

TOKYO TEN | 東京10



A 10-minute activity to get everyone moving!

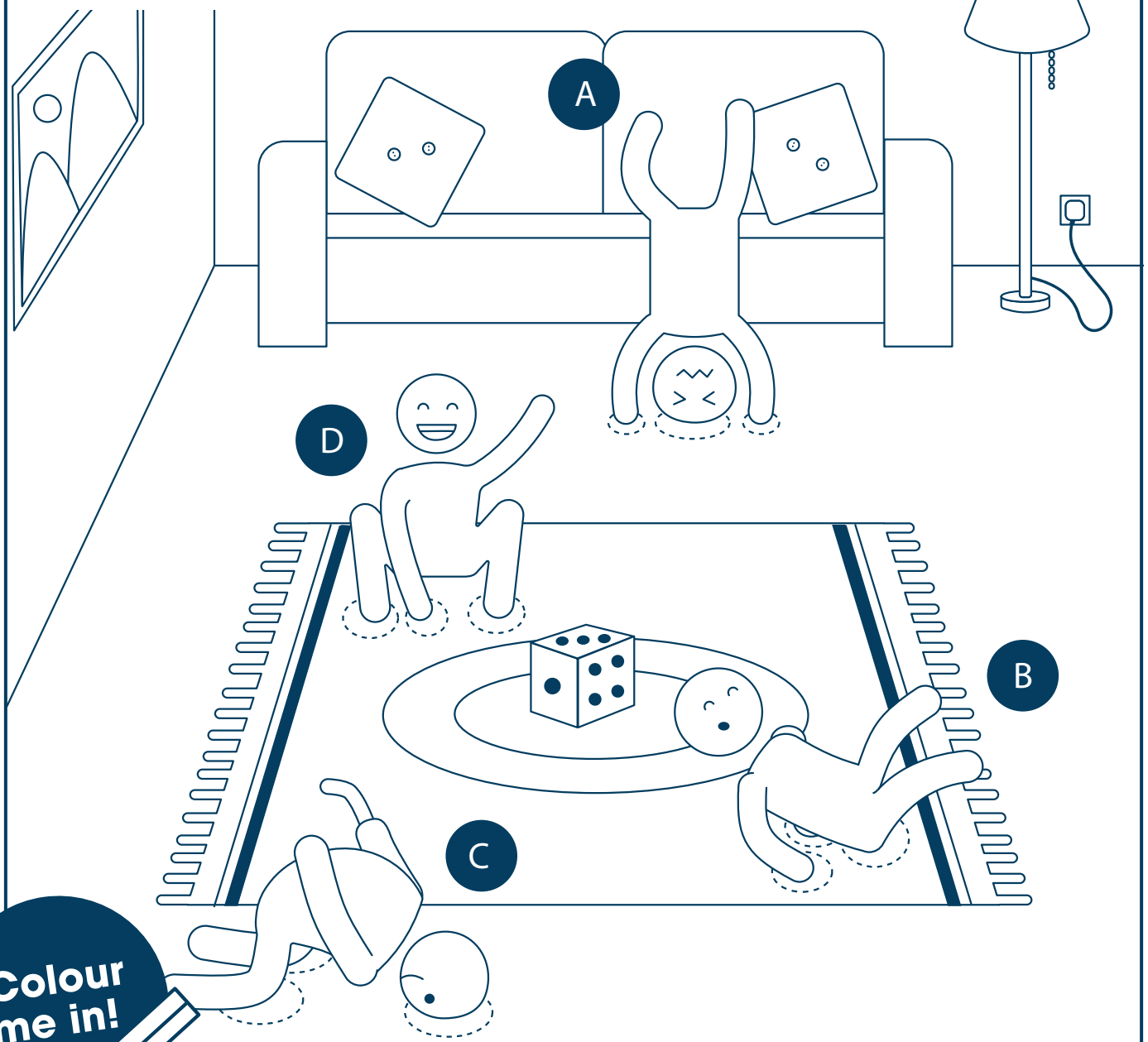
Did you know?

In Japanese Manga, magazines and newspapers, words are read from top to bottom and right to left!

RANDOM ROUTINES

ランダムルーチン

Randamu rūchin



Colour me in!

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TRAVEL
TOKYO



SPORT
ENGLAND

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10 Mins



RANDOM ROUTINES

ランダムルーチン
Randamu rūchin

Move & Dance



Activity type

Home

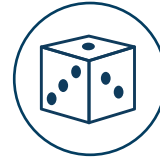
Away

Indoor

Outdoor

Equipment

- Dice
- Music (optional)



How to play



1
Players start in the same space.

3
Keep throwing the dice and practise making different shapes/balances for a few minutes.

2
One player throws the dice. Each player makes a shape (a balance) that has that number of contact points with the floor. If you throw a 2: do a handstand with two hands, or balance on one knee and one elbow, you can make it as hard or as easy as you like.

4
Each player throws the dice and gets a number. (Don't show each other!) Each player moves to a different room and practises making a shape/balance to match their number.

5
Players come back to one room to show off their shapes. Players then make a sequence of the shapes and perform a routine. Add some music!

Variations

- Players teach each other their shapes before doing a joint routine.
- Instead of numbers, use different ideas, e.g. make shapes of letters or copy animal movements.

Challenge yourself

- Can you make a more difficult shape?
- Can you hold your balance without wobbling for longer?
- Can you add some movements between balances?

What next?



Try something similar

Gymnastics, cheerleading, parkour (free running)



Try something different

5km fun run, Nordic walking, athletics, triathlon



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