

TOKYO TEN | 東京10



A 10-minute activity to get everyone moving!

FAST LANE

おいこし | Oikoshi

Did you know?

The Tokyo metro is so busy that guards are hired to push people onto the train!



Colour me in!

10 Mins



FAST LANE

おいこし Oikoshi

Walk & Run



Activity type

Home

Away

Indoor

Outdoor

Equipment

None

How to play



1

As you are walking to school or the shops, pretend you are driving cars.

2

Players walk in a line, one behind the other. The player at the back of the line indicates - by saying 'beep, beep' - and pulls out to overtake, moving to the front of the line.

3

After a few seconds, the next player - the one who is now at the back - does the same and overtakes to the front of the line.

4

Continue until all players have had one turn at overtaking. Repeat with the first player but this time they keep overtaking until they are a few metres ahead of the line.

5

Keep repeating so the players who are overtaking are travelling faster and further each time to get ahead of the line. Watch out for traffic and other pedestrians!

Variations

- Have three lanes instead of two, with two players overtaking at the same time in different lanes.
- Make up your own rules and signals.

Challenge yourself

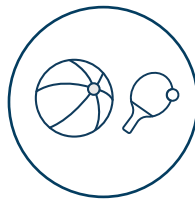
- Can you move faster each time you overtake?
- Can you keep up the pace for longer?
- Can you last longer than 10 minutes in total?

What next?



Try something similar

Athletics, cross-country running, power walking, hill walking



Try something different

Golf, boccia, goalball, cricket, softball, baseball, handball



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