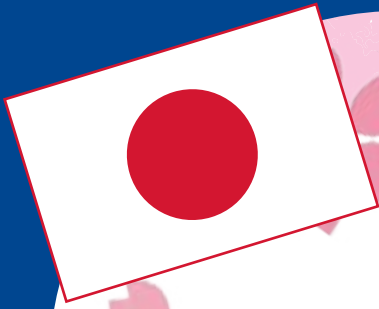


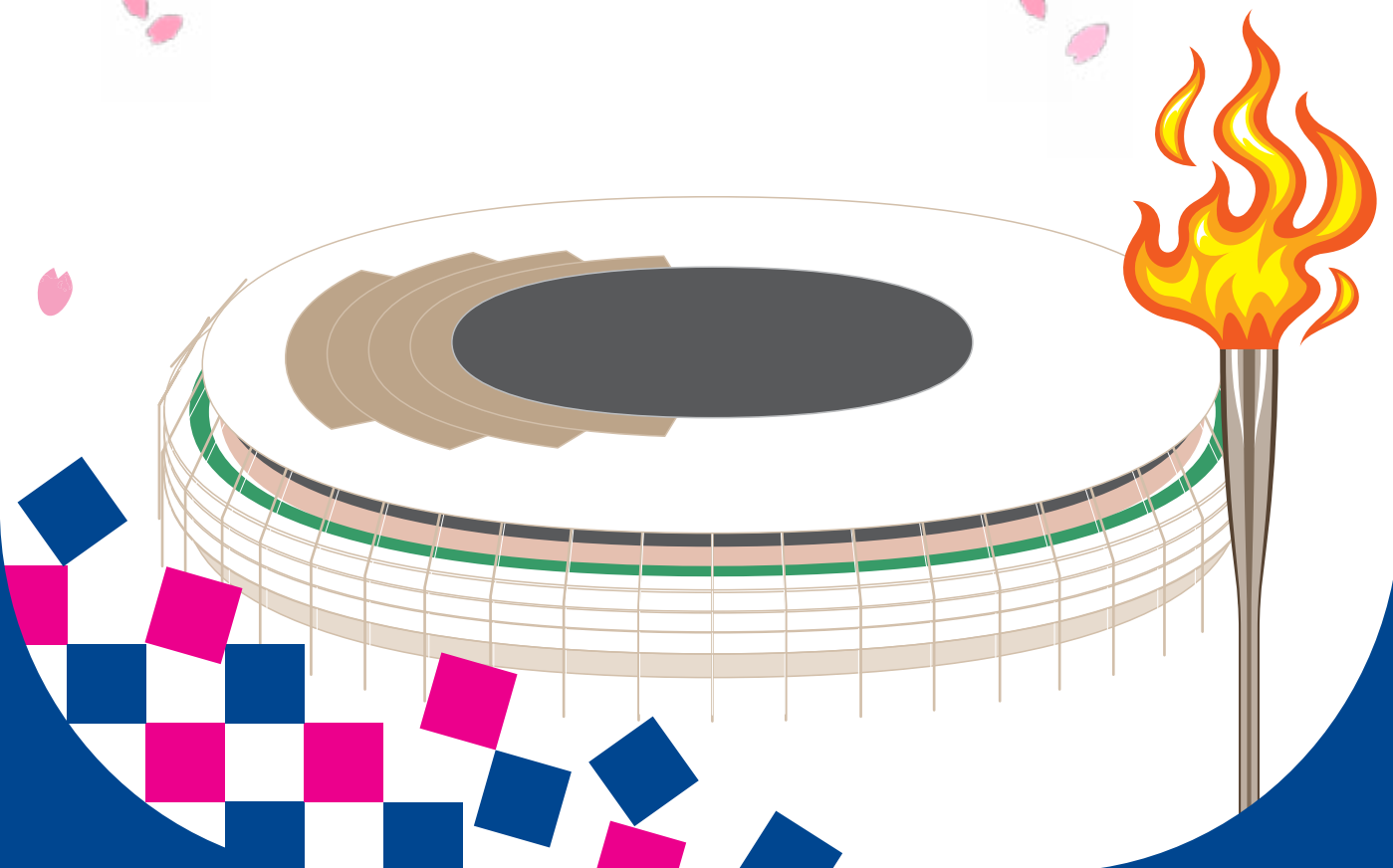


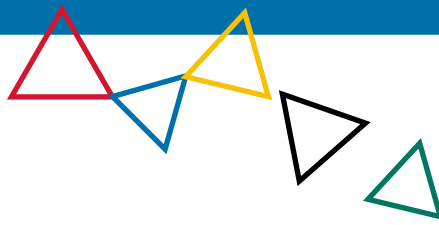
THE  
JAPAN  
SOCIETY



# 2020 *Tokyo Olympics*

*Japan Society Activity Pack*





## 2020 Summer Olympics

The modern Olympic Games are actually inspired by ancient religious and athletic festivals held every four years in Olympia which can be dated back to 776 BC in Ancient Greece. The first modern Olympic Games were held in Athens in 1896. It was attended by 12 different countries with 280 athletes competing in 43 events.

This year will be the 32nd Summer Olympic Games. The Games will be the fourth Olympics hosted by Japan and it will also be the first time a country in Asia has held the Summer Games twice!

### Tokyo 2020

**Dates:** Olympics – 3 Jul to 8 Aug 2021  
Paralympics – 24 Aug to 5 Sep 2021

**Stadium:** National Stadium

**Motto:** United by Emotion

**Mascots:** Miraitowa & Someity

**Nations:** 206 (expected)

**Athletes:** 11,000+ (expected)

**Sports:** 33 in Olympics, 22 in Paralympics

**Events:** 339 in Olympics, 540 in Paralympics



## New Sports!

At Tokyo 2020, 5 new sports will be added to the programme! They are:

**Karate**

**Skateboard**

**Surfing**

**Sport climbing**

**Baseball-softball**



## Japan and the 2020 Olympics

This year the Summer Olympic and Paralympic Games will be held in Tokyo, the capital of Japan! Tokyo has everything you can expect from a big city; busy streets, tall buildings and great places to eat, shop and visit.

**Read our cool facts about Tokyo then look for more on the internet to complete the rest!**

**Did you know?**  
The Tokyo 2020 Olympic torch design is inspired by the shape of a cherry blossom, the most loved flower in Japan!

**1**  
Tokyo is considered the world's biggest city!

**2**  
The kanji characters for Tokyo, 東京, mean 'Eastern Capital'

**3**  
Tokyo used to be called Edo. It was renamed in 1868.

**4**  
Tokyo Skytree (634 metres) is the tallest tower in the world!

**5**

**6**

**7**



## Olympic Record Breakers

Olympic and Paralympic athletes can perform astonishing feats and surprise us all; did you know about these amazing record breakers?

When the 1964 Summer Olympics was held in Tokyo, the Japanese women's volleyball team won gold. They were known as the 'Witches of the Orient' because they won 258 games in a row, like magic!



©Getty Images



©Getty Images

This year skateboarding will appear in the Olympics for the very first time! Watch out for 13-year-old Sky Brown who was born in Japan but is competing in Tokyo this year for Team GB. She is the youngest of the team and one of the youngest to compete in the Summer Olympics ever!

Out of all countries, Japan has won the most gold medals in Judo in both the Olympics and Paralympics!



by Singapore 2010 Youth Olympic Games, CC BY-NC 2.0



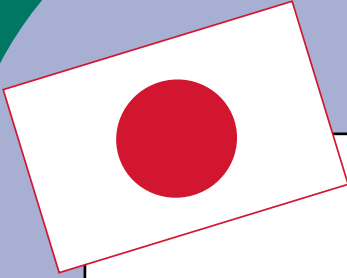
By Arne Müsseler, CC BY-SA 3.0



By Daryan Shamkhali, Upsplash

The national stadium was designed by a famous Japanese architect called Kengo Kuma. The wood that was used to build it came from all 47 prefectures in Japan.

**Did you know? Medals for the 2020 Olympics were made using recycled metals from electronic devices donated by residents in Japan.**



## Japan Profile

**Location:** East Asia

**Time Zone:** BST + 8  
(8 hours ahead of UK in summer)

**Surface area:** 377,975 km<sup>2</sup>  
(about 55% bigger than UK!)

**Language:** Japanese with 3 writing systems—hiragana, katakana, and kanji

**Life expectancy:** 87 for women and 83 for men—one of the longest in the world!

**Number of islands:** 6852!

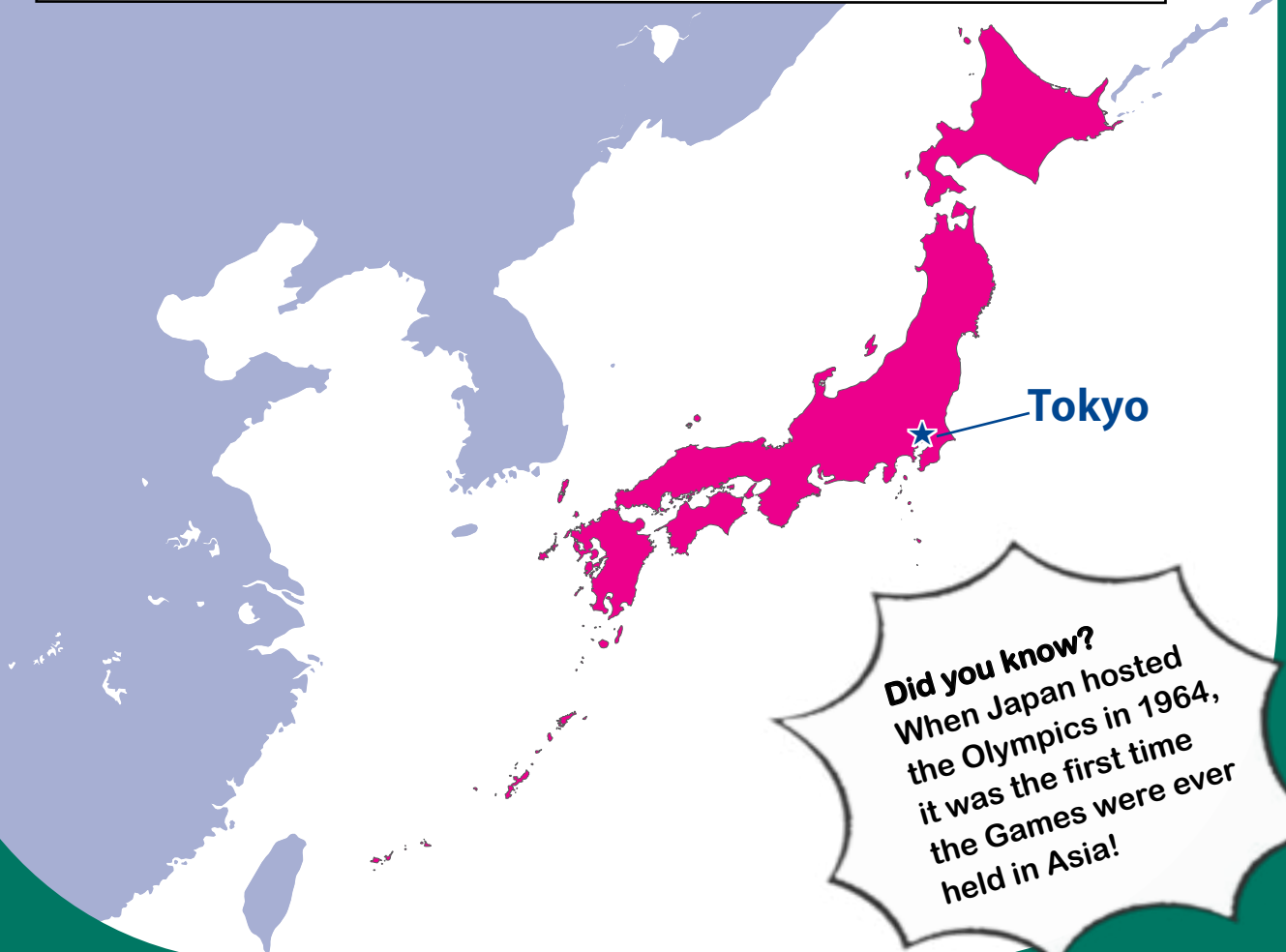
**Population:** 126.3 million (13 million in Tokyo alone!)

**Capital City:** Tokyo (including the Tokyo metro area it is the largest and most populous city in the world!)

**National Flower:** Cherry Blossom

**Highest Peak:** Mount Fuji (3776 m)

**Flag:** Nisshōki (flag of the sun), also known as Hinomaru (circle of the sun)



**Did you know?**  
When Japan hosted the Olympics in 1964, it was the first time the Games were ever held in Asia!



## Modern

Japan is known by many as one of the most modern and advanced countries in the world. It is famous for state-of-the-art technologies and high quality machinery and electronics. Many of the items we use today were also invented by the Japanese, such as laptop computers and bullet trains!



Modern Japanese culture is popular with young people around the world, especially video games, anime, and manga. Have you heard of the award-winning animated films *Spirited Away* or *My Neighbour Totoro*, created by Hayao Miyazaki, one of the most famous Japanese animators?

**Did you know?**  
Punctuality is very important in Japan and trains are always on time. If they are even 1 minute late, they'd have to apologise!



## Traditional

When speaking about traditional Japanese culture, many people will picture things like samurai and geisha. However, traditional Japan is much more than that.

**See if you can match each traditional art below to its correct name!**



The art of Japanese calligraphy. It means "The Way of Writing" in Japanese. It has been practiced for many years as a way to express oneself and also for meditation.

a. 折り紙  
Origami



The Japanese art of folding paper. Using simply a square piece of paper, practitioners are able to create shapes to look like animals and various objects.

b. 茶道  
Sado/Chado



Japanese Tea Ceremony. It means "The Way of Tea" in Japanese. It is a ceremonial way of preparing and drinking green tea.

c. 歌舞伎  
Kabuki



A classical form of Japanese dance-drama. It is known for its glamorous costumes and elaborate kumadori make-up worn by the performers.

d. 書道  
Shodo



## Japanese Sports

This year, athletes in the Summer Olympics will be competing in 33 different sports, 2 of which are traditional Japanese martial arts—Judo and Karate. What other Japanese sports do you know?

**Read about some of the traditional Japanese sports below and use the internet to help you learn more.**

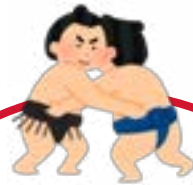
1



Karate is a popular unarmed martial art that involves hard striking techniques. In Japanese, 'Kara' means empty and 'te' means hand.

**Where did Karate originate?**

2



Sumo is a form of full-contact wrestling where the wrestler attempts to force his opponent out of a ring or into touching the ground with any body part other than the soles of his feet.

**How long does a sumo match usually last?**

3



Kyudo is a form of archery based on Kyujutsu which was practised by samurai

**Find out the size of the bow. You will be surprised!**

4



Kendo is a Japanese martial art descended from swordsmanship. Practitioners use bamboo swords as well as protective armour.

**What is a Kendo practitioner called?**

5



Judo is a martial art that involves throwing and grappling techniques. It focuses on using minimal effort to obtain maximum results, even against a larger opponent!

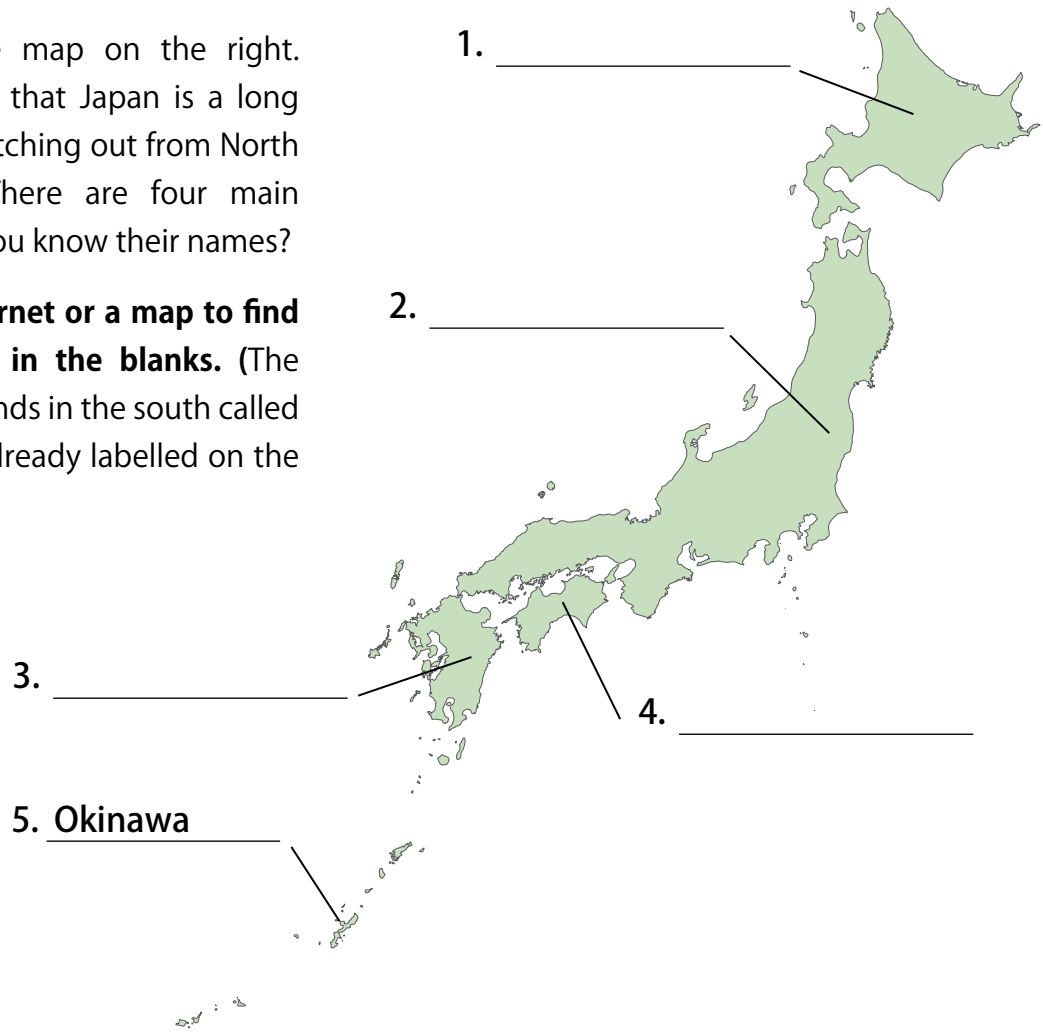
**What does Judo mean in Japanese?**



## Japan Detectives

Look at the map on the right. You can see that Japan is a long country, stretching out from North to South. There are four main islands; do you know their names?

**Use the internet or a map to find out and fill in the blanks.** (The group of islands in the south called Okinawa is already labelled on the map.)



**You've learnt a lot about Japan already. Can you find the answers to the questions below?**

1. The UK is split into counties and Japan is split into different areas called 'prefectures'. How many prefectures are there in Japan?
2. The UK uses the pound (£). What is the Japanese currency called? Can you draw the symbol?
3. What flower is used as a crest for the imperial family of Japan? Can you draw it?





# Japan Quiz



Are you an expert on Japan yet?  
Give the quiz a go to see how much you know!

1. The Japanese invented many things we use today. Which of the following things was not invented by the Japanese?

- a. Emojis      b. Selfie Sticks      c. Laptop Computers      d. Bullet Trains

2. In Japan, people don't use signatures on documents. They use personal stamps instead. True or false?

3. In what year did Japan win its first gold medals?

- a. 1928      b. 1964      c. 2012

4. For the first time this year, Karate has been added to the list of Summer Olympic sports. True or false?

5. Kimono is traditional Japanese clothing for both men and women. What do you think 'kimono' means?

- a. Loose gown      b. Thing to wear      c. Formal outfit

6. Japan has never hosted the winter Olympics. True or False?

How did you do? (Answers on next page)

3 correct - Bronze       4 or 5 correct - Silver       6 correct - Gold 



# Fan Zone

If you want to support some of your favourite athletes in Japanese, try shouting out some of these phrases when you're watching the games!

## Ganbare

(gam-ba-ray)

is a Japanese word to cheer someone on. It can mean 'Go for it!', 'Do your best!' or 'Good luck!'. **GANBARE!!**

がんばれ  
Ganbare!



ファイト  
Faito!



## Faito (fa-ee-toe)

comes from the English word for 'fight' but it doesn't mean you're encouraging athletes to fight! It means 'Hang in there!' or 'Keep going!'. **FAITO!!**

## Fure

(foo-ray)

comes from the English word 'hooray'. Can you hear the similarity? This is a great phrase to shout at any time. **FURE!!**

フー  
Fure!



### Japan Quiz Answers

- 1, all were invented by the Japanese; 2, True; 3, a (in Swimming and Athletics);  
4, True; 5, b; 6, False (Japan has hosted 2 Winter Olympics!)



# 漢字

## Kanji Characters

In the Japanese writing system, there are 3 sets of characters: hiragana, katakana, and kanji. The word **kanji** literally means 'Chinese characters' because Japan borrowed them from China's writing system.

In Japanese, Japan is called **Nihon** (pronounced knee-hon). The kanji characters 日 and 本 mean 'sun' and 'origin' and the reason why Japan is sometimes known as the 'Land of the Rising Sun' in Western countries.

**Why not try writing them below?** Follow the stroke order and trace each character, then practice writing them on your own!

		日	本

Well done! Now you can practice writing 東京, the characters for Tokyo, the **Eastern Capital!**

		東	京



## Activity: Yuru-Chara Design

Create a Mascot to support Team GB!

### What are Yuru-Chara?

Yuru-Chara is the name for mascots in Japan which have been designed to represent local areas, companies, or events! Have you seen the Tokyo 2020 mascots, Miraitowa and Someity?

**Someity** is pink like the cherry blossoms and **Miraitowa** has a traditional checkered design called Ichimatsu! But all Yuru-Chara are unique, check out more examples from Japan below.



### Create your own Yuru-Chara!

We want you to design your own Yuru-Chara mascot to support Team GB! Create your mascot using the guidelines below. Email us your design for a chance to win our **Yuru-Chara Design Contest!**

1. Pick a location in the UK as your Yuru-Chara's **hometown** (it can be where you live or where you were born). Think of things that place is **famous or well-known** for, such as food or drink, animals or plants, a person, or special landmark, then select one of these to be the shape of your Yuru-Chara .
2. Choose **1 or 2** of the other things to add as **small features** for the character.
3. Design your Yuru-Chara doing your favourite summer **Olympic** or **Paralympic** sport. (For the full list of sports, visit <https://olympics.com/en/sports/>).



#### Japan Society's Example

**Noj** is from the city of Norwich. He is shaped like a canary, icon of Norwich's football team, and wears a hat and suit that represent famous things in Norwich. He is chirpy and creative. His favourite olympic sport is skateboarding!



# My Yuru-Chara Mascot!

Your Name:

Age:

Contact email:

Where did you hear about the contest?  JS email  Facebook  Twitter  Instagram  
 family/friends/teachers  Others:

Name of Yuru-Chara:

Its hometown:

Personality:

## Contest Entry Guidelines

- Design your Yuru-Chara in the space above **following the design guidelines on the previous page.**
- Take a picture or scan a copy of your entry and email to [education@japansociety.org.uk](mailto:education@japansociety.org.uk)
- Anyone is welcome to send us their Yuru-Chara, but entrants must reside in the UK to be eligible to win a prize.
- By entering the contest, participants agree to their Yuru-Chara being shared on the Japan Society's website and/or social media (personal information will not be shared)

**Deadline: Sunday, 5 September 2021**

