

# TOKYO TEN | 東京10



A 10-minute activity to get everyone moving!

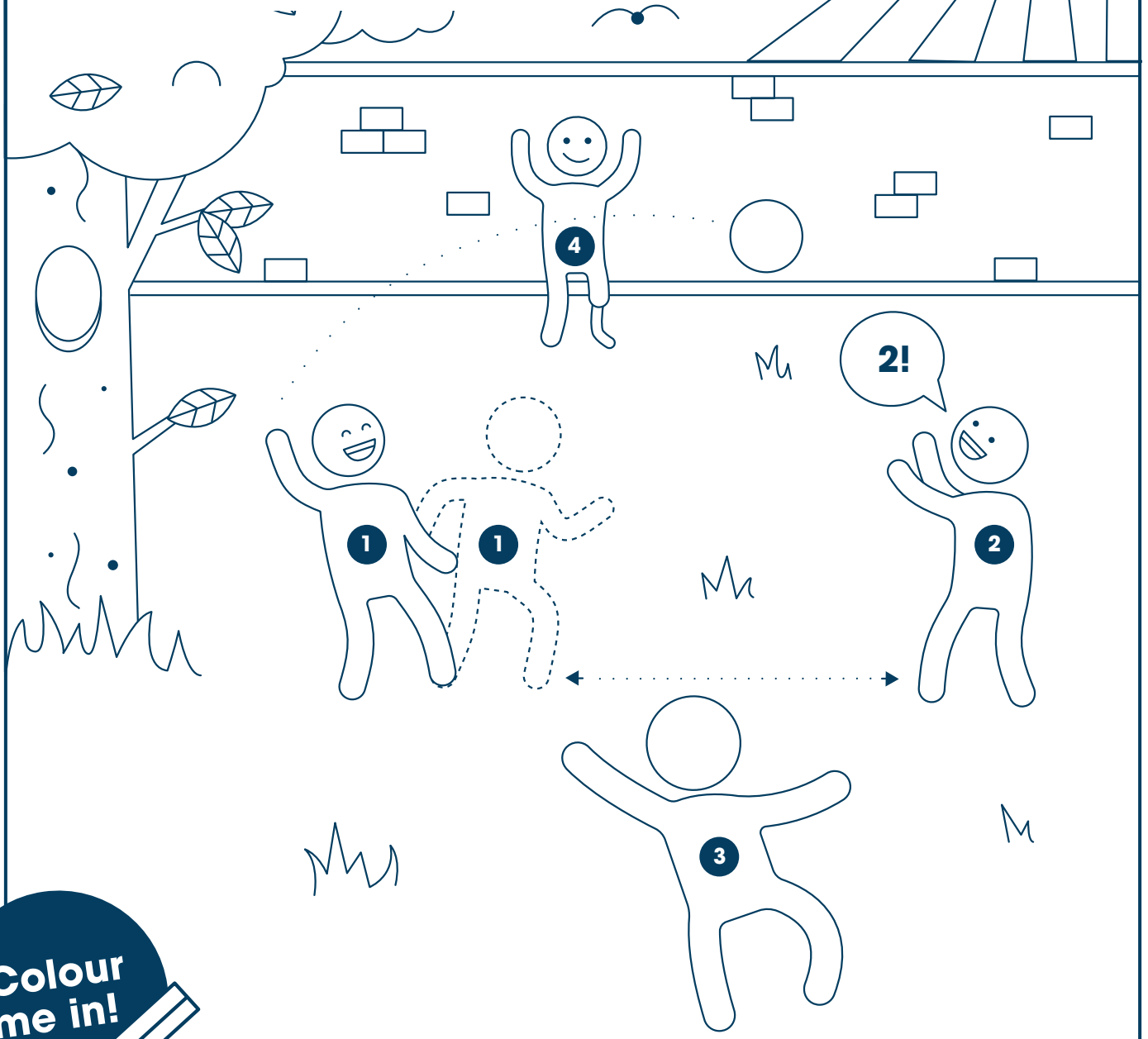
## Did you know?

If you like this game, try Fruit Basket Turnover or 'Furuutsu Basuketto' – a popular Japanese game!

## COUNT ME IN

カウントゲーム

Kaunto gēmu



Colour me in!

10 Mins

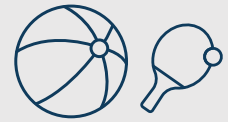


# COUNT ME IN

## カウントゲーム

## Kaunto gēmu

Ball Games



### Activity type

Home

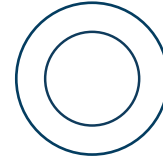
**Away**

Indoor

**Outdoor**

### Equipment

Ball



## How to play



**2**

Start by standing in a circle – not in number order. Players pass the ball to each other in number order, e.g. 1 passes to 2, 2 passes to 3, etc. Players shout their number to show they are ready to catch the next pass.

**1**

Play in teams. Give each player in the team a number, e.g. 1, 2, 3, 4.

**3**

Now players follow the ball after passing it, e.g. 1 passes to 2 and moves to 2's space, 2 passes to 3 and moves to 3's space, etc. Get quicker!

**4**

Players then move around the space randomly. They keep passing and following the ball in number order but must watch where the next player has moved to. Use all the space.

**5**

Play without shouting out numbers. See how long players can keep going without dropping the ball or throwing it to the wrong player.

### Variations

- Play in different size teams, e.g. pairs, 4s, 6s.
- Use a different way to pass the ball, e.g. roll, bounce pass, kick.
- Make up your own rules and scoring.

### Challenge yourself

- Can you move at a faster speed?
- Can you play in a bigger space?
- Can you change the ball, e.g. smaller, oval instead of round?

### What next?



#### Try something similar

Basketball, rugby, football, hockey, netball, goalball



#### Try something different

Pilates, yoga, tai chi



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