

MY ACTIVE CHALLENGE

私のアクティブ・チャレンジ | WATASHI NO AKUTIBU CHARENJI

I can design sports equipment!

As you try new sports and physical activities, think about the equipment you use. How does it help you to play? How does it help you to improve?

This challenge helps you to **design equipment** so you can think about what small changes help you to achieve your personal best.

Many of the Olympic and Paralympic sports use special equipment. Some equipment is adapted so disabled athletes can take part too.

What do I need?

Paper and pencil
Craft materials, e.g. newspaper,
toilet roll tubes (optional)

How long will it take?

30 minutes to design
equipment
10 minutes to try it out



Step 1: Warming up

Choose a sport that uses some equipment. You may choose one you play already, or you can find out about a new sport.

Not sure what to choose? Try baseball.

Baseball is the national sport of the United States of America but is also popular in Japan.

It will be an Olympic sport for the first time at Tokyo 2020.

It is a bat and ball game similar to rounders, softball and cricket.

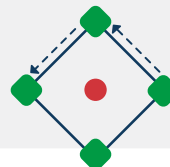
Although baseball is not a Paralympic sport, it can be adapted so it can be played by everyone. For example:



Hit the ball off a tee so it is still (e.g. tall cone or water bottle)



Allow the ball to bounce before hitting it



Reduce the number of bases or the distance between them.



Step 2: Taking part

1. With your family, play your chosen sport **with the equipment** (e.g. if you chose baseball use a baseball bat).

2. Think about the equipment:

How is it **used**?

What **size** is it?

What **shape** is it?

Is the **colour** important?

What **materials** is it made from?

3. Now think of how you could make small changes to improve the equipment so that it:

Helps someone to get started.
(Think about players with different abilities.)



or

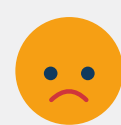
Helps a player to get better results.



4. Make your new equipment and try it out!

Step 3: Cooling down

How did using new equipment make you feel?



Aim to increase your effort level:



Feeling fine



Breathe faster



Hot and sweaty

Remember:

- We learn from trying. See what works and what doesn't. Decide how to make it even better next time.
- Even small changes can help you to improve your personal best!

In future:

Don't worry if you don't have the right equipment. You can adapt activities to use different equipment or no equipment at all
See the Tokyo Ten activity guides to give you some ideas:
www.getset.co.uk/resources/travel-to-tokyo/tokyo-ten