

Undokai: Japanese Sports Day

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Lesson 4: Teamwork in Sports

<p>Learning Objectives:</p> <ul style="list-style-type: none">To understand the importance of working with others to promote collaboration and teamwork in sports by playing typical Japanese sports day games <p>Learning Outcomes:</p> <ul style="list-style-type: none">Identify tactics to promote teamworkCommunicate effectively with others to improve performance.Apply communication skills to a team challenge
<p>Curriculum Links:</p> <p>Physical Education</p>
<p>Keywords:</p> <p>Radio Taiso, undokai (Sports Day)</p>
<p>Resources:</p> <ul style="list-style-type: none">Japanese Sports Day Pack: UFO Race <p>Additional Resources:</p> <ul style="list-style-type: none">Radio Taiso Video (https://www.youtube.com/watch?v=0xfDmrcl70I)Radio Taiso Movements Card

Task 1

- Explain to/Remind students that the emphasis on Sports Day in Japan is not on individual attainment, but the importance of working with others. This lesson focuses on team work.
- By now, students should be familiar with the Radio Taiso routine. This lesson all students will warm up together, trying to move in unison as a group. 1 pair or group leaders could lead the warm up.

Estimated Time: 5 minutes

Task 2

- The following activity is based on the UFO game from the **Japanese Sports Day Pack** and demonstrates the importance of working together.

- In small groups of 3 or 4, students are to navigate a course carrying a giant beach ball/gym ball (the 'UFO') where 1 member is blindfolded, 1 cannot speak, 1 wearing ear defender (or ear muffs), 1 has hands tied together.
- Ask the students how successful they were and what was challenging about the activity. Did they find ways to communicate?
- Let the students try the game again, this time with no restrictions. How did they find it this time?

Optional Extension to Task 2

- Depending on time, students could be set a variety of different challenges. Keep changing the restrictions placed on them or the penalties changed for dropping the balls
- Teachers could use stop watches to time each attempt to see if improved communication positively affects team performance.

Estimated Time: 15 minutes +

Task 3

- Choose one or more games included in the resource pack which highlights the importance of group work: UFO Race, Down the Line, Centipede Race, All Aboard could all work well.
- Set up the activity and compete in the two larger Red/White teams.
- Hold a plenary. As a team, students should discuss the challenges they faced as a team and how they overcame them. Each student then gets a number. Teacher to choose 1 number at random to summarise the groups discussion and feedback to the class (everyone needs to be involved in the discussion to know what to report back)

Estimated Time: 15 minutes
