

TOKYO TEN | 東京10

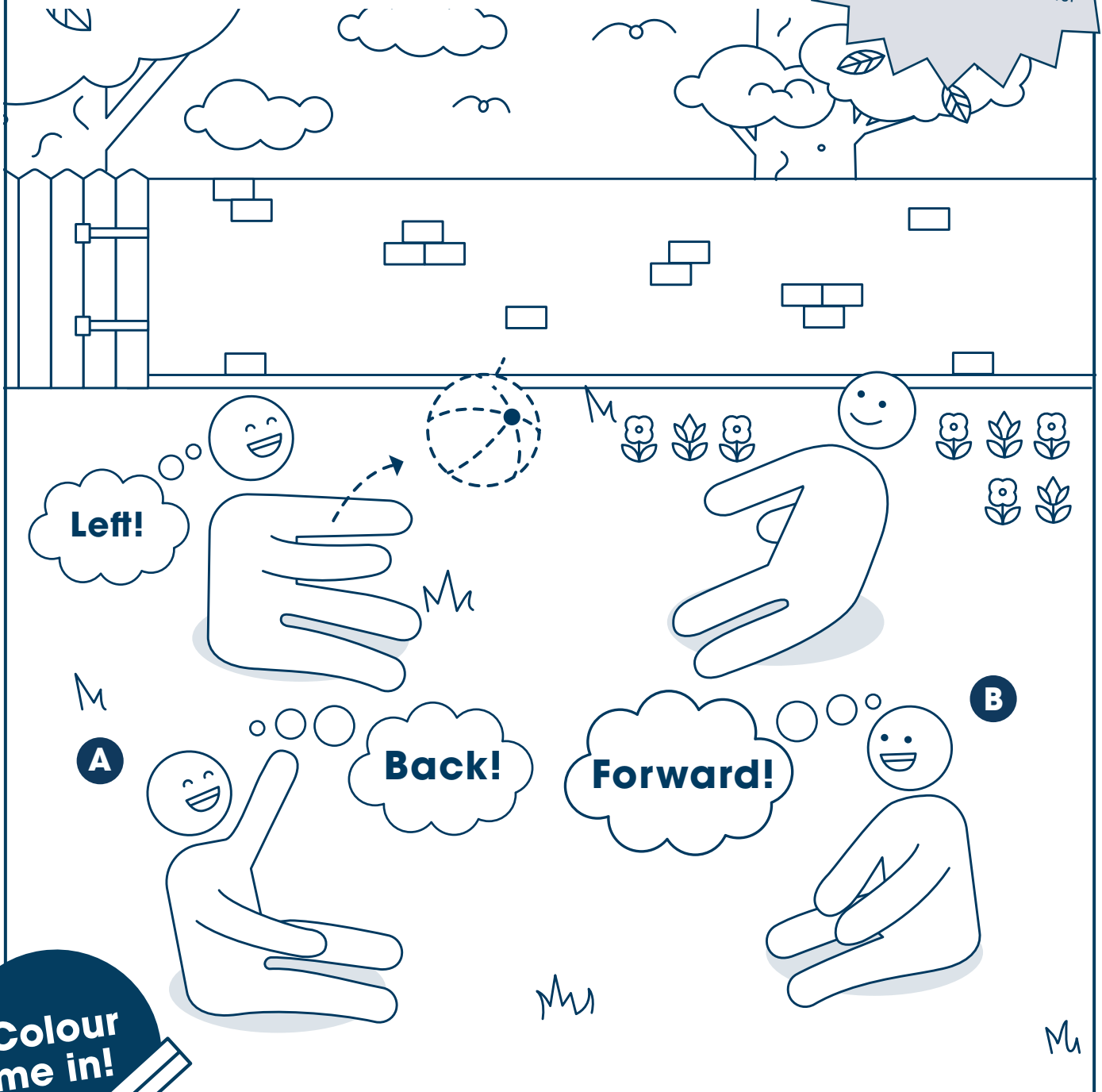


A 10-minute activity to get everyone moving!

WHERE'S THE BALL?

ボールはどこ? | Booru wa doko?

Hanetsuki was a traditional game played at New Year with a shuttlecock and paddles. Nowadays, most people just display decorated paddles as ornaments.



Colour me in!

10 Mins



WHERE'S THE BALL?

ボールはどこ？

Booru wa doko?

Ball Games



Activity type

Home

Away

Indoor

Outdoor

Equipment

None

How to play

2

While sitting on the floor, your partner moves to return the pretend ball.

4

Add moving forwards and backwards.

A. Backwards - lean back, pretend to hit the ball with one hand, at head height.

B. Forwards - lean forward, pretend to hit the ball with two hands, at waist height.

1

Sit on the floor, facing a partner. Using two hands, held at shoulder height, imagine you are hitting a volleyball to the left or right of your partner.

3

Keep changing the direction of your pretend ball so your partner must work out which way to move.

5

Now play a rally; pretend to hit the ball between you, with both players moving to the right place each time.

Variations

- Shout out directions as you play: left, right, forwards and backwards.
- Play in a group and pretend to hit the ball to different players.
- Play with a balloon or beach ball.

Challenge yourself

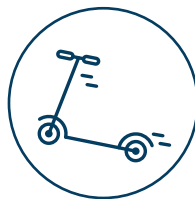
- Can you move faster each time?
- Can you move farther each time?
- Can you keep at least one buttock on the floor while moving?

What next?



Try something similar

Sitting volleyball, volleyball, wheelchair basketball, basketball



Try something different

Scouting, cycling, skateboarding, rollerblading



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