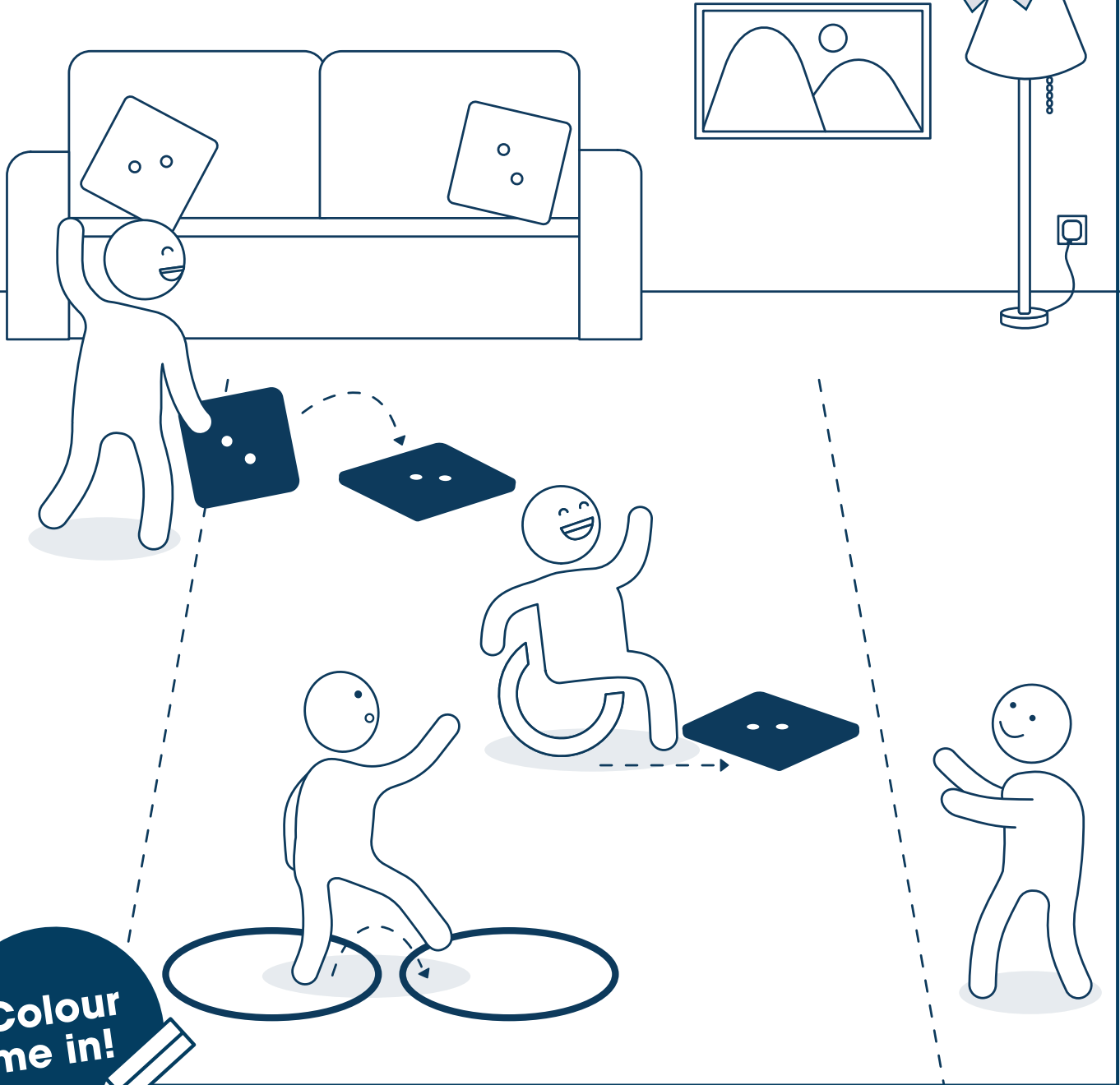
Did you know?

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.

STEPPING STONES

ステッピング ストーンズ

Suteppingu sutōnzu



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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.

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.

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.

5

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

Variations

- Change the distance between the river banks.
- Give teams more, fewer or different types of stepping stones.
- Add obstacles in the river, e.g. to go through, under or over.

Challenge yourself

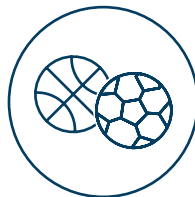
- Can you find different ways to solve the challenge?
- Can you make sure everyone is fully included?
- Can you support and encourage your team mates?

What next?



Try something similar

Climbing, equestrian, canoeing, sailing



Try something different

Basketball, rugby, hockey, football



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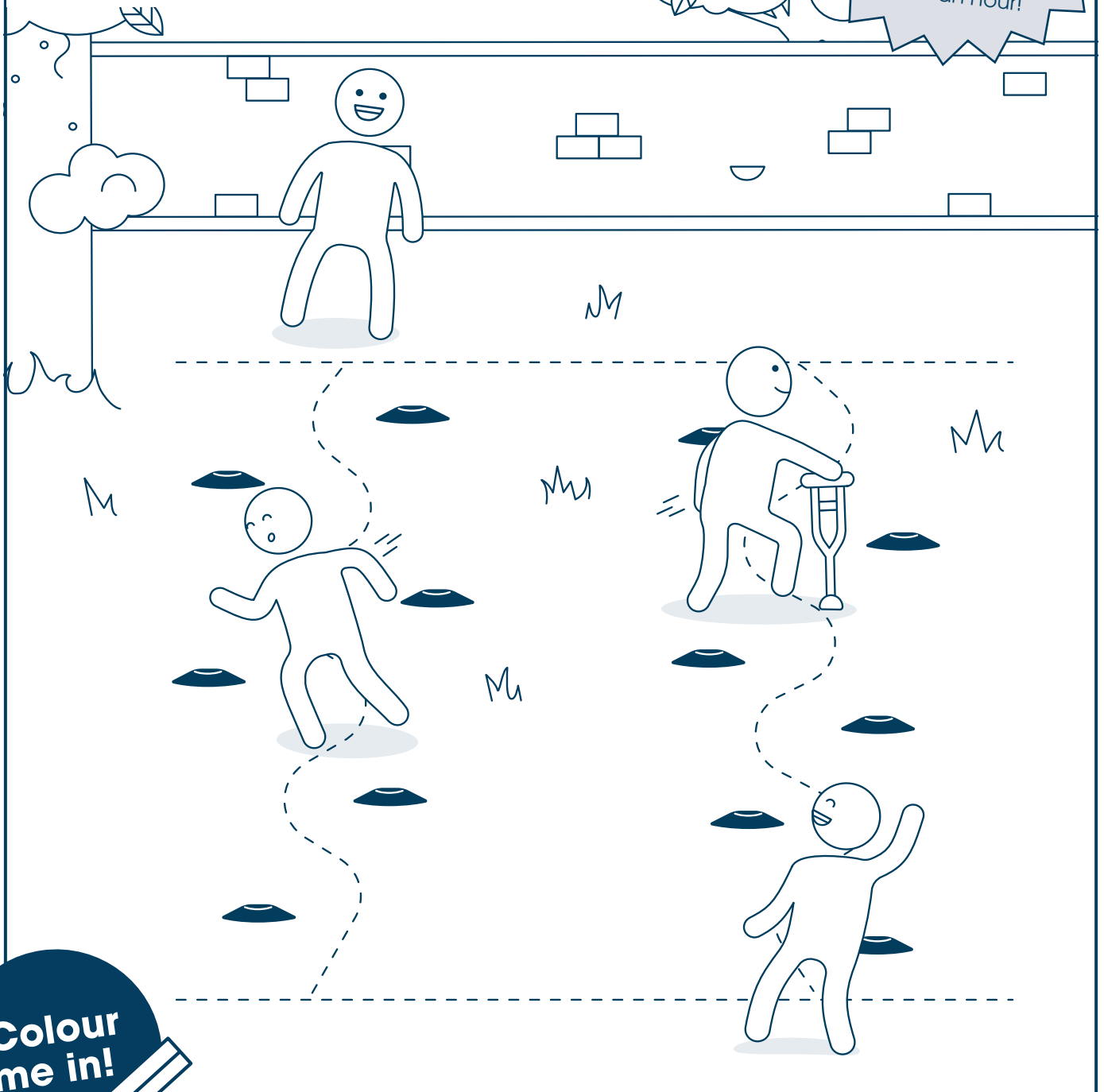
A 10-minute activity to get everyone moving!

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



2

Sort players into teams of equal sizes, if you have smaller numbers, play as individuals. Allocate each team to a course.

1

Using markers, set up a series of slalom courses - one for each team - between two baselines.

3

Half of the team members stand behind one baseline, half stand behind the opposite baseline, with the slalom course between them.

4

In a non-stop relay, team members take turns to travel through the slalom course as fast as they can without touching the markers. When they reach the other side, the next player on that baseline goes.

5

Keep going for up to three minutes. How many players can each team get through the slalom in that time? If you're playing as individuals, how many times can you complete the slalom. Repeat to see if they can beat their team score. Award points for creativity, not just speed.

Variations

- Change the distance between and/or the layout of the slalom markers.
- Ask players to travel using different methods, speeds and directions each time they have a turn.
- Ask players to balance a bean bag on their head or dribble a ball as they travel.

Challenge yourself

- Can you beat your team score each round?
- Can you create new ways to travel?
- Can you encourage your team mates?

What next?



Try something similar

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



Try something different

Gymnastics, powerlifting, weightlifting



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TOKYO TEN | 東京10



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



2

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

3

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!

Variations

- Use more complex movements, e.g. marching forward, backward or a grapevine.
- Create your own rhythm movements.
- Instead of numbers, call out shapes or animals for which players create balances.
- Include pair and team balances as well as individual.

Challenge yourself

- Can you keep in time to the beat?
- Can you concentrate and hold your balance?
- Can you create new or unusual balances?

What next?



Try something similar

Gymnastics, cheerleading, dancing



Try something different

Archery, shooting, modern pentathlon



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