

# TOKYO TEN | 東京10



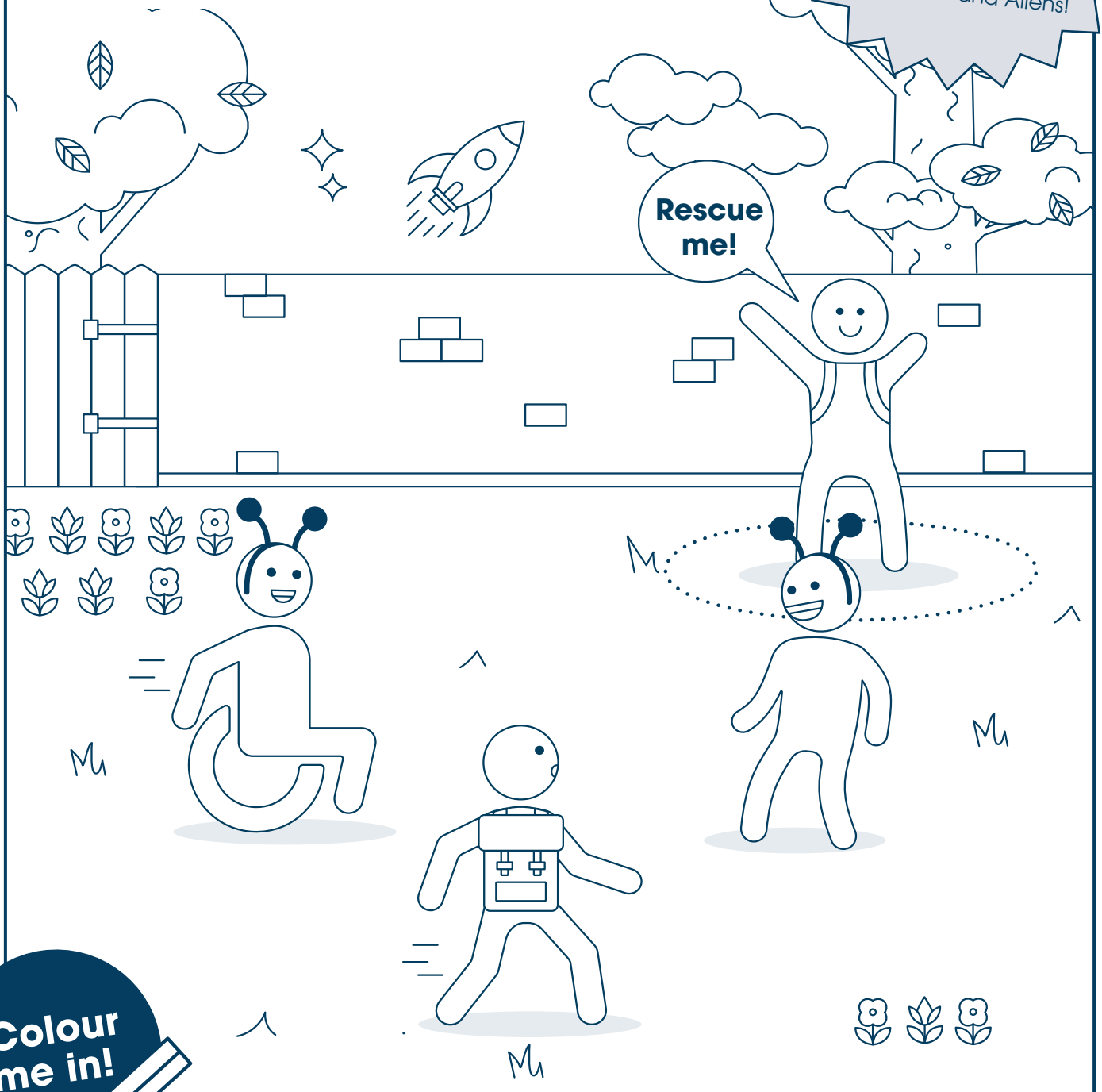
A 10-minute activity to get everyone moving!

## KEIDORO

ケイドロ | Keidoro

### Did you know?

Keidoro is a tag game played by children in Japan. Play your own version by dividing into two teams of Astronauts and Aliens!



Colour me in!



10 Mins



# KEIDORO

ケイドロ

Keidoro

Walk and run



## Activity type

Home

Away

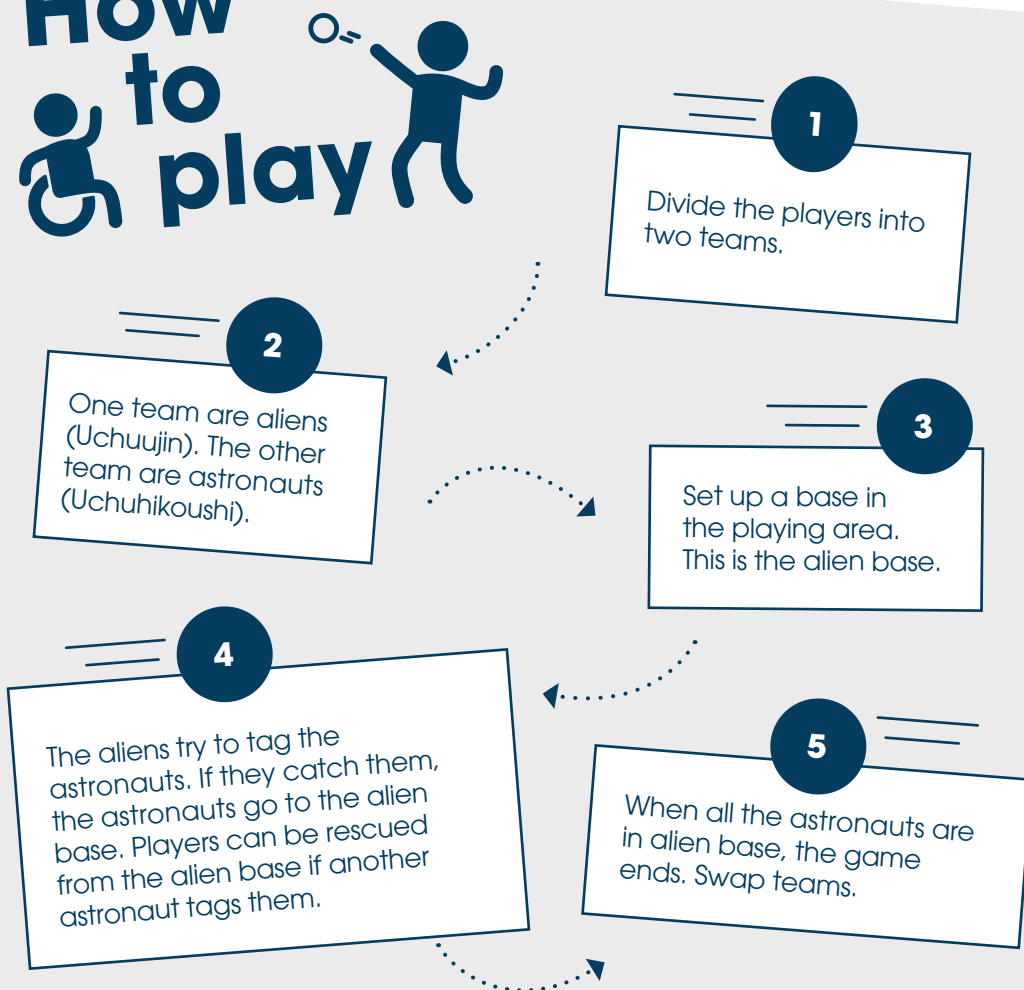
Indoor

Outdoor

## Equipment

None

# How to play



## Variations

- Change the rule so astronauts cannot be rescued once they are in the alien base – they must stay there.
- Change the number of players in each team, e.g. 2 aliens chase 4 astronauts.
- Set up a zone where players can rest for 10 seconds.

## Challenge yourself

- Can you catch more astronauts if you are aliens?
- Can you escape from the aliens for longer if you are astronauts?
- Can you make the playing area larger so you have farther to run?

## What next?



### Try something similar

Rugby, football, hockey, basketball



### Try something different

Gymnastics, cheerleading, aerobics



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