

MY ACTIVE CHALLENGE

私のアクティブ・チャレンジ | WATASHI NO AKUTIBU CHARENJI

I can create an Opening Ceremony!

The Olympic and Paralympic Games are not just about sport. They also focus on culture – the things a community shares, such as language, food, dress, music and dance. Each Games has an Opening Ceremony, which celebrates the host country's culture.



Examples from Japanese culture are **Matsuri (festivals), which bring everyone in the community together, and Taiko drumming, which includes music, dance and exercise in one activity.**

This challenge helps you to **create an Opening Ceremony** for your sports day. This will bring everyone together, celebrate culture and make your sports day even more fun for everyone!

What do I need?

Facts about your chosen culture
Materials to make music,
costumes etc.

How long will it take? 60 minutes



Step 1: Warming up

As a group, decide which culture you want to celebrate at your sports day. For example:

Japanese culture

what can you find out
about Japan?

UK culture

what is special
about the UK?

Local culture

what is special about your
school or local community?



Decide which parts of that culture you could include in an Opening Ceremony.
For example:

- Arts – perform a short dance to music.
- Geography – make a human flag, with people holding up coloured fabric, or draw a flag.
- Language – create actions and perform them to a song in a different language or dialect.

A simple Japanese-style Opening Ceremony might look like this:

- Play traditional Japanese music as people arrive and find their places.
- Play Taiko drum music as athletes march on to the field carrying Japanese flags.
- Read a Haiku poem to welcome guests.
- Lead a short Radio Taiso routine for everyone to take part in.

Step 2: Taking part

1. Make up a cultural activity to include in the Opening Ceremony of your sports day. It needs to be short, simple and get everyone involved and active.

A song or cheer with some actions.

A dance to music.

An exercise routine that mimes other cultural activities.

Not sure what to choose? Try Taiko drumming.

- Watch a video of Taiko drumming. This is one example: www.youtube.com/watch?v=CsKqBy2uJ34
- Practise some rhythms. You don't have to use drums. You can clap, stamp and jump or you can 'drum' on other objects, such as boxes, buckets or large balls.
- Make a simple routine with clear steps you can repeat, e.g.
 - Clap hands – 1-2-3-4 – punch the air with right hand and shout 'hai!'
 - Clap hands – 1-2-3-4 – punch the air with left hand and shout 'hai!'
 - Clap knees – 1-2-3-4 – punch the air with both hands and shout 'hai!'
 - Clap knees – 1-2-3-4 – jump up and shout 'hai!'
 - Repeat.



2. Practise the activity. **Prepare** any props you need.

3. Teach it to your family and friends via social media.

4. Encourage everyone to perform the activity as a warm-up during the Opening Ceremony on sports day. Remember to record it and ask your parent to share it on social twitter: **#TTYourWay #TravelToTokyo #OpeningCeremony @GetSetCommunity**

Step 3: Cooling down

How did your Opening Ceremony make you feel?



Aim to increase your effort level:



Remember:

- Getting everyone active at the start of sports day will help you to Travel to Tokyo so make sure you log your activity!
- You can get ideas about Japanese culture from the other Travel to Tokyo resources or from The Japan Society of the UK: www.japansociety.org.uk/onlineresources

In future:

- Challenge yourself, your friends and your family to get involved in sporting events – even if you are not taking part as an athlete.
- See the **Active Challenge: Japanese Sports Day and Home Sports Day** to plan the rest of your sports day: www.getset.co.uk/travel-tokyo/active-challenges