

MY ACTIVE CHALLENGE

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

I know what it means to be active!

To be healthy, you should try to do one hour of physical activity each day.
Aim for 30 minutes at school and 30 minutes at home.

This challenge helps you to find out what being physically active feels like.

What do I need?

Timer | Pencil

20 Mins
approx.



What should I do?

Warming up

Do each of these for 10 seconds, then fill in the scales.

1. Put your hand over your heart.
How fast is it beating?



2. Put your hand on your forehead.
How hot does it feel?



3. Listen to your breath.
How fast are you breathing?



Take part

1. Do one of these for 10 minutes:

- a. Go for a walk
- b. March on the spot to music

PHYSICAL ACTIVITY

HOW FAST IS YOUR HEARTBEAT?



HOW HOT DO YOU FEEL?



HOW FAST ARE YOU BREATHING?



You should feel **warmer** and **breathe faster**.
You should still be able to talk.

2. Now do one of these for 5 minutes:

- a. Skipping / dancing to upbeat music
- b. Star jumps or squats
- d. Cycling / wheeling

INCREASED EFFORT

HOW FAST IS YOUR HEARTBEAT?



HOW HOT DO YOU FEEL?



HOW FAST ARE YOU BREATHING?



You should feel **hot and sweaty** and **breathe really fast**. It should be hard to talk.



Cooling down

Remember

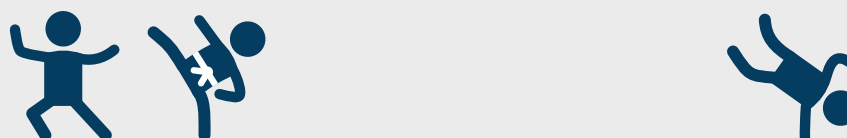
- Focus on your own activity. Don't compare yourself to others.
- It's important to drink water when you're being active.

In future

- Try to increase your effort level during Tokyo Ten activities.



Find out which activities need more effort. Start by trying a new Tokyo Ten today!
<https://www.getset.co.uk/resources/travel-to-tokyo/tokyo-ten>



Now try this active challenge with your family at home!

Do each of these for 10 seconds.

1. Put a hand over your heart.



2. Put a hand on your forehead.



3. Listen to your breathing.



1. Do one of these for 10 minutes:

- Go for a walk
- March on the spot to music

PHYSICAL ACTIVITY

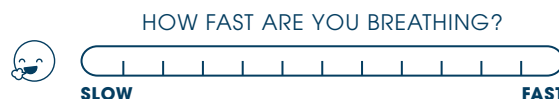
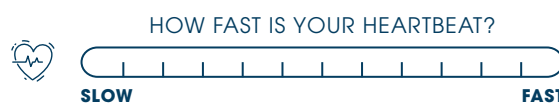


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