

TOKYO TEN | 東京10



A 10-minute activity to get everyone moving!

JANKEN

ジャンケン | Janken

Did you know?

Japanese people use Janken - rock, paper, scissors - to make decisions, such as who may have the last piece of cake, as well as playing it as a game.



Colour me in!

10 Mins



JANKEN

ジャンケン

Janken

Move & Dance



Activity type

Home

Away

Indoor

Outdoor

Equipment

None

How to play



1

This is an active version of rock, paper, scissors. Choose a shape you can make for each of the moves. For example:

A. Rock (Guu) – be as small as you can.

B. Scissors (Choki) – stretch as wide as you can.

C. Paper (Paa) – reach as high as you can.

2

Stand facing a partner. After counting 1-2-3 out loud, each player makes one of the shapes. Make sure you make your shapes at the same time.

3

Agree who wins:

A. Rock blunts scissors (rock wins)

B. Scissors cut paper (scissors win).

C. Paper covers rock (paper wins).

4

Give a point to the winning player. Play three times to see who wins this round.

5

If there are more players, the winners play each other and the losers play each other.

Variations

- Choose your own shapes or just use hand signals.
- The losing player must try to run back to a base, the winning player tries to tag them.
- Play in two teams. Each team member makes the same shape. Winning teams chase losing teams.

Challenge yourself

- Can you hold your shape without wobbling?
- Can you make more difficult shapes?
- Can you make an action instead of making shapes that are still?

What next?



Try something similar

Gymnastics, dance, cheerleading, athletics



Try something different

Baseball, softball, rounders, cricket



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