

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

YOU ARE HERE TOKYO



Which **country** is Tokyo in?

Which **continent** is it on?

TOKYO ACTIVITY 1 GENTLE JUDO

Create a gentle judo skill for everyone.

Judo is a Japanese martial art. It means 'gentle way'. Players try to take down their opponent to the ground and hold them there. Judo is also about control and discipline. You can learn and practise judo skills on your own. See some examples at: judokids.org.uk

See if you can create your own judo skill. Think about which parts of your body need to be strong – don't forget your core! Think about the different balances you will need to hold. Practise movements that are controlled and fluent. Any type of movement can count. Focus on control!

Write up your activity as a Tokyo Ten. Use the My Workout template at: getset.co.uk/tokyo-home-activity



GREAT JOB!

You made it to Tokyo.

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.

Someone – the sobo – stands at one end of the space, facing the other way. Wait at the start line then step forward each time the sobo calls a number, e.g. *ichi* (1) – take one step forward. If you get the number wrong, return to the start line! Who will reach the sobo first? Swap places with the sobo and play again.

Sobo is the Japanese word for grandmother. In Japan, grandparents often live with their relatives and older citizens are highly respected.

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

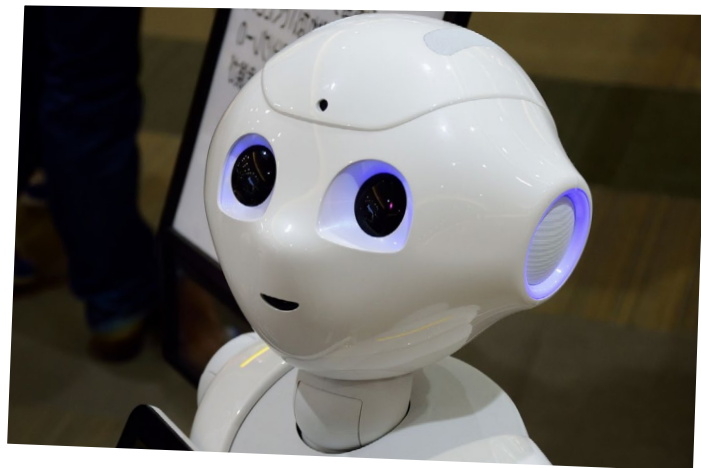
1 = Ichi
2 = Ni
3 = San
4 = Yon
5 = Go
6 = Roku
7 = Nana
8 = Hachi
9 = Kyu
10 = Ju

TOKYO ACTIVITY 3

ROBOTIC RESPONSES

Test your responses as if you are a robot.

Pretend you are a robot. You can only follow precise commands. Take turns with a friend to be a robot or a human. The human must give instructions about physical movements, e.g. *march on the spot*, *turn around*. The robot must obey – if the command is clear! How do you make instructions as clear as possible?



You have travelled
47,349
km from London!

Japan leads the world in robotics
- developing robots that will help us in everyday life. Robots will be used at the Tokyo Olympic and Paralympic Games to help visitors.

