

TOKYO TEN | 東京10



A 10-minute activity to get everyone moving!

SYNCHRO STEPPING

集團行動 | Shūdan Kōdō

Did you know?

Shūdan Kōdō – the Japanese sport of synchronised walking – has been going strong since the 1960s.

**Forward
2, 3, 4!**

**Push
2, 3, 4!**

**Colour
me in!**



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**TRAVEL
TOKYO**



SPORT
ENGLAND

LOTTERY FUNDED

#TravelToTokyo

10 Mins



SYNCHRO STEPPING

Walk & Run



集團行動

Shūdan Kōdō

Activity type

Home

Away

Indoor

Outdoor

Equipment

None

How to play



Variations

- March on the spot instead of moving.
- Play with more people.
- Add or use arm movements instead.

Challenge yourself

- Can you move in different directions?
- Can you increase your speed and keep in time?
- Can you add new movements, such as a spin, hop or skip?

What next?



Try something similar

synchronised swimming, synchronised diving, gymnastics, power walking



Try something different

Archery, boccia, bowls, golf



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