

Tokyo hosted the Games in **1964** and will again in **2021**.

YOU ARE HERE TOKYO

ARRIVAL TOKYO

Which **country** is Tokyo in?

TOKYO ACTIVITY 1

GENTLE JUDO

Practise some skills for judo.

Judo is a Japanese martial art. It means 'gentle way'. To take part in judo you need to have good discipline and have good balance and control of your body.

1. Do 4 double-footed jumps forward.
2. Do 4 double-footed jumps backward.
3. Do 4 forward bunny jumps.
4. Do 4 backward bunny jumps.
5. Do an ushiro ukemi: stand, crouch, sit, gently roll back like a ball.



Do you know any other martial arts? Can you try one?

Adults:
Find more judo skills for children at:
judokids.org.uk



You have travelled **2,099 km** from Beijing to Tokyo.

TOKYO ACTIVITY 2 SOBO STEPS

Practise counting in Japanese as you play Grandmother's Footsteps.

Sobo is the Japanese word for grandmother. In Japan, older people are highly respected. Can you play a game of Grandmother's Footsteps in Japanese?

1. Ask someone to be the sobo. They stand at one end of the space.

2. Everyone else waits at the start line.

3. The sobo calls a number in Japanese, e.g. ichi (1). Take one step forward. If you get the number wrong, go back to the start line!

4. Who will reach the sobo first? Play again.

Adults: Listen to the numbers at: youtu.be/LDI0-yfnb6A

1 = Ichi
2 = Ni
3 = San
4 = Yon
5 = Go

TOKYO ACTIVITY 3 ROBOTIC RESPONSES

Pretend you are a robot.

Japan leads the world in designing robots. At the Tokyo 2020 Games, robots will help visitors to find their way around.

1. Ask a friend to give you instructions.

2. The instructions must be physical movements, e.g. touch your toes, stretch high.

3. You must obey and make the movement.

4. After a minute, swap places. Can you think of different movements?



GREAT JOB!

You made it to Tokyo.

You have travelled
47,349
km from London!

