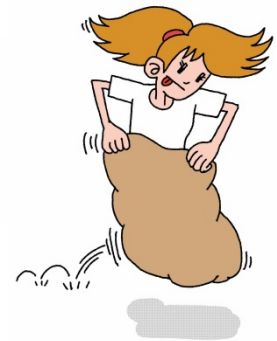
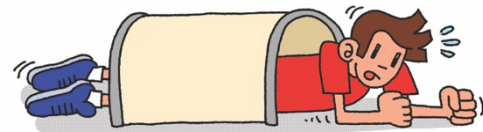
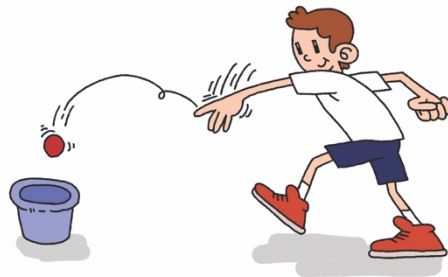


# JAPANESE SPORTS DAY

## – AT HOME EDITION –



# USING THIS GAME PACK

The pack contains examples of games played at Sports Day in Japan so you can recreate your very own **undokai** (sports day) in the garden or in the park. You can award points to the winning player or team at the end of each game and keep score, or just play for fun!

Almost all the games can be played with 2 players, but can be adapted according to the number of players and the equipment you have. Add your own variations and ideas too!

Normally in Japan, schools are divided into the Red Team and the White Team.  
Why not get dressed up in team colours?

To add more Japanese elements to your sports day hold an opening ceremony with music and perform a **Radio Taisho\*** warm-up.

Non-competitive elements are also important at **undokai** so you can add some cheerleading and dance performances, and when you're finished with the events, have a picnic together.

Link to Radio Taisho video: <https://www.youtube.com/watch?v=0xfDmrcl7OI>

# Late for School

**Aim:** To cross the finish line in uniform with all the correct items in the bag.

**Players:** 2 or more (can be played as a relay)

**To play:** Decide a start and finish point. Pick 4 different 'stations' and place items for players to collect in each one. Stations could be corners of the garden or different rooms in the home.

## Instructions:

- Once the race starts, players run to each station in turn.
- Players put on a tie from station 1, then race on to station 2.
- Players put on a jacket at station 2, then race to station 3.
- At station 3 players first pick up a bag then fill it with a mobile phone, tissues and a notebook before racing to the finish line. If playing as a relay, tag the next player to start.
- The first over the finish line is the winner.

## Equipment:

- Jackets
- Ties
- Bags
- Tissue packs
- Mobile Phones
- Notebooks

## Variations:

- Ties done up already, or players to tie at the station.
- Jackets buttoned up, or already open.
- Choose different items to collect or different clothes to dress in at each station.



# What a Racket!

**Aim:** To carry the ball safely sandwiched to the target without dropping it.

**Players:** 2 or more

**To play:** Decide a route in your garden or home and mark a halfway point (a laundry basket works well).

**Make sure the path is clear before starting so you don't trip!**

## Instructions:

- Once the race starts, sandwich the ball/balloon between the rackets/bats (or use cardboard "rackets").
- Set off on the course, towards the halfway point.
- Run around the halfway point, and then back to start.
- If the ball is dropped, it must be picked up immediately, and placed back within the sandwich.

## Equipment:

- Rackets/Bats
- Ball/balloon
- Halfway marker

## Variations:

- Sandwich a ball between players backs instead of using rackets.
- Players race against each other individually by balancing a ball on a racket.



# Giant Jumps

**Aim:** To complete as many consecutive jumps as possible within the designated time period.

**Players:** 2 or more

**To play:** Set a time limit and count the number of jumps achieved. With 2 players, one player stands behind the other and both jump together. With 3 players, 2 players hold the rope whilst the other player jumps. At the end of the time, switch over so every player has a turn to jump.

## Instructions:

- Once the activity starts, each player/team will try to get as many consecutive jumps as possible within the time limit.
- If the jumps break down, the player/team must start from zero again.
- Each player/team can submit their highest consecutive jump score at the end of the time period. Jump counts cannot be added together.

## Equipment:

- Skipping rope
- Timer

## Variations:

- Increased speed of the rope turns will increase difficulty.
- Hop with alternate legs instead of jumping.



# Obstacle Course

**Aim:** To complete all sections of the obstacle course.

**Players:** 2 or more

**To play:** Set up 4 different obstacles or activities for players to complete and a start/finish point. Time each player as they complete the course. Use the ideas below or make up your own original course.

## Instructions:

- Dribble a football around cones (or another marker if you don't have cones)
- Throw a ball (or scrunched up paper ball) into a target
- Do 20 hula hoops or 20 skips or 20 star jumps
- Hop until the finish line. Once players reach the finish line they should sprint back to the start and high-five the next player, for them to set off.
- The player/team with the fastest overall time is the winner.

## Equipment:

- Cones (or other marker)
- Football
- Small ball (or scrunched up newspaper)
- Bucket or other target
- Hula hoop or skipping rope

## Variations:

- Cones further apart, or closer together.
- Target closer or further away.



# Hurricane Game

**Aim:** Players must work together to complete the course by spinning round the cone obstacles whilst holding onto a pole.  
(**Note:** watch the example video for the full idea).

**Players:** 2 or more.

**To play:** Each team needs a minimum of 2 players. Pick a start/finish line and place a cone at the end of the course. Place another cone at the half-way point. Time each team as they complete the course.

## Instructions:

- Each team holds take hold of the pole and move forwards together.
- Go around the first cone in a full circle, maintaining contact with the pole. (So the player furthest from the cone does a larger orbit than the player nearest the cone).
- Carry on to the second marker, go round it and to head back to the first marker.
- Do another full circle around the first marker before going back to the start/finish line.
- The next team can start their turn.
- The winning team is the fastest to complete the course.

Link to example video : [https://www.youtube.com/watch?v=A7zt\\_7kRpTA](https://www.youtube.com/watch?v=A7zt_7kRpTA)

## Equipment:

- Cones (or other marker)
- Poles (broom handles can be used)

## Variations:

- Make the distance between cones shorter.
- Add an extra cone to go around.



# Paper Toss

**Aim:** For each team to successfully toss as many scrunched up paper balls as possible into their target within the designated time.

**Players:** 2 or more

**To play:** Place two targets 1 metre apart and decide which target belongs to which team. Scrunch up old newspaper/magazines into paper balls and scatter them around the targets. Make at least 20 paper balls for each team. Set a time limit before starting.

## Instructions:

- When the game starts players must run to pick up a paper ball and try to throw it into the target.
- Players can throw only one paper ball at a time and are not allowed to pick up or hold multiple balls.
- When the time runs out, the team with the most paper balls in the target is the winner.

## Equipment:

- Timer
- Old newspaper or magazines
- Two targets (buckets, empty bins or laundry baskets)

## Variations:

- Set up targets next to each other. Paper balls that go into the rival team's target will give them a point.
- Have a zone around the targets that the players can't enter.
- Use one target only and play one team at a time.



# Speed Clean

**Aim:** To leave the playing area as tidy as possible by collecting any rubbish created from the picnic or games and gathering up all the other equipment.

**Players:** 2 or more

**To play:** Set the centre of the play area as the base and place a bin, carrier bag, or large box for each team. Players spread out and await the starting signal. Set a time limit before starting.

**If playing in a park,  
only collect litter or rubbish that belongs to you**

## Instructions:

- Players from each team must run around trying to gather any rubbish and taking it back to their team's bin.
- Players should also collect any up equipment or items and organise them neatly in the centre, ready to be put away.
- When the time ends, ask an adult to decide which team has collected the most and which has left the area tidiest.

## Equipment:

- Timer
- Bin, carrier bag, or large box

## Variations:

- Add in constraints such as hopping or skipping to the base area.
- Allow only one collection at a time
- Speed clean your room or another area in the house.
- Scatter the same number of paper balls (from the paper toss game) for each team to collect and time their performance.



# Maru/Batsu Quiz

**Aim:** Each player must try to correctly guess the answer to each question. Last player(s) standing are the winners.

**Players:** 3 or more

**To play:** One player will be Quiz Master. The remaining players stand in a central area, facing the two signs.

## Instructions:

- The Quiz Master stands in the centre and ask questions with a True or False answer (see the Quiz Sheet for a list of suggested questions or write your own).
- Players must quickly decide whether each question is True or False and run to stand by the O (*Maru* or True) or X (*Batsu* or False) signs.
- After the Quiz Master reveals the answer those standing at the incorrect sign are either out or lose a life (play with up to three lives).
- Those left at the end of the questions are the champions.

## Equipment:

- Prepared questions
- 2 signs: one circle and one cross

## Variations:

- Start with easier questions.
- Hop, skip or run backwards to the signs.



# Maru/Batsu (True or False) Quiz – Sample Questions



Ask someone to be the Quiz Master and read some of the questions out loud. A circle (maru in Japanese) indicates the statement is true. A cross (batsu in Japanese) means the statement is false.

## Geography

- The capital of Japan is Tokyo. **O/maru.**
- There is an average of 57 earthquakes in a year in Japan. **X/batsu. There are over a 1000 every year.**
- Japan is smaller than the UK. **X/batsu. Japan is larger and has roughly double the UK population.**
- Japan has 4 seasons. **O/maru.**
- Japan is an archipelago that consists of around 5000 islands. **X/batsu. The Japanese archipelago consists of over 6800 islands.**
- Like the UK, Japan has long days in summer and shorter days in winter. **X/batsu. Japan is located closer to the equator and the hours of sunlight are similar in both winter and summer.**

## Food

- Sushi is always made with raw fish and rice. **X/batsu. Sushi is often made with raw fish and vinegared rice, but can also be made with other seafood and vegetables instead of fish.**
- Instant noodles were invented in Japan. **O/maru.**
- Sushi is a traditional Japanese breakfast. **X/batsu. A traditional Japanese breakfast consists of cooked fish, rice, pickles, and miso soup.**
- Fruit is expensive and considered a luxury in Japan. **O/maru.** Mangos, melons, and strawberries are some of the most expensive, with some very special varieties costing over £100 each.
- The Japanese eat more fish than meat. **O/maru.** As an island country it has plenty of easy access to fish and limited space for livestock (most of the land consists of housing and mountain/forests).
- Japan is the largest producer of rice in the world. **X/batsu. It is not even in the top three.**

# Maru/Batsu (True or False) Quiz – Sample Questions (Page 2)



## Culture

- Japanese people visit temples and shrines on New Year's Eve. **X/batsu.** Many Japanese visit shrines or temples to pray on New Year's Day.
- Four is an unlucky number in Japan. **O/maru.** The word for 'four' can also be read as 'death' and is considered unlucky.
- Only Japanese people are allowed to become Sumo wrestlers. **X/batsu.** There are many professional sumo wrestlers who are not Japanese.
- Japanese hot springs are called sentō. **X/batsu.** Japanese hot springs are called onsen. Sento are Japanese public bathhouse.
- Shinto is an ancient religion/faith in Japan. **O/maru.** Today, Shinto shrines, festivals and religious practices exist alongside Buddhist ones in Japan.

## School Life

- In Japan, all students take a packed lunch to school. **X/batsu.** At primary and secondary school all students eat a school lunch.
- Japanese students have to clean their own classrooms. **O/maru.** Every day after lunch Japanese students take out cleaning equipment and clean the school.
- In a Japanese school, each class can have up to 40 students. **O/maru.**
- The Japanese school year starts in January. **X/batsu.** The school year starts in April in Japan.
- Japanese students change their shoes when they get to school. **O/maru.** Japanese students have a different pair of shoes to wear inside school.
- Japanese students never have homework. **X/batsu.** Japanese students have homework too!

## Other

- Like England has a Queen, Japan has a King. **X/batsu.** Japan has an Emperor.
- The Japanese flag is blue and yellow. **X/batsu.** The flag is red and white.
- The red circle in the Japanese flag represents the sun. **O/maru.**
- Karate and Judo are both Japanese sports. **O/maru.**
- The Japanese currency is called the Japanese dollar. **X/batsu.** The Japanese currency is called 'Yen'.

**This resource was developed by The Japan Society with  
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