

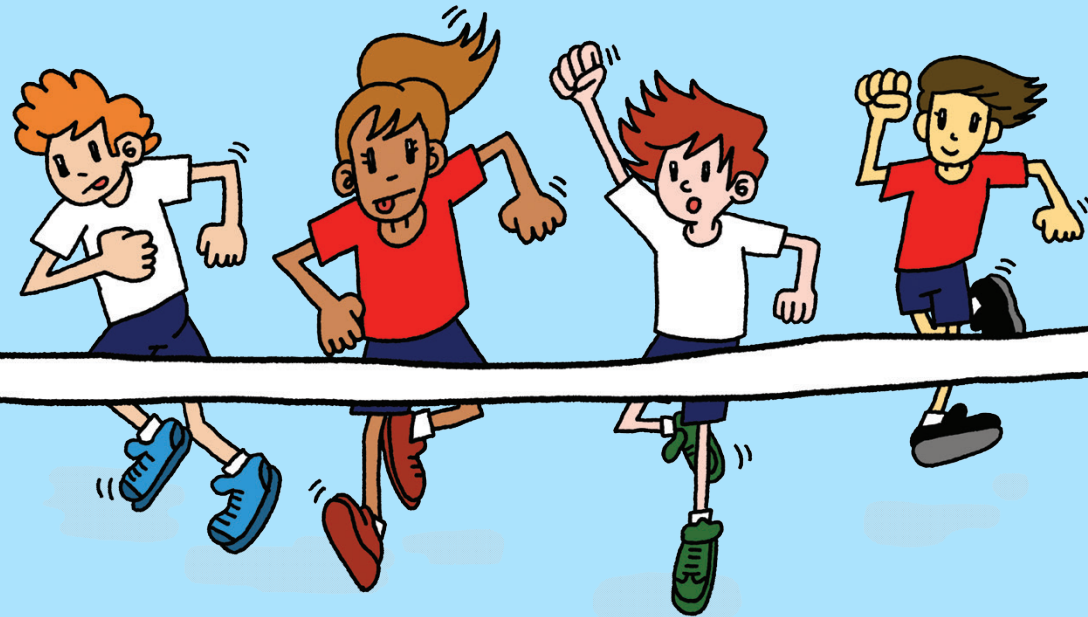


THE
JAPAN
SOCIETY

JAPANESE SPORTS DAY

運動会

UN - DŌ - KAI





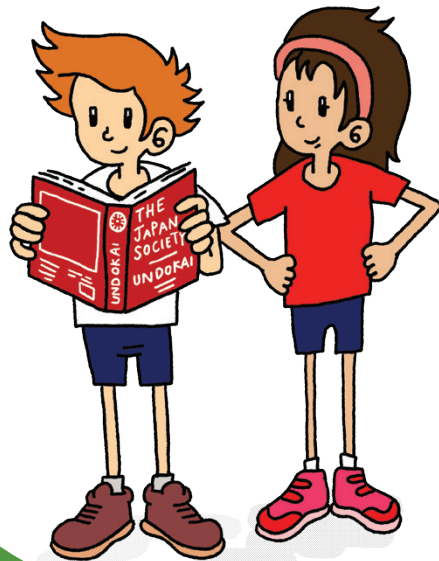
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ABOUT SPORTS DAY IN JAPAN

The word for Sports Day in Japanese is **undokai** (*oon-doh-kai*).

Sports Day is a popular school event in Japan and they are scheduled to take place on a weekend so that family members can also attend. Everyone will normally bring their own packed lunch for a picnic at lunch time.

The key difference between Sports Days in Japan and the UK is that the whole school is usually divided into either the Red or White team. Most Japanese students have a reversible sports cap as part of their P.E. kit that can be red or white which they use to easily identify which team they are on.

The emphasis on the day is on group work rather than individual attainment and students get to support and cheer for others who are not in their class or year group. Event winners gain points for their team and the winning team is announced at the end of the day.

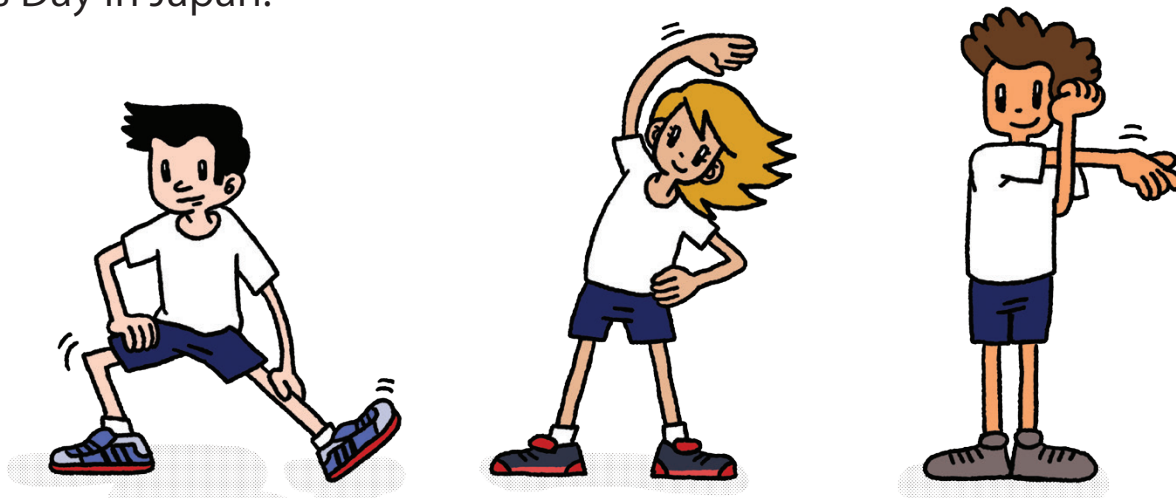


USING THIS GAME PACK

This pack contains examples of games played at Sports Day in Japan so you can recreate your very own **undokai**. See the set-up instructions for the field layout for each activity.

You can pick any of the events to feature in your sports day, but the standard ones that almost always appear in Japan are the Relay Race, Tug of War, and Bean Bag Toss as well as a game involving fancy dress. You can add your own variations or ideas too! There is usually also at least one event in which parents and teachers participate, so make sure to pick an activity for them!

You can add more Japanese elements to your sports day by incorporating an opening ceremony with music and a Radio Taiso warm-up with the whole school. Non-competitive elements such as cheerleading, student dance performances, and gymnastics are also important and are common features of Sports Day in Japan.





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LATE FOR SCHOOL

学校へダッシュ

GAKKOH-E-DASSHŪ





How to play: **LATE FOR SCHOOL**

Aim of the Activity:

For players to cross the finish line in costume with all the correct items in the bag.

To start:

- Players line up and wait for the whistle/starter.
- Two players to race each other (or two teams can race as a relay).

Instructions:

- Once the race starts, each player in turn runs to each base (1, 2 & 3).
- Players put on a tie from base 1, then race on to base 2.
- Players put on a jacket at base 2, then race to base 3.
- At base 3, players first pick up a bag or briefcase and then fill it with a mobile phone, tissues and a notebook before racing to the finish line.
- The first player over the finish line is the winner.

Variations:

- 1 – Bases with tasks spread out further, or closer together.
- 2 – Ties done up already, or players to tie at the base.
- 3 – Jackets buttoned up, or already open.

Equipment Needed:

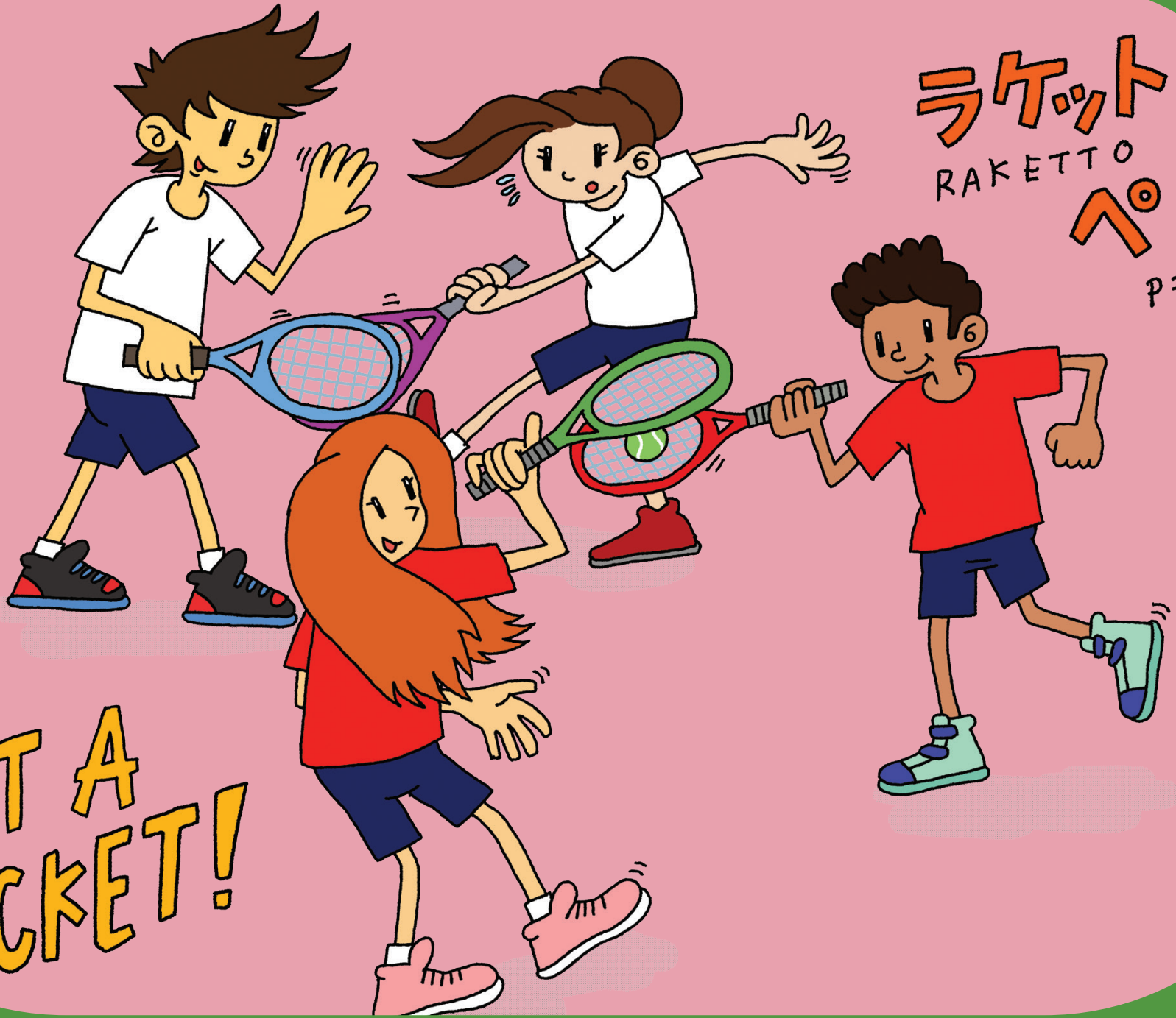
- Cones
- Whistle
- Jackets
- Ties
- Briefcases
- Tissue packs
- Mobile Phones
- Notebooks



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ラケット
RAKETTO
ペア
PEĀH

WHAT A
RACKET!





How to play: **WHAT A RACKET!**

Aim of the Activity:

For players to carry the ball, safely sandwiched between two rackets, to the target as quickly as possible.

To start:

- Line up your team into pairs who will work together. Each pair will stand behind the other.
- Pairs from each team will take turns to race around the course and back to the start line.

Instructions:

- Once the race starts, each pair in turn sandwiches their ball and sets off running.
- Pairs run around the central marker and then back to the rest of their team.
- Pairs transfer the ball into a bucket/safe zone before the next pair can set off.
- The first team to return all their balls is the winner.
- If the ball is dropped it must be picked up immediately and placed within the sandwich for the pair to continue.

Variations:

- 1 – Central marker, nearer or further away.
- 2 – Balls / balloons to be easier or more difficult shapes to manage.
- 3 – Rackets can be smaller or larger.

Equipment Needed:

- Cones
- Whistle
- Rackets
- Balls
- Bucket / safe target zone for collecting balls



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ALL
ABOARD



花の
HANA - NO
ステーション
SŪTĒ - JĪ



How to play: **ALL ABOARD**

Aim of the Activity:

For all players to fit onto the platform before the allotted time runs out.

To start:

- Players will line up in front of the platform and wait for the whistle/starter.
- The platform can be any size (large gym mats make brilliant wobbly platforms).
- The timer will start (you choose the time limit depending on number of players).

Instructions:

- Once the activity starts, each team member will take turns to step onto the stool to join the platform.
- When one player has safely stepped onto the platform, the next can step on until all team members are finally aboard.
- The winning team is the first to get all team members onto their platform safely.
- If a player falls off, they must re-join the back of the line and await another turn.
- If the timer runs out, the team with the most players standing on the platform at the end will win.

Variations:

- 1 – Larger or smaller platform.
- 2 – Adding in stepping stones such as benches or stools to reach the platform.
- 3 – Mark out a space on the ground if a platform is not available.

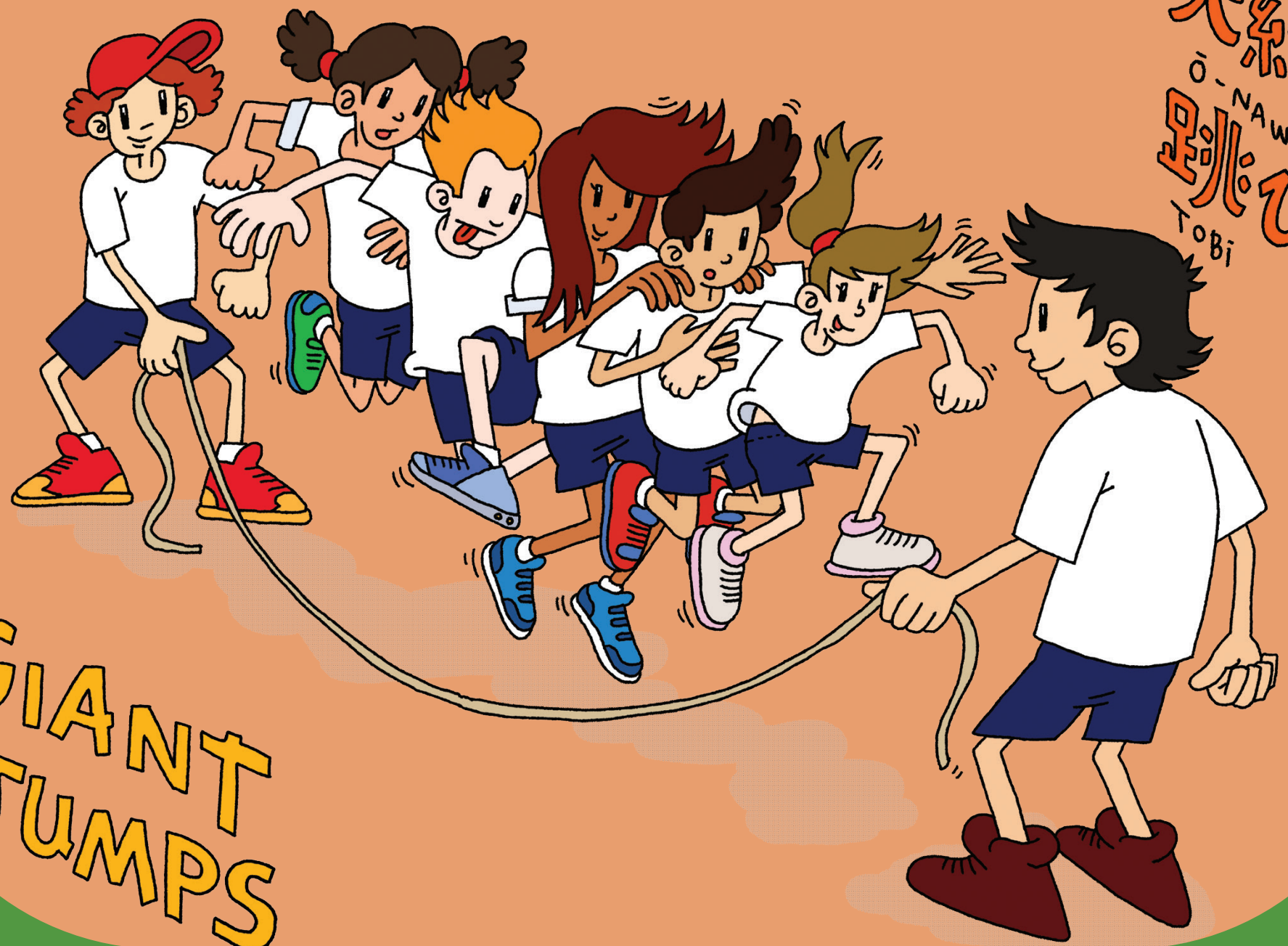
Equipment Needed:

- Whistle
- Platforms
- Stools
- Benches
- Stopwatch/timer



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大縄
跳び
Ō-NAWA
TOBI



GIANT
JUMPS



How to play: **GIANT JUMPS**

Aim of the Activity:

For each team to complete as many consecutive jumps as possible within the designated time period. The team with the highest number of skips wins.

To start:

- Players line up to one side of their skipping rope and wait for the whistle/starter.
- The timer will start (you choose the time limit depending on number of players).

Instructions:

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

Variations:

- 1 – Smaller or larger team numbers.
- 2 – Increase the speed of the rope turns to increase difficulty.
- 3 – Add in specific jumps to increase difficulty.
- 4 – Add in 1 player at a time to increase difficulty.

Equipment Needed:

- Cones
- Whistle
- Extra-long skipping ropes
- Stopwatch/timer



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ムカデ
MUKADE
競争
KYŌ-SŌ



CENTIPEDE
RACE



How to play: **CENTIPEDE RACE**

Aim of the Activity:

To complete the course as quickly as possible, moving as a giant centipede.
Centipede is **mukade** (*moo-kah-deh*) in Japanese.

To start:

- Players to form teams. This activity is suitable for large numbers since 5 players make up a centipede.
- Players join by loosely tying together their ankles to the ankles of the person in front of them.
- The starter blows the whistle to start the race.

Instructions:

- On the whistle, the first centipede moves towards the marker cone, moves around it, and back to the start line.
- On reaching the start line, the players high five the next centipede, which in turn completes the same course.
- The race continues until each centipede has returned to the start line. The team with all of their centipedes back at the start line first is the winner.
- If a tie becomes undone, the whole team must stop and wait until they are tied back together before continuing.

Variations:

- 1 – Looser ties for ease.
- 2 – Using giant planks on the floor (with hand ties) for students to all stand on and then move as one.
- 3 – Shorter distance for the centipedes to move to/from.
- 4 – Less/more numbers of players in each centipede.

Equipment Needed:

- Cones
- Whistle
- Ties
- Planks with rope handles (optional)



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玉入れ
TAMA-
ILEH

BEAN
BAG
TOSS





How to play: **BEAN BAG TOSS**

Aim of the Activity:

For each team to successfully toss as many of their coloured bean bags as possible into their goal within the designated time.

To start:

- Scatter the same number of red and white balls or bean bags on the ground around a tall net or basket (a basketball or netball hoop would work with a bucket underneath to catch).
- Teams to stand away from the net and the balls/bean bags until the whistle sounds.

Instructions:

- On the whistle, teams run to the balls and work to get as many of their coloured balls or bags in the basket within the allotted time by throwing them up towards the net.
- When the time is up, the judge counts the number of balls each team has in the basket.

Variations:

- 1 – Give one member from each team a tall cardboard sign to use as a barrier to try to prevent the rival team's balls from entering the net.
- 2 – Set up the two nets close to each other. Balls that go into the rival team's net will give them a point.
- 3 – Lower / higher the net for different abilities.
- 4 – Have a marked zone underneath the target which players aren't allowed into (the bigger this is, the harder the task).

Equipment Needed:

- Cones
- Whistle
- Balls / bean bags
- Nets
- Buckets
- Stopwatch/timer



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U.F.O. RACE



ユーフォー
YŪ - FŌ



How to play: **UFO RACE**

Aim of the Activity:

For all players to make their way around the course as quickly as possible whilst carrying a huge beach ball or gym ball.

To start:

- Split your teams into groups of 5.
- Each group of 5 must work together to carry their large beach ball or gym ball round the course and back to the start line.
- The ball must be carried on the **backs** of the players, using arms to assist (all backwards).

Instructions:

- On the whistle the first group of 5 carry the large beach ball around the marker. If they drop it, they stop, pickup and continue.
- On reaching the start line, they transfer the ball over to the next group of 5 to have their turn.
- Once each smaller group has had their turn, the race is complete.
- The winning team is the one who gets all their mini teams of beach ball carriers back to the start line first.

Variations:

- 1 – Use smaller balls to carry.
- 2 – Allow 1 team member to face inwards to help guide the team.
- 3 – Have more or less team members.

Equipment Needed:

- Cones
- Whistle
- Gym balls / beach balls



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DOWN
THE LINE

大王送り
OH-DAMA-OKURI



How to play: **DOWN THE LINE**

Aim of the Activity:

For all players to pass the ball over their heads to the back of the line, roll it round the marker, and then back to the front of the line as quickly as possible.

To start:

- Line up your full team into two lines. The lines should be next to each other so players are close to one another.
- Place the marker cones behind the lines.

Instructions:

- On the whistle, the giant ball is moved over the heads of the team members, right to the back of the line.
- Once it reaches the back of the line, it is rolled round the marker cones by 2-4 players, and rolled back to the **back** of the giant line of players.
- The ball is then lifted above the players' heads and bounced overheads back to the start line.
- The winning team is the one to get the giant ball back to the start line first.
- If the ball drops, stop, put it back in where it fell out of the line and continue.

Variations:

- 1 – Use smaller balls if needed.
- 2 – Have a shorter distance to roll the ball to and from.
- 3 – Have helpers on the side.

Equipment Needed:

- Cones
- Whistle
- Gym balls / beach balls

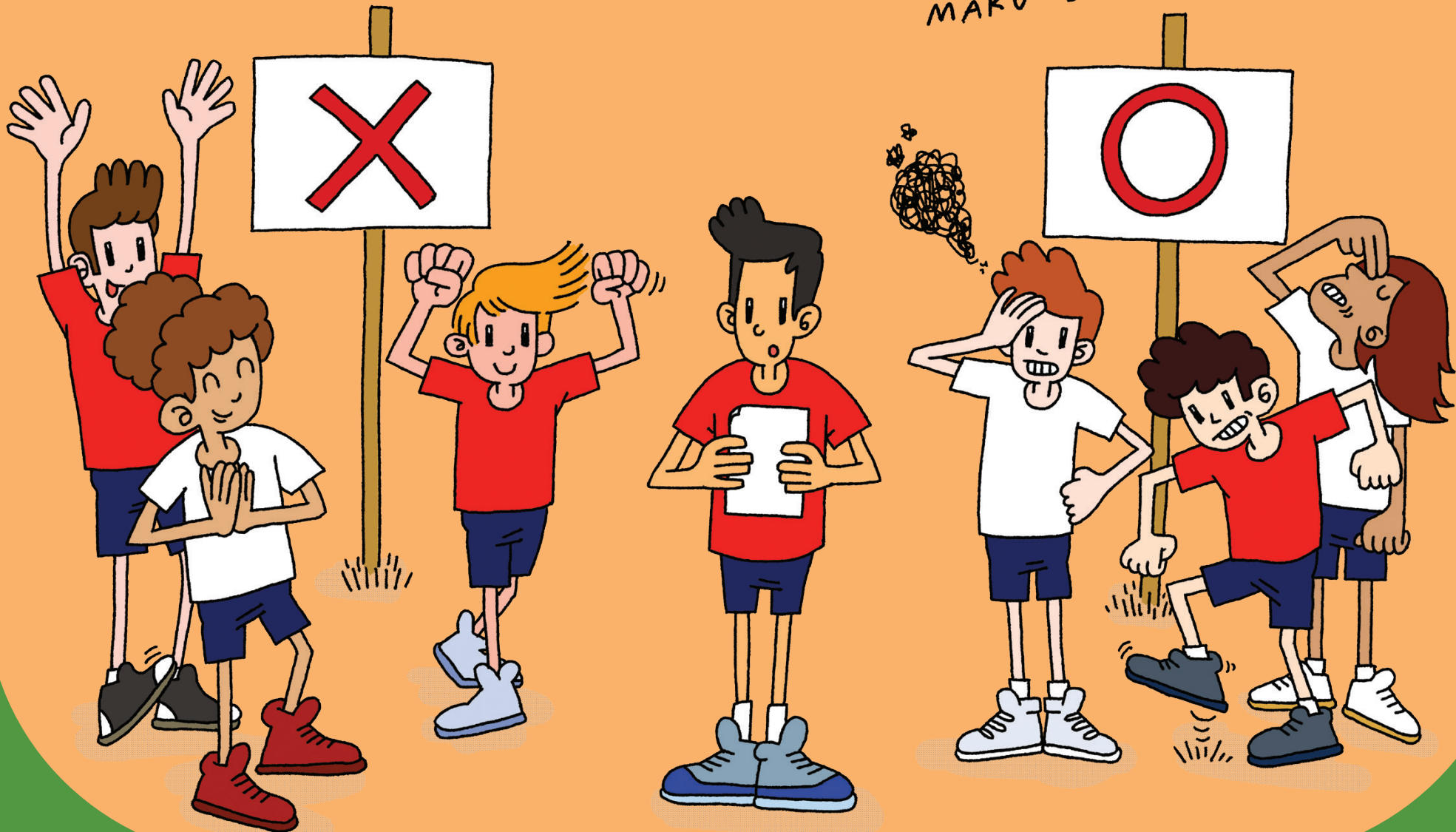
MARU BATSU Quiz

マルバツクイズ

MARU-BATSU-KUIZŪ



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How to play: **MARU / BATSU QUIZ**

Aim of the Activity:

For all players to try to correctly guess the answer to each question and stay in the game by moving to the appropriate sign. In Japan, a circle (maru) is used for true and a cross (batsu) is used for false.

To start:

- Ask all players to stand in a central marked zone, facing the two giant True or False boards.

Instructions:

- The Quiz Master stands in the centre and ask questions with a True or False answer (see Quiz Sheet for a list of suggested questions).
- Students 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 out.
- Last player(s) standing are the winners.

Variations:

- 1 – Start with easier questions or have differentiated question rounds for different ages of players.
- 2 – Have a shorter distance to run to when deciding the answers.
- 3 – Give players an extra life so they are not immediately out.

Equipment Needed:

- Cones
- Boards
- Whistle
- 2 large signs – one circle and one cross
- Quiz Master to ask the questions



OBSTACLE COURSE



障害物
SHŌ-GAI-BUTSU
競走
KYŌSŌ



How to play: **OBSTACLE COURSE**

Aim of the Activity:

For players to complete all sections of the obstacle course.

To start:

- Use the ideas below or make up your own original course with 4 different obstacles or activities.
- Players line up and wait for the whistle/starter.
- Players must complete each component of the obstacle course.

Instructions:

- Dribble a football around cones.
- Throw a bean bag into a target.
- Crawl through a tunnel.
- Hop in a sack until the finish line.
- Once players reach the finish line the next team member can start. Or, each player can sprint back to their team to high five the next in line for them to set off.
- The winning team is the first for all players to complete the course.

Variations:

- 1 – Cones spread out further, or closer together.
- 2 – Target closer or further away. Target larger or smaller.
- 3 – Use hoops instead of tunnel.
- 4 – Do 2 footed or 1 footed jumps instead of using a sack.

Equipment Needed:

- Cones
- Footballs
- Bean bags/balls
- Buckets or other target
- Sacks
- Tunnel or hoops
- Whistle



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台風
TAI-FU-NO
目
ME



HURRICANE
GAME



How to play: **HURRICANE GAME**

Aim of the Activity:

For all players to work together in their mini team to complete the course by spinning round the cone obstacles whilst holding onto a pole. (**Note:** watch the example video for the full idea.)

To start:

- Line up your full team into groups of 4 who will work together.
- Each mini team of 4 stands behind the other.

Instructions:

- On the whistle, the first mini team of 4 take hold of the pole and move forwards together. They all go around the first cone in a full circle, maintaining contact with the pole, then move to the second marker and go round that cone to head back to the first marker.
- They do a full circle around the first marker before stopping at the front line of their team.
- The mini team holding the pole will then hold it low to the ground to sweep under the jumps of their full team. Once all players have jumped over it, the pole is at the back of the line.
- The first mini team then hold the pole up high, walk it back to the front of the line over the heads of their teammates, and place it on the floor before joining the back of the line.
- The second mini team then complete the same series of movements and so on.
- The winning team is the one to have all its mini teams complete the hurricane course.

Variations:

- 1 – Use smaller poles and have less players in each mini team.
- 2 – Have a shorter distance to work in for the marker cone section.
- 3 – Have helpers on the side shouting out the instructions.

Equipment Needed:

- Cones
- Poles
- Whistle

Link to example video : https://www.youtube.com/watch?v=A7zt_7kRpTA



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RELAY
リレー
RILEH





How to play: **RELAY**

Aim of the Activity:

For players to run their leg of the course and successfully pass the baton to their teammate who will run the next leg. The quickest team wins.

To start:

- Line up your relay teams at the 4 points around the track.
- Await the starter whistle.

Instructions:

- On the whistle, runner 1 sprints in their lane with the baton to the 1st changeover point where runner 2 is.
- On reaching the changeover point, the baton is passed on and runner 2 sprints to the next point.
- This is repeated at the 2nd and 3rd changeover points.
- Runner 4 (last runner) sprints to the finish line.
- The first baton over the line is the winning team.

Variations:

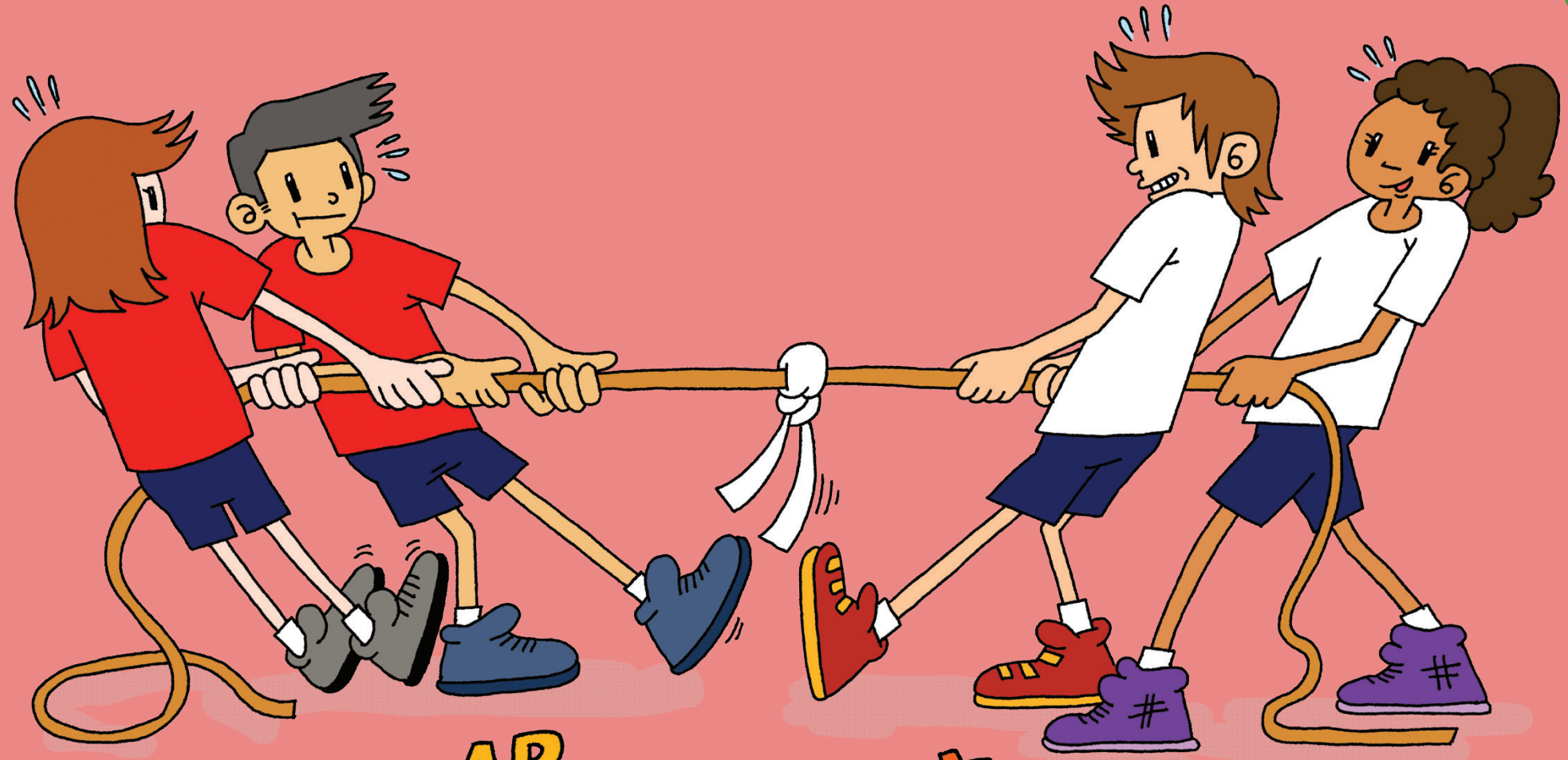
- 1 – Other activities to increase the fun factor.
(skipping, backwards running, hopping etc)
- 2 – Make the relay distance shorter or longer.
- 3 – Add in a 'changeover zone' where the baton needs to be changed over within.

Equipment Needed:

- Cones
- Batons
- Whistle



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TUG OF WAR

綱引き
TSUNA-HIKI



How to play: **TUG OF WAR**

Aim of the Activity:

For all players to work together as a team, combining strength and co-ordination to win the tug of war.

To start:

- Select the number of players to take part and line up next to the large rope.
- Await the starting sound.

Instructions:

- On the whistle, all players must pull as hard as possible their side of the rope in order to move the central marker towards them and past the cone on their side.
- The first team to do this wins.
- You could do a best of 3, or a winner takes all.
- If either line collapses, an official can choose to start the tug again from the point where it broke down.

Variations:

- 1 – Have different age groups competing together.
- 2 – Increase or decrease the distance between the central marker and the cones.
- 3 – For stronger students, allow them to use 1 hand.
- 3 – Set a time limit and if neither team manages to move the central marker past their cone, declare a draw.

Equipment Needed:

- Cones
- Rope
- Whistle
- Marker for the middle of the rope
- Stopwatch/timer



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SPEED
CLEAN



お掃除
OSOJI
大戦争
DAI-SEN-SO





How to play: **SPEED CLEAN**

Aim of the Activity:

For players to gather up the most litter or belongings after the event finishes in order to leave the playing area as tidy as possible.

To start:

- Teams receive an equal number of bin bags to be given to several players.
- Players spread out on the field and await the starting whistle.

Instructions:

- On the sound, players from both teams run around trying to collect as much litter as possible and put it into their bin bags.
- Players must also pick up any equipment/belongings and bring them to the central zone and organise it neatly, so that it is ready to be put away or collected.
- When the time is up, all teams must deposit the litter into their teams' central bin. The officials will decide which team has collected the most and which has left the area tidiest.

Variations:

- 1 – Add in constraints such as hopping or skipping to a new collection area.
- 2 – Allow 1 collection at a time, then take back to a base area.

Equipment Needed:

- Bin bags
- Bin
- Whistle
- Stopwatch/timer