

# TOKYO TEN | 東京10



A 10-minute activity to get everyone moving!

## IN TANDEM

タンデムライド | Tandemu Raido

### Did you know?

There are multi-storey bike parks in some cities in Japan as so many Japanese people cycle every day.



Colour me in!



10 Mins



# IN TANDEM

## タンデムライド Tandemu Raido

On Wheels



### Activity type

Home

**Away**

Indoor

**Outdoor**

### Equipment

Bike, scooter, skateboard or roller blades

You can walk or run if you don't have wheels

## How to play



2

Follow a path through the park. Use obstacles to mark your course, like trees, benches, hills, bends, rubbish bins.

1

Do this as a family activity in a safe area such as a local park.

3

Play with a partner. Player A is the pilot and starts at the front. Player B is the rider and follows.

4

Player A leads the course on their wheels, for example on a scooter.

5

Player B follows player A as exactly as possible. Make sure you are far enough apart to stop!

### Variations

- Walk or run if you don't have wheels.
- Have a time trial against another pair.
- Add more wheelers to your team.

### Challenge yourself

- Can you finish the course in a faster time?
- Can you make a longer or harder course?
- Can you add challenges to your course, like wheeling in circles or zigzags?

### What next?



#### Try something similar

cycling, scooting, skateboarding, roller blading



#### Try something different

judo, taekwondo, karate, wrestling



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