

OUR ACTIVE INSPIRATION

うんどうのインスピレーション Undō no Insupirēshon

This sheet includes ideas and tips to keep you and your family active throughout the Travel to Tokyo challenge and beyond. Each category includes a **starter activity**, a **more-active suggestion** and a **sport recommendation**. Display it in your home as a daily reminder to keep you moving. Add in your own ideas as you find new ways to get active.

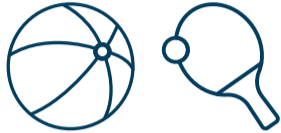


Get active in **10-minute bursts!**



Aim for **30 minutes at school**
30 minutes at home
every day

Ball Games



- **TOKYO TEN:** Count Me In
 - French Cricket
 - Badminton

Our idea

In the Water



- Wet & Wild
- Swimming
- Canoeing

Our idea

Move & Dance



- **TOKYO TEN:** House Workout
 - Yoga
 - Gymnastics

Our idea

On Wheels



- **TOKYO TEN:** TV Triathlon
 - Skating
 - Cycling

Our idea

My Active Family

Draw a picture or add a photo of your active family here!

Marital Arts



- **TOKYO TEN:** Duster Dodge
 - Boxercise
 - Judo

Our idea

Play



- Simon Says
- Chasing games
- Pitch & Put

Our idea

Walk & Run



- **TOKYO TEN:** Fast Lane
 - Couch to 5km
 - Athletics

Our idea

Adventure



- **TOKYO TEN:** Where's the Pair?
 - Scavenger hunt
 - Orienteering

Our idea

Our Active Ideas

Aim to increase your effort level



Feel fine



Breathe faster



Hot and sweaty

Log your activity to your team on the Travel to Tokyo website to win prizes and find Tokyo Ten activities and resources.

getset.co.uk/travel-tokyo



SPORT ENGLAND

LOTTERY FUNDED



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