

MY ACTIVE CHALLENGE

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

I can run a Japanese sports day!

Sports Day (スポーツの日 | **Supōtsu no hi**) is a national holiday in Japan. It takes place every year, usually in October. In 2020 it will be held on 24th July – the same day as the Tokyo Olympic Games Opening Ceremony.

This challenge helps you to learn leadership skills by organising a mini sports day for your family and friends. It also helps you to find out which activities everyone enjoys.

What do I need?

Tokyo Ten activity cards | Equipment to match
Timer | Paper and pen | Music (optional)

30 Mins
planning

60 Mins
doing



What should I do?

Warming up

1. Look at the Tokyo Ten activities: www.getset.co.uk/resources/travel-to-tokyo/tokyo-ten. Choose five activities that your family and friends will enjoy. You could ask them to pick their favourites or choose ones they haven't tried yet.
2. Decide how you will make each activity into a competition. Have fun categories too. For example, give points for:
 - a. Fastest to finish
 - b. Highest number
 - c. Most enthusiastic player
 - d. Most creative move
3. Decide what order you will do the activities in, and make a timing plan. Give each activity about 10 minutes, including setting up, playing and scoring. Alternate very active ones with less active ones.
4. Gather any equipment you need. For extra fun, make Japanese flags, medals or certificates. Visit Tokyo 2020 to see the medals and mascots for the Games: <https://tokyo2020.org/en/>



Taking part

1. Start with an opening ceremony. Ask your family and friends to parade or stand behind the Japanese flag while you play the Japanese anthem 'Kimigayo' (君が代 | **Kimigayo**).
www.youtube.com/watch?v=oNRleDlfg-o
2. Run each of the activities on your timetable. Record the scores for each activity. Make sure everyone gets points as this will make it fun for everyone. For example, if 5 people are taking part:
 - a. 1st place = 5 points
 - b. 2nd place = 4 points
 - c. 3rd place = 3 points
 - d. 4th place = 2 points
 - e. 5th place = 1 point
3. Have a break in the middle with water and, if possible, pieces of fruit. The most popular fruit in Japan is the 'Fuji apple' (ふじりんご | **Fuji ringo**).
4. At the end, add up the scores. You could present a medal to the winner and certificates to everyone who took part.
5. Finish with a closing ceremony. Thank everyone for taking part. Party to your favourite music or try some 'karaoke' (カラオケ | **Karaoke**), which started in Japan.

Cooling down

Remember

- Running a sports day can help you with confidence, communication and making decisions. These are great skills for life!
- Sports days should be fun for everyone. Change the activity if people don't enjoy it. Make sure everyone has some success. Include other non-sports activities.

In future

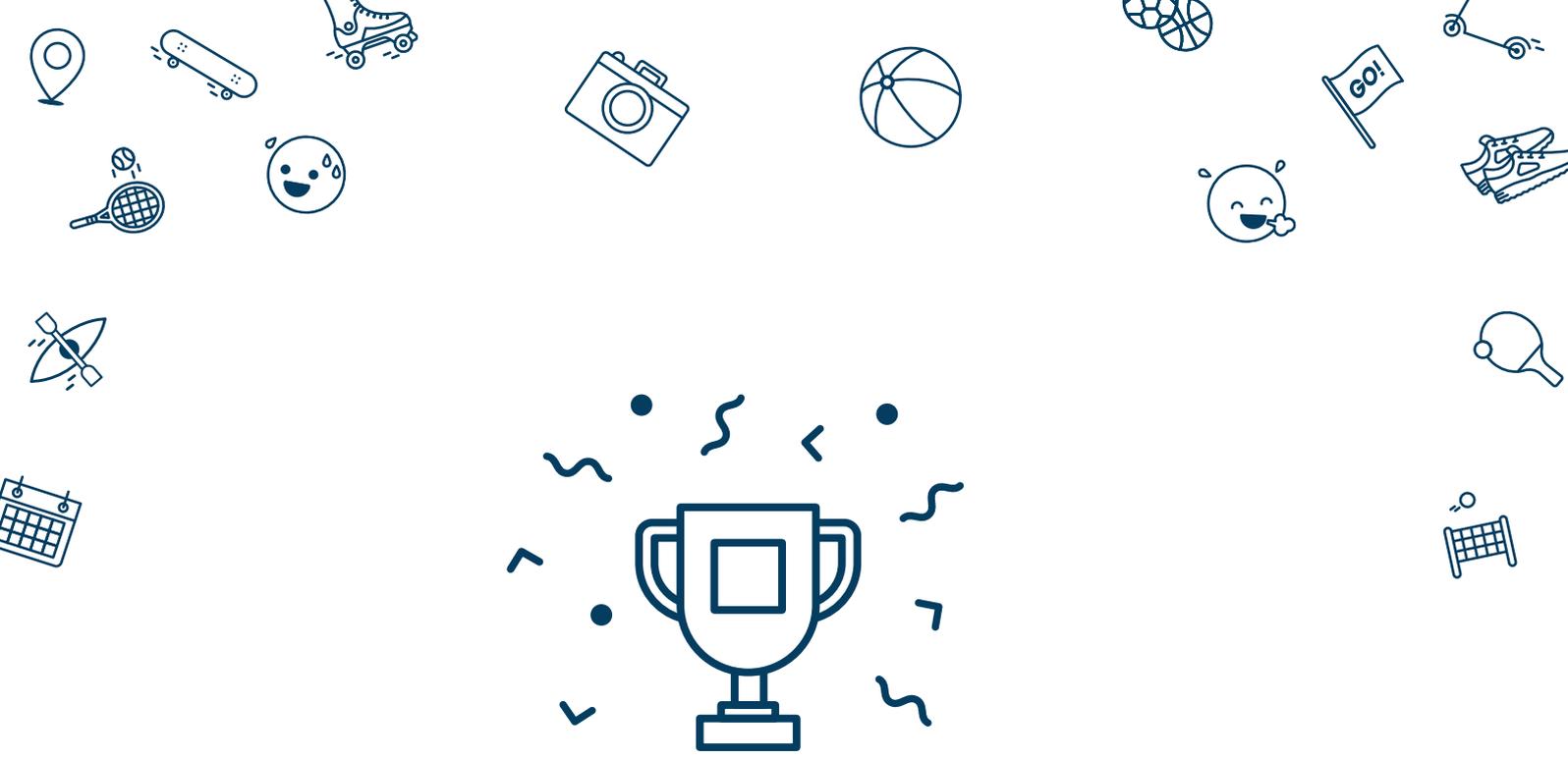
- Find out which activities your family and friends enjoyed most. Ask them to draw an emoji for each activity they tried. Ask why they liked that activity best.



Log your activity online to help your team travel to Tokyo:
www.getset.co.uk/travel-tokyo







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FOR
