



# Holiday Activity Pack

Try out the Tokyo Tasters, find out more about Japan  
and discover new games to try this summer!

Name: .....

[GETSET.CO.UK/TRAVEL-TOKYO](https://www.getset.co.uk/travel-tokyo)

#TRAVELTOKYO



## TRAVEL | DO YOU KNOW...



About Japan: **Getting about**

Japan has bullet trains called **shinkansen** (新幹線). They go at 320km per hour.

Tokyo had the first commercial monorail in the world. It was built for the Tokyo Olympic Games in 1964.

Everyday bicycles in Japan are called **mamachari** (ママチャリ). This means mum's bicycle.

You need a boat to get to some places in Japan, because it has so many small islands.



About the Games: **Moving quickly**

At the Olympic Games, the men's 100m record holder is called the fastest man in the world.

Sarah Storey is a British Paralympian. She has won 25 medals. 9 gold medals were for cycling.

In the marathon, wheelchair athletes are faster than runners.

There are triathlon events at the Olympic and Paralympic Games. The triathlon is swimming, cycling and running.

## TRAVEL | DAILY ACTIVITIES



Try these **10-minute activities** with your family.



### Indoor or outdoor

#### Zippy Zig-zag

Make a course with markers.



Take turns. Zig-zag between the markers in lots of ways. For example, walk, hop, skip, jump, wheel. Go forwards, backwards and sideways. How many ways can you move? Can you move faster?

**You will need:**  
Markers, such as plastic bottles, plant pots, newspaper, or socks.



### Outdoor

#### Supersonic shuttle

Find a safe place to run, wheel, cycle or scoot, like the pavement, park or beach. Take turns. How far can you get in 30 seconds? Make a mark where you start and end. How far can you get next time?

**You will need:**  
Timer, marker per person, such as a stone, plastic bottle, or chalk.

Be creative! Make up your own activity.  
Check out the Tokyo Tens for ideas: [getset.co.uk/tokyo-tens](https://www.getset.co.uk/tokyo-tens)

## TRAVEL | CHALLENGE



### Try new things to find an activity you enjoy!

You can do it at home, at school or in your community.

#### Activity idea

#### Get involved

##### Running



Run for fun in your local area. Use the free Couch to 5k guide to get started. Check your local park for organised runs.

[nhs.uk/live-well/exercise/couch-to-5k-week-by-week/](https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/)

##### Athletics



Track and field events, including running/wheeling, jumping and throwing – for children and adults of all abilities.

[britishathletics.org.uk/get-involved/](https://www.britishathletics.org.uk/get-involved/)  
[parasport.org.uk/sports/athletics](https://parasport.org.uk/sports/athletics)

##### Cycling



Free, fun, friendly bike rides for all. Go Ride programmes for children. Cycling clubs for adults and children of all abilities.

[britishcycling.org.uk/getinvolved](https://www.britishcycling.org.uk/getinvolved)  
[parasport.org.uk/sports/cycling](https://parasport.org.uk/sports/cycling)

##### Roller sports



Skateboarding, roller skating, roller derby, inline skating, scooting – for adults and children.

[bbc.co.uk/sport/get-inspired/33148113](https://www.bbc.co.uk/sport/get-inspired/33148113)

## TRAVEL | PUZZLE



### Which picture matches the statement?

1

Worn by some athletes who don't have both legs (amputees).

2

Called 'mum's bicycle' in Japan.

3

Moves at 320km per hour.

4

Athletes in a triathlon use these.

5

Tokyo had the first commercial one.

6

Riders who are visually impaired ride this with a pilot.

A



B



C



D



E



F



## FAMILIES | DO YOU KNOW...



About Japan: **Living together**

A family in Japan is called a kazoku (家族).

In Japan, grandparents, parents and children often live together.

Old Japanese houses do not have glass windows. Thin paper lets in the light.

It is bad manners to wear shoes in a Japanese house.

About the Games: **Belonging to a team**



Team GB takes part in the Olympic Games.

ParalympicsGB takes part in the Paralympic Games.

During the Games, athletes live in the athletes' village.

Before the Games, athletes train together in a training camp.

## FAMILIES | DAILY ACTIVITIES



Try these **10-minute activities** with your family.



### Indoor or outdoor

#### Follow my family

Each person thinks of an easy move. For example, march on the spot, star jump, touch toes, squat, side bend.

Stand in a circle. The first person does their move for 10 seconds. The second person copies that move then adds their own move. The third person copies both moves then adds their own – and so on. Go around the circle again. Each person does a new move. How many moves can you do?

#### You will need:

Music (optional).



### Outdoor

#### Kazoku

Find a safe space to run around, like a garden, park or playground. One person is 'It', and they chase the other people. When they tag someone, they hold hands with that person and chase the rest. Each time someone is tagged, they join the chain. When the last person is tagged, everyone shouts "Kazoku" (family). The last person to be caught is 'It'. Play again.

#### You will need:

Nothing.

Be creative! Make up your own activity.  
Check out the Tokyo Tens for ideas: [getset.co.uk/tokyo-tens](https://getset.co.uk/tokyo-tens)



## FAMILIES | CHALLENGE



**Try new things to find an activity you enjoy!**  
You can do it at home, at school or in your community.

### Activity idea

#### Ten-minute shake-ups



Try some short exercises at home. You don't need any equipment. There are exercises for children too.

#### Gym



Try out your local gym or leisure centre. A trainer will help you to get started. Look for the Inclusive Fitness Initiative (IFI) mark to see if the gym includes everyone.

#### Exercise class



Aerobics, step, boxercise, spin, hula-hooping, Zumba or glow-in-the-dark fitness classes - you can find a group exercise class for you.

### Get involved

[nhs.uk/change4life](https://www.nhs.uk/change4life)

[activityalliance.org.uk/get-active/inclusive-gyms](https://activityalliance.org.uk/get-active/inclusive-gyms)

[parasport.org.uk/sports-a-z](https://parasport.org.uk/sports-a-z)

Start with your local leisure or community centre. You can also get inspired at: [thisgirlcan.co.uk/](https://thisgirlcan.co.uk/)

## FAMILIES | SPOT THE DIFFERENCE



Can you spot 6 differences between the pictures?



## HISTORY | DO YOU KNOW...



About Japan: **Leaders and warriors**

Japan has an emperor. A new emperor – Emperor Naruhito – became head of state on 1 May 2019.

**Samurai** (侍) were a class of people who led Japan in the past. They wore two swords to show they were warriors.

Like the UK, Japan has a parliament. It is called the **Diet** (国会 | **Kokkai**).

Samurai followed a code called **Bushidō** (武士道) – the way of the warrior. Today's martial arts are based on this code.

About the Games: **Birth of the games**



The first Olympic Games took place in Olympia in Greece, around 776 BCE. It only had one race.

The modern Olympic Games first took place in Athens in Greece in 1896. Women took part for the first time in 1900.

The first competition for wheelchair athletes took place in the UK. The first Paralympic Games were held in Rome, Italy in 1960.

The first time the Olympic and Paralympic Games were held in the same place in the same year was in 1988 in Seoul, Korea.

Find out more about the history of the Paralympic Games at: [paralymphicheritage.org.uk](http://paralymphicheritage.org.uk)  
Olympic Games: [olympic.org/ancient-olympic-games/history](http://olympic.org/ancient-olympic-games/history)

## HISTORY | DAILY ACTIVITIES



Try these **10-minute activities** with your family.



### Indoor or outdoor

#### ATTENTION! (Ten is Japanese for 'dot')

Face a partner, about one metre apart. Another person – the **sensei** (先生) shouts head, shoulders, knees or toes – in any order. Touch the part of your body that the sensei calls. If the sensei shouts **Ten**, try to grab an object (a ten) which is on the floor between you and your partner. The first one to grab the ten is the winner. Can you get there first?

#### You will need:

An object (ten) for each pair, like a tennis ball, plant pot, sock, plastic bottle.

### Outdoor

#### Martial moves

Find a safe space where you won't hit anything or anyone (garden, park, playground, beach). Choose 4 martial arts moves to represent sports like pulling a bow (archery), pushing a sword (fencing), a high kick (taekwondo) and a hand chop (karate). One person shouts the sport, and everyone makes that move. How fast can you go?

#### You will need:

Nothing.



Get inspired! [getset.co.uk/tokyo-tens](http://getset.co.uk/tokyo-tens)



## HISTORY | CHALLENGE



**Try new things to find an activity you enjoy!**  
You can do it at home, at school or in your community.

### Activity idea

#### Skipping



Skipping is a great way to develop fitness, strong bones, balance and flexibility. You can skip alone or as a group.

#### Yoga and pilates



Yoga focuses on posture and breathing. Pilates helps to improve core strength. Both help you to relax. Check your local leisure centre for classes.

#### Martial arts clubs



There are many different martial arts, including archery, boxing, fencing, karate, judo, shooting, taekwondo and wrestling. There are categories for people of all abilities.

### Get involved

[nhs.uk/live-well/exercise/free-fitness-ideas/#skipping](https://www.nhs.uk/live-well/exercise/free-fitness-ideas/#skipping)

[nhs.uk/10-minute-shake-up/shake-ups/sea-skipping-with-moana](https://www.nhs.uk/10-minute-shake-up/shake-ups/sea-skipping-with-moana)

[nhs.uk/live-well/exercise/guide-to-yoga/](https://www.nhs.uk/live-well/exercise/guide-to-yoga/)

[nhs.uk/live-well/exercise/guide-to-pilates/](https://www.nhs.uk/live-well/exercise/guide-to-pilates/)

[bbc.co.uk/sport/get-inspired](https://www.bbc.co.uk/sport/get-inspired)

[parasport.org.uk/](https://www.parasport.org.uk/)

## HISTORY | WORD SEARCH



Find the words in the grid.

archery

fencing

judo

karate

bow

sword

throw

kick

k	a	s	w	o	r	d	b
a	d	c	t	h	r	o	w
r	e	b	f	g	k	h	i
a	f	e	n	c	i	n	g
t	j	l	k	l	c	b	j
e	n	f	a	m	k	o	u
o	b	e	p	q	r	w	d
a	r	c	h	e	r	y	o



## LANDSCAPE | DO YOU KNOW...



About Japan: **Nature**

The tallest mountain in Japan is Mount Fuji. It is a volcano.

There are more than 100 active volcanoes in Japan.

Japan has more than 6,000 islands. People live on 430 of them.

Among the mountains are Hell Valleys – **jigokudani** (地獄谷). These are full of steam from the volcanoes below ground.

About the Games: **In and on the water**



Canoeing and kayaking are Olympic sports. Canoes use single-blade paddles. Kayaks use double-blade paddles.

Swimming was one of the first Paralympic sports. 150 gold medals can be won in swimming events.

Surfing will be a new sport at the Tokyo 2020 Olympic Games. It will take place in the open ocean.

Rowing became a Paralympic sport at the 2008 Games in Beijing in China.

## LANDSCAPE | DAILY ACTIVITIES



Try these **10-minute activities** with your family.



### Indoor

#### Snakes and ladders

Take turns to be the climber. Start at the bottom of the stairs. Throw the dice and climb up that number of stairs. If you roll 4, go up 4 steps. Throw again and climb down that number of steps. Keep going until you reach the top of the stairs. It is not a race so do not run! (Remember: adventure activities are safe when you act sensibly!)



#### You will need:

Dice

For safety: check you have an adult's permission to play this!

### Outdoor

#### Daring detectives

Make a list of things you can find in the park, like a blade of grass, sparrow, grey pebble, yellow flower or beech leaf. These are clues. Give each person a list, or you can use one list and take turns to find the clues. Tick each clue you find. Do not pick or move things!

#### You will need:

Paper, pencil. You can find ready-made lists on the internet.

Be creative! Make up your own activity. Check out the Tokyo Tens for ideas: [getset.co.uk/tokyo-tens](https://www.getset.co.uk/tokyo-tens)



## LANDSCAPE | CHALLENGE



**Try new things to find an activity you enjoy!**  
You can do it at home, at school or in your community.

### Activity idea

#### Nature trail



Do a nature trail around the local park or woodland. See what you can find on your walks.

#### Orienteering



Find your way between points marked on a map. Take part at your own pace. Find free orienteering courses in woodlands and parks or join a club or event.

#### Water sports



Canoeing, kayaking, rowing, sailing, surfing – for people of all ages and abilities.

#### Climbing



Climb indoors or outdoors. Try climbing with ropes, bouldering (without ropes) or adapted climbing.

### Get involved

Visit your local park or woodland to see if they have ready-made trails. Download ideas from the internet.

[britishorienteering.org.uk/](http://britishorienteering.org.uk/)

[bbc.co.uk/sport/get-inspired/25416779](http://bbc.co.uk/sport/get-inspired/25416779)

[parasport.org.uk/sports-a-z](http://parasport.org.uk/sports-a-z)

[bbc.co.uk/sport/get-inspired/23505396](http://bbc.co.uk/sport/get-inspired/23505396)

[parasport.org.uk/sports/climbing](http://parasport.org.uk/sports/climbing)

## LANDSCAPE | ANAGRAMS



**Rearrange the letters in each word to make the correct word.** They are features you find in nature. There are clues to help you.

1

**dalins**

There is sea all around it.

2

**loovnac**

It might explode!

3

**aes**

It is salty.

4

**levlay**

You find it between hills.

5

**flicf**

Seabirds like to live here.

6

**chabe**

Take your bucket and spade.

7

**verri**

It is a good home for fish.

8

**notunami**

You will be high up.

9

**keal**

You can swim in one.

10

**vewa**

You can surf on one of these.



## TECHNOLOGY | DO YOU KNOW...



### About Japan: **Technology pioneers**

There are more engineers in Japan than in the USA, even though there are lots more people in the USA.

Japanese people invented the Walkman (the first small music player), compact discs (CDs) and flat-screen TVs.

Japan is best in the world at making robots. It has robot families, cars and robots that climb stairs.

Japan is famous for making computer games. Some figures from computer games were at the 2016 Olympic Games closing ceremony.

### About the Games: **Innovation in sport**



Tennis rackets used to be made of wood. Now they are made of strong and light material, such as fibre glass and graphite.

Wheelchair basketball players play in specially designed chairs which are good for moving and turning quickly.

Many ball games used to be played on grass. Now pitches are like 'carpets' and can act like sand, rubber or water.

The Paralympic sports of goalball and five-a-side football use a ball that makes a noise. This helps the players (who wear blindfolds) to hear it.

## TECHNOLOGY | DAILY ACTIVITIES



Try these **10-minute activities** with your family.



### Indoor or outdoor

#### Precision passing

Stand in a circle. How many ways can you pass a ball around? Can you pass without throwing it? Can you pass without using your hands? How many times can you pass the ball without dropping it? Try these:

- Clockwork: Pass the ball around the circle to the left (clockwise). When a player shouts 'time', pass to the right.
- Spokes in the wheel: stand across from a partner. Each pair has a ball. Pass across the circle but don't let the balls bump each other!

#### You will need:

Small balls, bean bags or crumpled paper balls.



### Outdoor

#### Hit the button

Play in a large space (garden, park, playground, beach). Put a ball as a target about 2 metres away. Throw or roll your ball to get it close to the target. If your ball is closest, you win! Now take a giant step back and throw from there. Can you still hit the target from far away?

#### You will need:

Objects to lay in a grid, like small balls or stones.  
Container like bag or box.  
Timer.

Be creative! Make up your own activity.  
Check out the Tokyo Tens for ideas: [getset.co.uk/tokyo-tens](http://getset.co.uk/tokyo-tens)



## TECHNOLOGY | CHALLENGE



**Try new things to find an activity you enjoy!**  
You can do it at home, at school or in your community.

### Activity idea

#### Ball games

Go to your local park or leisure centre. You can play games like bowls, pitch and putt, badminton and walking football.

#### Single/pair ball sports

You can play some ball sports by yourself or with a partner. These include golf, bowls, boccia, badminton, tennis and table tennis.

#### Team ball sports

You can take part in team ball sports, such as football, rugby, hockey, basketball, netball, volleyball, baseball/softball, rounders and cricket.

### Get involved

Visit your local park or leisure centre to find out more.

[bbc.co.uk/sport/get-inspired/25416779](https://bbc.co.uk/sport/get-inspired/25416779)

[parasport.org.uk/sports-a-z](https://parasport.org.uk/sports-a-z)

[bbc.co.uk/sport/get-inspired/25416779](https://bbc.co.uk/sport/get-inspired/25416779)

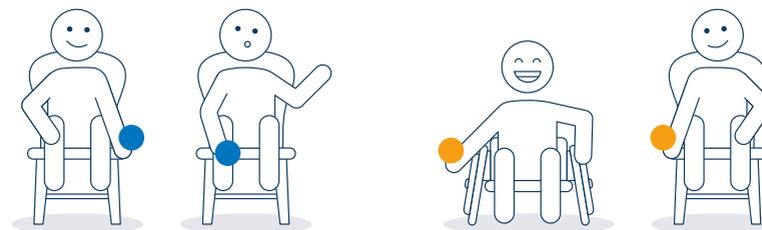
[parasport.org.uk/sports-a-z](https://parasport.org.uk/sports-a-z)

## TECHNOLOGY | SPOT THE BALL

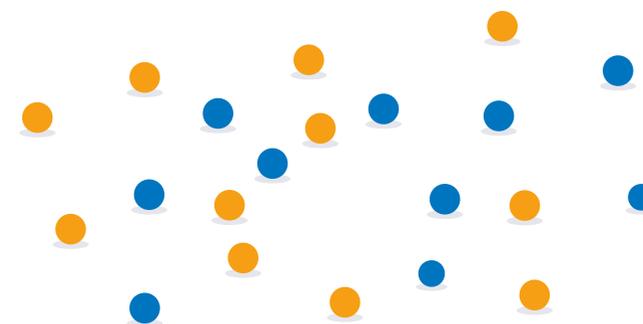


Look at the game of boccia (say 'botcha'). This is a Paralympic sport. Players try to throw their ball as close to the white ball - the jack - as possible.

**On the picture, mark where you think the white ball is.**



THROW LINE



## MUSIC AND DANCE | DO YOU KNOW...



About Japan: **Traditional and modern**

The Bon dance – **Bon Odori** (盆踊り) – is Japan's most famous dance. Lots of people dance it in the summer.

**Taiko** (太鼓) is Japanese drumming. Drummers need to be very fit as the drumming is loud, hard and fast.

Japan invented **karaoke** (カラオケ). This is where people sing to music as the words are shown on a screen.

Many musical instruments are made by a few big companies in Japan - everything from pianos and guitars to drums and trumpets.



About the Games: **Ceremonies**



At the Opening Ceremonies of the Olympic and Paralympic Games, the city hosting the Games shows off its customs, such as music and dance.

At every Opening Ceremony, a flame is lit from a torch. The Olympic and Paralympic flames are different.

At the Opening Ceremony, athletes walk behind their country's flag. They sometimes wear their national dress.

During the Closing Ceremonies, the Olympic and Paralympic flags are taken down. They are given to the mayor of the next city to host the Games.

## MUSIC AND DANCE | DAILY ACTIVITIES



Try these **10-minute activities** with your family.



### Indoor or outdoor

#### Get in line

Get in a line, so everyone is looking the same way. Count a beat of 4 (1 and 2 and 3 and 4). Keep trying until you get it. The first person shows the first move, such as 4 steps forward. Everyone copies the move. Keep in time! The next person adds another move, like 4 steps to the left. Add moves until you have made your own line dance. If the room is small, you can march on the spot and just move your arms or body. For example, 4 hand claps over your head, 4 bends to touch your knees.

#### You will need:

Music (optional).



### Indoor

#### Actions speak louder than words!

Choose a story, song or rhyme you like. Make up actions to match the words. Move around the room. Make big movements with your whole body. Ask your family to make up actions and move to a story every day before bedtime.

#### You will need:

Music (optional).

Be creative! Make up your own activity.  
Check out the Tokyo Tens for ideas: [getset.co.uk/tokyo-tens](https://getset.co.uk/tokyo-tens)



## MUSIC AND DANCE | CHALLENGE



**Try new things to find an activity you enjoy!**  
You can do it at home, at school or in your community.

### Activity idea

#### Dance at home



Dancing to your favourite music is a free and easy way to be active at home. Make up some moves with your family!

#### Dance as exercise



Join a dance-based exercise class for a fun, group workout. These can include Zumba, glow-in-the-dark fitness, street dance, belly dance, Bollywood and wheelchair dance.

#### Dance clubs



Join dance clubs. These include everything from ballroom and ballet to samba and tap. You can dance alone, in pairs or in a group.

### Get involved

[bbc.co.uk/iplayer/episodes/p06f5381/super-movers](http://bbc.co.uk/iplayer/episodes/p06f5381/super-movers)

Visit your local leisure centre or community centre to see what they offer.

[emduk.org/whats-available/](http://emduk.org/whats-available/)

[nhs.uk/live-well/exercise/dance-for-fitness/](http://nhs.uk/live-well/exercise/dance-for-fitness/)

## MUSIC AND DANCE | A OR B?



Where does each dance come from?  
**Decide if the answer is A or B.**

- |   |                       |             |                 |
|---|-----------------------|-------------|-----------------|
| 1 | <b>Bon Odori</b>      | A. China    | B. Japan        |
| 2 | <b>Salsa</b>          | A. Cuba     | B. Brazil       |
| 3 | <b>Fume Fume</b>      | A. Kenya    | B. Ghana        |
| 4 | <b>Highland Fling</b> | A. Scotland | B. New Zealand  |
| 5 | <b>Morris</b>         | A. Canada   | B. England      |
| 6 | <b>Flamenco</b>       | A. Greece   | B. Spain        |
| 7 | <b>Odissi</b>         | A. India    | B. Saudi Arabia |



## SOLUTIONS

### Travel | Puzzle

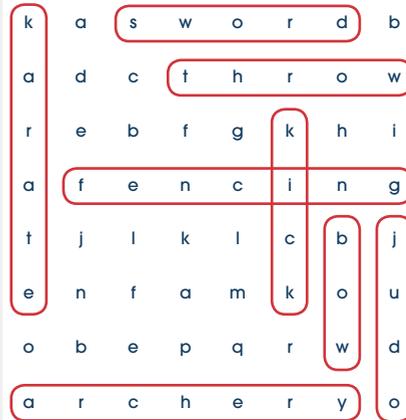


1. **C**      2. **D**      3. **E**      4. **A**      5. **F**      6. **B**

### Families | Spot the difference



### History | Word search

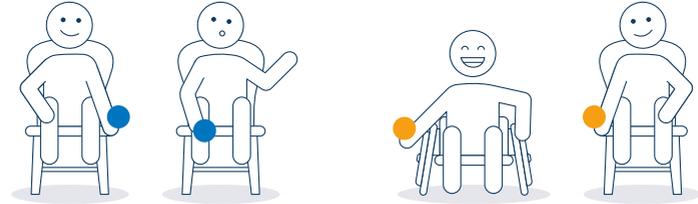


### Landscape | Anagrams

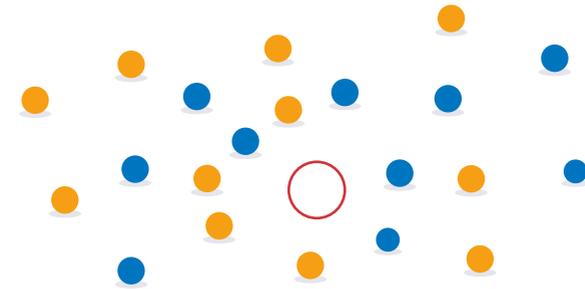
1. **island**      3. **sea**      5. **cliff**      7. **river**      9. **lake**  
 2. **volcano**      4. **valley**      6. **beach**      8. **mountain**      10. **wave**

## SOLUTIONS

### Technology | Spot the Ball



THROW LINE



### Music and Dance | A or B?



1. Bon Odori = **B**      4. Highlang Fling = **A**  
 2. Salsa = **A**      5. Morris = **B**  
 3. Fume Fume = **B**      6. Flamenco = **B**  
 7. Odissi = **A**





# TRAVEL TOKYO



**Don't forget to  
log your activity!**

[GETSET.CO.UK/TRAVEL-TOKYO](https://www.getset.co.uk/travel-tokyo)

[#TRAVELTOKYO](https://twitter.com/TRAVELTOKYO)

