

## Japanese Sports Days in Physical Education

This unit of work aims to introduce to British school children activities linked to Japanese Sports Days (*undokai*). Firstly, through a form of callisthenic (simple & minimal equipment) exercise performed to music known as Radio Taiso (radio exercises); and then through introducing Sports Day themed activities typically practised in Japanese schools. The benefits of promoting Japanese Sports Days stem from the fact that they promote activities which are not focused on individual attainment but celebrate teamwork by awarding points to teams. It is aimed at KS2-3 although this unit is introductory and therefore could easily be differentiated to suit KS1 or KS4.

### CURRICULUM LINKS

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 NC subjects.

- PSHCE: Social skills / Mental wellbeing / Relaxation / Cultural links
- History: Historical links on the beginning of Radio Taiso/undokai and how it has developed through the years through Japanese culture
- MFL: Language links to Japanese
- Geography: Use of world map to show Japan in relation to the UK

### WHOLE SCHOOL LINKS

Through completing this unit of work, whole school links could be made by applying the principles of teamwork, overcoming obstacles as a team and problem solving into their own Japanese Sports Day. The Sports Day activities within this scheme can be used as taster sessions / standalone lessons, as a scheme, and also to inspire a school-wide Japan Sports Day which can incorporate Radio Taiso, dance, cheering squads, opportunities for parent-teacher participation, and competing in team work activities together as a class / school community.

### RESOURCES

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

- [Radio Taiso Video \(https://www.youtube.com/watch?v=0xfDmrcl7OI\)](https://www.youtube.com/watch?v=0xfDmrcl7OI)
- Video of Radio Taiso being performed seated (see link: <https://www.youtube.com/watch?v=EJlyloOXsF8&t=18s>)
- Japanese Sports Day Pack and Field Set Up Instructions
- Individual Lesson Plans 1-6
- Japanese Sports Day Presentation
- Self and Peer Evaluation cards

## Keywords

Radio Taiso (Radio Exercise), undokai (Sports Day), kaizen (to improve) routine exercise, movement, dynamic, flexibility, core strength, mindfulness, cardiovascular, preparation, unison, cannon, facings, formation, flexibility, digestion, teamwork, working together, cooperation, problem solving.

## Assessment

- Teacher assessment
- Peer and Self-Assessment (resources included)

Lesson	Learning Objective	Suggested Activities
1	<p><b>To understand and experience the characteristics of Radio Taiso</b></p> <p><b>Outcomes:</b></p> <ul style="list-style-type: none"><li>• Perform movements from Radio Taiso</li><li>• Select Radio Taiso movements into group exercise routine</li><li>• Apply Radio Taiso routine to open an event</li></ul>	<p><b>Task 1</b></p> <ul style="list-style-type: none"><li>• Students to enter the learning environment with the Radio Taiso music playing.</li><li>• Q&amp;A on what students have found interesting about the music.</li><li>• Show clip of Radio Taiso video. Ask students to think about the characteristics of the movements being shown. Think/Pair Activity.</li><li>• Explain Radio Taiso concept to students using the About Radio Taiso presentation.</li></ul> <p><b>Task 2</b></p> <ul style="list-style-type: none"><li>• Teacher lead. Students to copy and perform the Radio Taiso movements.</li></ul> <p><b>Task 3</b></p> <ul style="list-style-type: none"><li>• Students discuss success criteria and practice the movements in small groups.</li></ul> <p><b>Task 4</b></p> <ul style="list-style-type: none"><li>• Students to perform their Radio Taiso sequence as a class whilst videoing it, ready to watch it back and give themselves feedback.</li><li>• Students can perform and review numerous times with teacher guidance and use the end result for a sports day event.</li></ul> <p><b>Extension Activities</b></p> <ul style="list-style-type: none"><li>• If time allows, students should revisit the routine and apply improvements.</li></ul>
2	<p><b>To understand how communication affects partner work in 'What A Racket'</b></p> <p><b>Outcomes:</b></p> <ul style="list-style-type: none"><li>• Identify the benefits of communication in pair work</li></ul>	<p><b>Task 1</b></p> <ul style="list-style-type: none"><li>• Using the background notes, explain briefly how undokai are different to UK sports days. Tell students this lesson is focused on pair work.</li><li>• Students complete a warm-up activity using Radio Taiso movements from lesson 1.</li></ul> <p><b>Task 2</b></p> <ul style="list-style-type: none"><li>• Students complete a pair work activity, performing a growing sequence of moves.</li><li>• Hold a mini-plenary and highlight students' successes.</li></ul>

	<ul style="list-style-type: none"> <li>• Select and apply communication strategies to a problem</li> <li>• Perform with improving control the pairs tasks demonstrating good communication/</li> </ul>	<p><b>Task 3</b></p> <ul style="list-style-type: none"> <li>• Facilitate a practice of the main activity (What a Racket game from the Sports Day Pack) with various restrictions on communication.</li> <li>• Students to choose their own equipment to complete the course.</li> </ul> <p><b>Task 4</b></p> <ul style="list-style-type: none"> <li>• Split the class into 2-4 main teams for the What a Racket activity (you may like to use a Red team and a White team as in undokai) and play several times.</li> <li>• Hold a class plenary to discuss how communication affected performance.</li> </ul> <p><b>Extension Activities</b></p> <ul style="list-style-type: none"> <li>• Students can use mini white boards and note down in teams, their top 5 tips for effective pair work for the 'hypothetical next class' completing the activity.</li> </ul>
3	<p><b>To understand the importance of having fun to promote physical activity</b></p> <p><b>Outcomes:</b></p> <ul style="list-style-type: none"> <li>• Identify key differences between British and Japanese approaches to Sports Days.</li> <li>• Understand the importance of humour and team work to provide a fun activity/activity day</li> <li>• Replicate with accuracy two events typical to Japanese Sports Days.</li> </ul>	<p><b>Task 1</b></p> <ul style="list-style-type: none"> <li>• Students warm up using Radio Taiso in pairs or larger teams.</li> <li>• Using the background notes, remind students how undokai are different to UK sports days. Tell students this lesson focuses on the importance of having fun and humour in bringing people together.</li> <li>• Divide students into 2 teams: a red team and a white team.</li> </ul> <p><b>Task 2</b></p> <ul style="list-style-type: none"> <li>• Tell students their tasks: Red Task – To use the equipment available to design an activity which will test the other team's ability to work as a team; White Task – To use the equipment available to design a fun activity which will make the other team laugh.</li> <li>• Activity can be mainly student led. If needed, teacher to provide support or ideas.</li> </ul> <p><b>Task 3</b></p> <ul style="list-style-type: none"> <li>• Each team completes the course designed for them and offers appraisal to the other team after the activity</li> </ul> <p><b>Task 4</b></p> <ul style="list-style-type: none"> <li>• Students complete one of the other Japanese activities included in the Sports Day Pack which emphasises having fun.</li> <li>• Hold a plenary and ask students to complete a 'Fist of 5' for how the Japanese Sports Day differs from the UK Sports Day.</li> </ul> <p><b>Extension Activities</b></p> <ul style="list-style-type: none"> <li>• Switch the tasks assigned to each group in Task 2 and play again.</li> <li>• Students to write up their experience in a news reporter style.</li> <li>• Include some Japanese cultural aspects i.e. make Japanese head bands (<i>hachi-maki</i>) using red and white cloth which can be decorated with slogans.</li> </ul>

4	<p><b>To understand the importance of working with others to promote collaboration and teamwork in sports</b></p> <p><b>Outcomes:</b></p> <ul style="list-style-type: none"> <li>Identify tactics to promote Team Work</li> <li>Communicate effectively with others to improve performance.</li> <li>Apply communication skills to a team challenge</li> </ul>	<p><b>Task 1</b></p> <ul style="list-style-type: none"> <li>Remind students that the emphasis on Sports Day in Japan is not on individual attainment, the importance of working with others and as a team.</li> <li>All students do a Radio Taiso warm-up together, trying to move in unison as a group.</li> </ul> <p><b>Task 2</b></p> <ul style="list-style-type: none"> <li>Facilitate an activity based on the UFO game from the Japanese Sports Day Pack: in small groups, students navigate a course carrying a giant beach ball/gym ball with various restrictions.</li> <li>Discuss how successful they were and what was challenging.</li> <li>Let the students try again with no restrictions. How did they find it this time?</li> </ul> <p><b>Optional extension to Task 2</b></p> <ul style="list-style-type: none"> <li>Set a variety of different challenges and keep changing over the restrictions or penalties for dropping the balls</li> <li>Time each attempt to see if when team performance improves as communication does.</li> </ul> <p><b>Task 3</b></p> <ul style="list-style-type: none"> <li>Choose more games which highlight the importance of group work (e.g. UFO Race, Down the Line, Centipede Race, All Aboard) and compete in the Red/White teams.</li> <li>Hold a plenary discussing the challenges and how they overcame them.</li> </ul>
5	<p><b>To understand how reflecting on our own performance can lead to improvement and a sense of achievement</b></p> <p><b>Outcomes:</b></p> <ul style="list-style-type: none"> <li>Understand that self-reflection leads to taking positive action (based on NC)</li> <li>Describe how you have reflected using kaizen in order to improve within the sports/activity context</li> <li>Demonstrate self-reflection by competing with an improvement in a chosen area.</li> </ul>	<p><b>Task 1</b></p> <ul style="list-style-type: none"> <li>Warm up using Radio Taiso. If the students are confident, experiment with formations.</li> <li>Explain this lesson will focus on self-reflection and improving personal performance.</li> <li>Introduce the concept of 'kaizen' by asking students to reflect on their Radio Taiso performance and using the kanji cards.</li> </ul> <p><b>Task 2</b></p> <ul style="list-style-type: none"> <li>Set up the obstacle course elements from the Sports Day Pack and ask students in pairs to time each other doing one of the tasks.</li> <li>Ask them to reflect and set a small concrete target for a positive change.</li> <li>Repeat the task and assess if there has been any improvement. Apply to other tasks.</li> </ul> <p><b>Task 3</b></p> <ul style="list-style-type: none"> <li>Students to compete in the relay race from the pack.</li> <li>Ask teams to complete the race with no other instructions at first attempt. Time it or record quality of movement / level of teamwork.</li> </ul> <p><b>Task 4</b></p> <ul style="list-style-type: none"> <li>Students evaluate their performance by thinking of one small thing they could do better and writing it on a post it note. Ask several students to share their idea.</li> <li>Students should try the relay again focusing on their 'kaizen' and discuss the outcomes</li> </ul>

		<p><b>Extension Activity</b></p> <ul style="list-style-type: none"> <li>• Students to design their own obstacle course.</li> <li>• Students try another game from the pack and try applying the 'kaizen' approach.</li> </ul>
6	<p><b>Apply knowledge of Japanese culture and enjoy a fun filled Sports Day/ Afternoon</b></p> <p><b>Learning Outcomes:</b></p> <ul style="list-style-type: none"> <li>• Identify the different cultural activities included within the Sports Day</li> <li>• Apply kaizen independently to make small changes for the good of yourself and the team</li> <li>• Compete with good humour and teamwork</li> </ul>	<p>Incorporate all of the key topics and elements covered in the previous lessons to hold an undokai for the class, year group, or whole school using the games in the Japanese Sports Day Pack.</p> <p><b>See the lesson plan for advice on planning an undokai, a sample timetable, and other considerations.</b></p>