

Japanese 'Radio Taiso' in Physical Education

CURRICULUM LINKS

This unit of work aims to introduce to British school children a Japanese form of callisthenic exercise performed to music known as Radio Taiso (Radio Exercises). It is aimed at KS2/3 although this unit is introductory and therefore could easily be differentiated to suit KS1 or KS4.

The following National Curriculum for Physical Education aims will be met through the unit of work:

- Students develop competence to excel in a broad range of physical activities
- Students are physically active for sustained periods of time
- Students lead healthy, active lives

CROSS CURRICULAR LINKS

The unit of work creates clear links to other National Curriculum subjects:

PSHCE – Social skills / Mental wellbeing / Relaxation / Cultural links

MFL - Language links to Japanese

Geography – Use of world map to show Japan in relation to the UK

History – Historical links on the beginning of Radio Taiso

WHOLE SCHOOL LINKS

Through completing this unit of work, whole school routine links could be made through applying the Radio Taiso style exercise routines to daily school practice before school, at break times, or to break up periods of written work and stimulate both the body and the brain. If schools have implemented 'Wake Up Shake Up', Radio Taiso could easily be used in this very same way, adding an increased cultural awareness element to the start of a school day.

RESOURCES

A variety of resources can be used to accompany the scheme of work:

- Video (See <https://www.youtube.com/watch?v=0xfDmrcl70I>)
- About Radio Taiso PowerPoint Presentation
- Radio Taiso Movements Card
- Let's Learn Radio Taiso PowerPoint Presentation
- Benefits of Radio Taiso Cards
- Evaluation and Self/Peer Assessment cards
- Video of Radio Taiso exercises performed seated (see link: <https://www.youtube.com/watch?v=EJlyloOXsF8&t=18s> (in Japanese))

Keywords

Radio Taiso (Radio Exercise), routine exercise, movement, dynamic, flexibility, core strength, mindfulness, cardiovascular, preparation, unison, cannon, facings, formation, flexibility, digestion

Assessment Methods

- Teacher assessment
- Peer and self-assessment (resources included)

	Learning Objective	Suggested Activities
1	<p>To understand and experience the characteristics of Radio Taiso</p> <p>Outcomes</p> <ul style="list-style-type: none"> • Identify characteristics of Radio Taiso 	<p>Task 1</p> <ul style="list-style-type: none"> • Students to enter the learning environment with the Radio Taiso music playing. • Q&A on what students have found interesting about the music. <p>Task 2</p> <ul style="list-style-type: none"> • Students watch the Radio Taiso video and think about the characteristics of the movements

	Learning Objective	Suggested Activities
	<ul style="list-style-type: none"> • Perform movements from Radio Taiso • Select and apply Radio Taiso movements into group exercise routine 	<ul style="list-style-type: none"> • Think/Pair/Share activity. • Students learn about Radio Taiso and its use in Japan from the presentation <p>Task 3</p> <ul style="list-style-type: none"> • Teacher lead. Students to copy and perform the Radio Taiso movements. <p>Task 4</p> <ul style="list-style-type: none"> • After working out success criteria, students use the Movements Card and practise in time to the music as groups. • Progression: students to pair up in groups and lead each other through their own Radio Taiso routines. Students to be encouraged to give feedback. <p>Extension Activities</p> <ul style="list-style-type: none"> • Students to revisit the routine and apply improvements to their routines. • Teacher can facilitate a class discussion on which Radio Taiso characteristics were seen in the students' routines.
2	<p>To recognise and experience the benefits of Radio Taiso.</p> <p>Outcomes</p> <ul style="list-style-type: none"> • Identify the benefits of Radio Taiso both physically and mentally to the participant • Select and apply Radio Taiso movements to include in own performance, based on their benefits. 	<p>Task 1</p> <ul style="list-style-type: none"> • Students to enter the learning space and begin warming up their own groups using their pre-planned routines from the previous lesson. <p>Task 2</p> <ul style="list-style-type: none"> • Teacher to hand each group the 'Benefits cards' for a mix & match Activity <p>Task 3</p> <ul style="list-style-type: none"> • Students to choose 3 of the benefits of Radio Taiso for their routine to focus on and should begin to improve their movement quality, timing, and accuracy. • Progression: students to use evaluation card to self-assess strengths and AFI's in their performance in terms of fluency, accuracy and intensity/quality of movement. <p>Task 4</p>

	Learning Objective	Suggested Activities
	<ul style="list-style-type: none"> Perform with improving fluency and accuracy intensity/quality of movement 	<ul style="list-style-type: none"> Students to give a performance as a class (their own group routines, but all at the same time). Record to watch back next lesson if technology allows. Plenary: students to revisit the 'benefits' cards they matched up at the start of the lesson and in their small groups discuss how their group managed to achieve their focus
3	<p>To evaluate and improve others' performance and appreciate the performance of others</p> <p>Outcomes</p> <ul style="list-style-type: none"> Identify strengths in others' performances in relation to Radio Taiso inspired routines. Suggest areas for improvement in group performances in relation to Radio Taiso aims. Explain how and suggest solutions so that groups or individuals can make these improvements to their performances. 	<p>Task 1</p> <ul style="list-style-type: none"> Students to enter the learning space and begin warming up their own groups using their developing routines from the previous lesson. Show video of previous class performance (if recorded). <p>Task 2</p> <ul style="list-style-type: none"> Share the criteria for success to be used when each group performs. Rehearsal time working on refining own routines ready for the performance. <p>Task 3</p> <ul style="list-style-type: none"> Student performances. Each group is responsible for giving the official feedback to another group. All students form the audience. Teacher to draw upon each student from the observation group to deliver their feedback. <p>Extension Activities</p> <ul style="list-style-type: none"> Add additional/original moves to the routine Show students Radio Taiso Routine 2 Hold a Japanese Sports Day and perform Radio Taiso as a whole school warm-up