

# MY ACTIVE CHALLENGE

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

## I know more about Japan!

The 2020 Olympic and Paralympic Games will be held in Tokyo, the capital of Japan. The Games are not just about sport. They also celebrate culture and education.

This challenge helps you to learn more about Japan and its culture. It is an active quiz, so it also helps you and your family and friends to log more activity to help your team travel to Tokyo.

### What do I need?

Paper and pen | Scissors  
Envelopes (optional)

20 Mins



## What should I do?

### Warming up

1. Print or copy the Question board. You need one for each team of five.
2. Print or copy the answers. Cut them up and put each answer in an envelope or fold the square so you can't see the answer.

### Taking part

1. Spread the answer cards around your space (the house, park, classroom or playground). If you are outdoors, make sure they can't blow away. You can tie them to something or place them under a stone.
2. Ask your team players to wait at a base. Give them a copy of the question sheet.
3. Take turns in a relay. One player runs to find an answer and brings it back to base. Then the next player goes, and so on. Keep going until the team has collected all the answers.
4. While waiting at base, the other players match the answers to the questions. When they have finished, check to see if they are correct.
5. If there are more than 5 players, make 2 sets of questions and answers and have 2 teams. Spread the answers in different places. If a team collects an answer it already has, the player must return the answer to its place before searching for a new one.





### Optional - create your own active quiz for extra fun!

Use the internet or library books to find out some facts about Japanese culture. This might include facts about language, food, costume, music, games, sports, or work.

Choose 12 facts to include in your active quiz. Write a question and answer for each fact. Make a question sheet and answer cards, like the ones you used earlier. Now give it a go!

### Cooling down

#### Remember

- Finding out about other countries and their cultures helps us to understand and respect other people.
- Being active while learning makes it more fun, and helps you to remember.

#### In future

- Challenge your friends to make their own active quiz about Japan. You could give each other a theme. For example, one person covers food, another covers sports.
- Create a quiz about Team GB and ParalympicsGB athletes!



Discover more facts about Japan by looking at the Tokyo Ten activity guides: [www.getset.co.uk/resources/travel-to-tokyo/tokyo-ten](http://www.getset.co.uk/resources/travel-to-tokyo/tokyo-ten)

### Answer key

<p>What is Japan's national sport?</p> <p><b>Sumo</b></p>	<p>How many active volcanoes are there in Japan?</p> <p><b>Over 100</b></p>	<p>What currency does Japan use?</p> <p><b>Yen</b></p>	<p>Japan is one of the world's biggest producer of what?</p> <p><b>Cars</b></p>
<p>What is a popular Japanese dish?</p> <p><b>Sushi</b></p>	<p>What popular Japanese activity means 'empty orchestra'?</p> <p><b>Karaoke</b></p>	<p>Traditionally, what do Japanese people sleep on at home?</p> <p><b>Futon</b></p>	<p>What is one of Japan's traditional dances?</p> <p><b>Bon Odori</b></p>
<p>What does a traditional Japanese home have instead of walls?</p> <p><b>Fusuma</b> (Sliding doors)</p>	<p>What food is eaten almost every day in Japan?</p> <p><b>Rice</b></p>	<p>How many islands make up Japan?</p> <p><b>Over 6,000</b> (4 count as large)</p>	<p>What is Japan's traditional dress?</p> <p><b>Kimono</b></p>





### Question board

What is Japan's national sport?	How many active volcanoes are there in Japan?	What currency does Japan use?	Japan is one of the world's biggest producer of what?
What is a popular Japanese dish?	What popular Japanese activity means 'empty orchestra'?	Traditionally, what do Japanese people sleep on at home?	What is one of Japan's traditional dances?
What does a traditional Japanese home have instead of walls?	What food is eaten almost every day in Japan?	How many islands make up Japan?	What is Japan's traditional dress?

### Answers

<b>Sumo</b>	<b>Over 100</b>	<b>Yen</b>	<b>Cars</b>
<b>Sushi</b>	<b>Karaoke</b>	<b>Futon</b>	<b>Bon Odori</b>
<b>Fusuma</b> (Sliding doors)	<b>Rice</b>	<b>Over 6,000</b> (4 count as large)	<b>Kimono</b>