

TOKYO TEN | 東京10



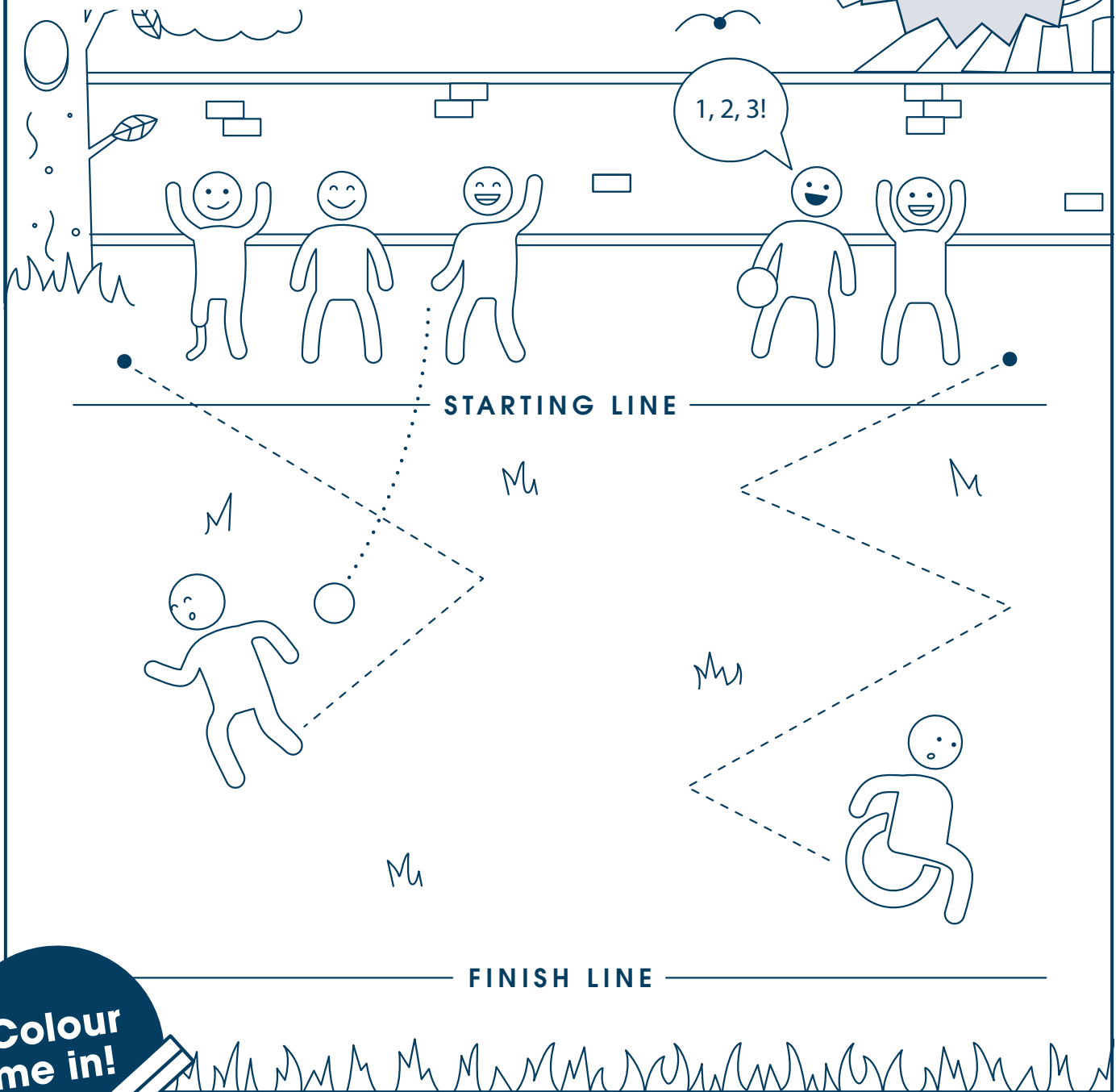
A 10-minute activity to get everyone moving!

IT'S A HIT

ヒットだ! | Hitto da!

Did you know?

Sumo wrestling is Japan's national sport, but baseball is its most popular.



Colour me in!

10 Mins

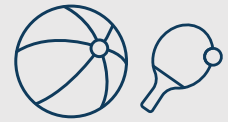


IT'S A HIT

ヒットだ!

Hitto da!

Ball Games



Activity type

Home

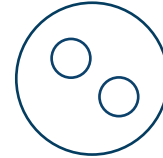
Away

Indoor

Outdoor

Equipment

Soft ball



How to play



2

Player B has the ball and starts to count - 1, 2, 3 seconds. As soon as the counting starts, player A must run towards the finish line. Player A may zig-zag as they run.

4

Player A collects the ball, runs back to the start line and gives the ball to player C. Player C starts to count and player B starts to run.

1

Play in small teams - up to 4 players in a team. In each team, give each player a letter: A, B, C etc. Players stand behind a start line. The finish line is opposite, at least 10 metres away.

3

After the 3 seconds, player B throws the ball, trying to hit player A before they reach the finish line. The hit must be below the player's shoulder. B scores a point if it's a hit. If it misses or player A reaches the finish line, there is no score.

5

Keep playing so all team members get to throw and run at least once. See how long you can keep the relay going!

Variations

- Change the distance between the start and finish lines to suit the speed and power of the different players, e.g. shorter for younger children.
- Make up your own rules and scoring.

Challenge yourself

- Can you improve your previous score?
- Can you increase the distance between the start and finish lines?
- Can you play for longer without a rest?

What next?



Try something similar

Baseball, softball, handball, cricket, rounders, athletics (running and throwing), parkour (free running)



Try something different

Gymnastics, cheerleading, traditional dance, street dance



Log your activity and find more Tokyo Ten activities and resources at getset.co.uk/travel-tokyo