

MY ACTIVE CHALLENGE

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

I can make a Radio Taiso routine!

Radio Taiso is a name for simple exercises that anyone can do, anywhere, any time. They help you to break up the amount of time you are sitting still. This is good for your body and your brain!



Radio Taiso is very popular in Japan. Short sessions are broadcast on radio or television many times a day. Athletes will do them during their flight to the Olympic and Paralympic Games.

This challenge helps you to **create your own Radio Taiso routine** and get as many people as possible to take part.

What do I need?

Comfortable shoes and clothes.
Computer or phone with internet connection (optional).

How long will it take?

15 minutes to make and practise
10 minutes to teach other people
5 minutes to do



Step 1: Warming up

On your own or with your friends or family (you could try using a video call to get more people involved), try some simple exercises first. For example:

- Body stretch – feet together, back straight, stretch arms above head.
- Chest stretch – arms out to side, arms hug body, arms up, arms down.
- Side stretch – left arm overhead and right arm to floor, swap sides.
- Arms and legs – arms out to side, bend both knees up and down.
- Body twist – stand straight, twist body to the left, swing arms to right, swap sides.
- Body circle – stretch arms above head, circle whole body round in a circle – stretch to the left, down to touch the floor, then up to the right.



Tips:

Think about arms, legs and your whole body.
Always exercise both sides of your body, e.g. four times on the left and four times on the right. Take it steady – don't try to stretch too far or too fast!

Step 2: Taking part

Now, create your own Radio Taiso routine!

1. Think of three-to-six exercises which would be really **fun and easy to follow**. For example:

- Mime other actions, e.g. pretend to swim or paddle a boat.
- Become a shape, e.g. be like a star or rocket.
- Copy a superhero or cartoon character, e.g. stretch like Superman!

2. Put your exercises together to create a **routine**.



Put your exercises in order.



Repeat exercises four or eight times before changing.



Add some music.

3. Now, **practise** your routine until you know it off by heart.

4. Show off your routine by creating a **mass Radio Taiso event**.

- Teach it to your family at home.
- Teach your routine to other people – either by recording and sharing it or by video calling.
- Ask your friends to create their own routine, then share them with each other or combine it with yours.
- Set a time for everyone to take part at the same time or have a large video call to perform at the same time.

Step 3: Cooling down

How did your Radio Taiso routine make you feel?



Aim to increase your effort level:



Feeling fine



Breathe faster



Hot and sweaty

Remember:

- Taking part in regular Radio Taiso sessions will help you to Travel to Tokyo!
- Ask a parent or teacher to help you create and share a video of your own Radio Taiso routine through social media: **#TTYourWay** **#TravelToTokyo** **#RadioTaiso** **@GetSetCommunity**

In future:

- Build Radio Taiso into your daily routine so you are not sitting down for too long.
- See the Tokyo Ten activity guide for Radio Taiso to give you some ideas: **www.getset.co.uk/resources/travel-to-tokyo/tokyo-ten**