

MY ACTIVE CHALLENGE

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

I can do an indoor Torch Relay!

The Games begin with a Torch Relay. The Olympic flame is lit in Greece (home of the first Olympic Games) and the Paralympic flame is lit in the UK (home of the first Paralympic Games). People take turns to carry the torch before it is used to light the flame during the Opening Ceremony of each Games.



For the Tokyo Games, the torches will visit different places of interest across Japan. These include natural, historical and cultural sites, and places where Japanese people come together, such as city centres and festivals.

This challenge helps you to **create a Torch Relay trail around your home** using the local community as inspiration.

What do I need?

Facts about places in your local community
Paper and pens (or a camera)
Unwanted items e.g. newspapers, toilet roll tubes

How long will it take?
60 minutes



Step 1: Warming up

1. Decide where your Torch Relay will travel. For example:

- Around the neighbourhood.
- Around one place, e.g. the local park or your street.
- Around lots of places, e.g. linking places in your town or village.

2. Decide what features are interesting in your chosen place. For example:

- Park – play area, bowling green, cafe.
- Town – school, statue, popular shop.

You can use Google maps to find interesting features if you can't go outdoors.

Think about what makes them interesting. What can you find out about them on the internet or by asking questions?




Step 2: Taking part


1. Create your Torch Relay route in your own home!

- a. Give each of your features a different area of your home (e.g. the sofa is now the bowling green). You might want to place a picture of the feature to remind yourself.
- b. Make a map of your Torch Relay trail. Draw or paste a photo of each feature on a piece of paper and it's area in your home. Then number the features e.g. start at 1 and finish at 8. Try to create a logical route through your home.
- c. Create a short exercise routine to follow as you travel between features. (Try to connect your routine to the feature e.g. if you're going to the train station, you could make the noises and motion of a train.)


2. Try out your indoor Torch Relay. Your family can now follow your trail to complete the torch relay!




Ramble – everyone starts at feature 1 and follows the trail together.



Circuit – people start at different features but follow the trail at the same time and in the same direction.



Orienteer – everyone starts at feature 1 and visits all of the features in any order they choose.



Relay – people wait at different features.

3. Share your trail with other classes in school or with friends and family.

Step 3: Cooling down

How did your Torch Relay make you feel?



Aim to increase your effort level:



Remember:

- Getting active on your Torch Relay trail will help you to Travel to Tokyo so make sure you log your activity!
- We learn from trying. See what works and what doesn't. Decide how to make it even better next time.

In future:

- Use Google maps to work out how long it takes to travel between each feature and then do your routine for the same amount of time.
- See the Tokyo Ten activity guide for Rainbow Trail to get ideas for different types of trails: www.getset.co.uk/resources/travel-to-tokyo/tokyo-ten