

# TOKYO TEN | 東京10

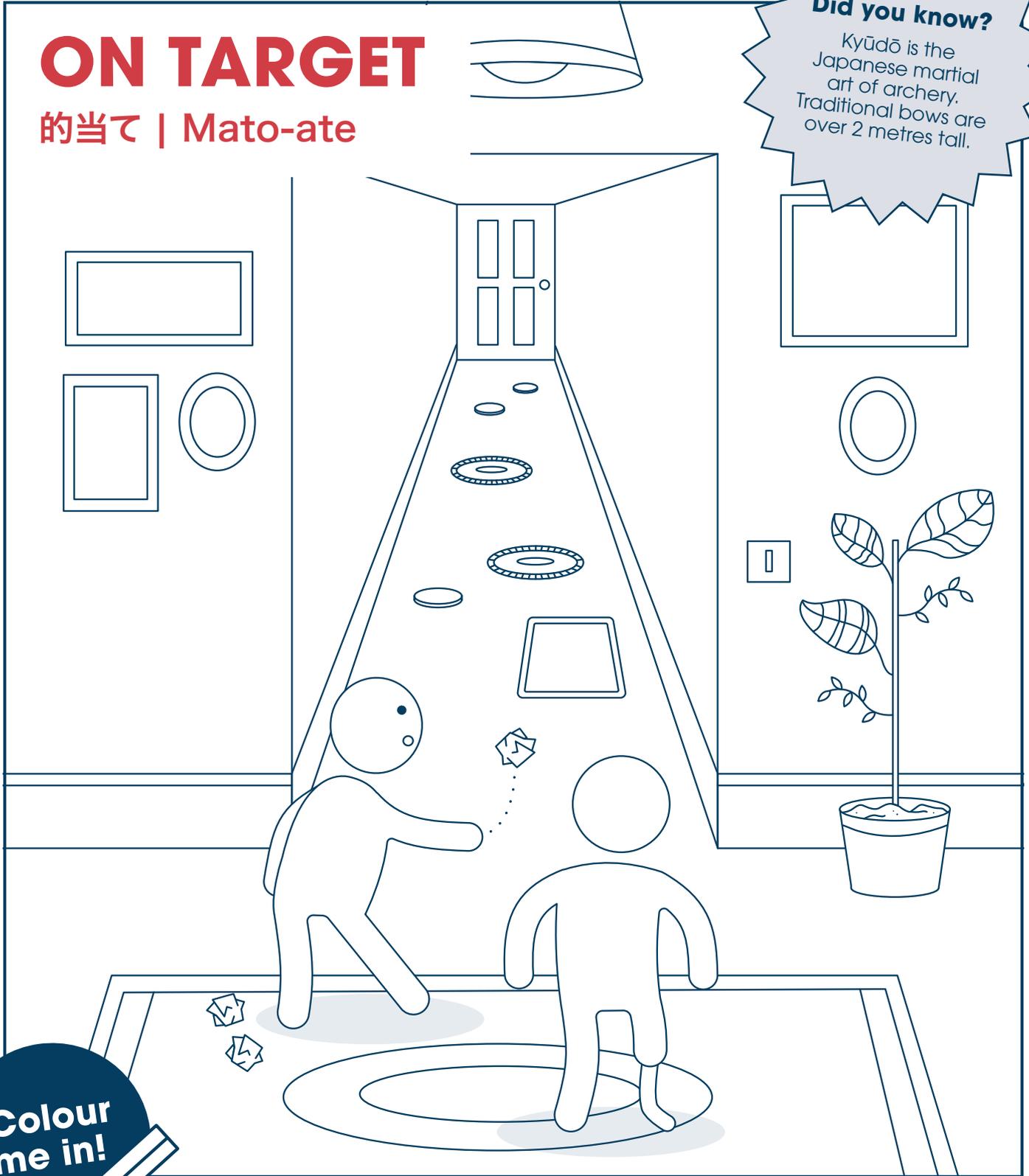


A 10-minute activity to get everyone moving!

## ON TARGET

的当て | Mato-ate

**Did you know?**  
Kyūdō is the Japanese martial art of archery. Traditional bows are over 2 metres tall.



Colour me in!

10 Mins



# ON TARGET

## 的当て Mato-ate

Martial Arts



### Activity type

Home

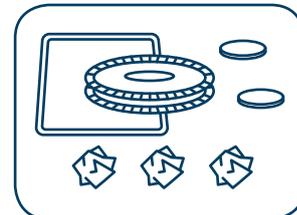
Away

Indoor

Outdoor

### Equipment

Targets of different sizes, such as a piece of paper, plastic plate, table mat, coaster.  
Crumpled balls of paper - 3



## How to play



2

Players stand behind a line and try to throw a paper ball on to their chosen target. It must land exactly on the target and stay there.

1

Place targets of different sizes on the floor. Place some close and some farther away.

3

Each player has three goes then the next player takes a turn.

4

When you hit your target three times in a row, choose a new target to aim for.

5

How many targets can you hit?

### Variations

- Score points. Give each target a different score.
- Make a shape with the targets, like a clock, and hit them in order.
- Roll a small ball instead of throwing paper balls.

### Challenge yourself

- How many times in a row can you hit the target?
- Can you hit a smaller target?
- Can you hit a target that's farther away?

### What next?



**Try something similar**  
archery, boccia, bowls, golf



**Try something different**  
dance, aerobics, cheerleading, hula hooping



Log your activity and find more Tokyo Ten activities and resources at [getset.co.uk/travel-tokyo](https://getset.co.uk/travel-tokyo)