

Undokai: Japanese Sports Day

Helen Kerray with The Japan Society (2020)

Lesson 3: Fun and Physical Activity

<p>Learning Objectives:</p> <ul style="list-style-type: none">To understand the importance of having fun to promote physical activity by playing typical Japanese sports day games <p>Learning Outcomes:</p> <ul style="list-style-type: none">Identify key differences between British and Japanese approaches to Sports Days.Understand the importance of humour and team work to provide a fun activity/activity dayReplicate with accuracy two events typical to Japanese Sports Days.
<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 <p>Additional Resources:</p> <ul style="list-style-type: none">Video: Radio Taiso (https://www.youtube.com/watch?v=0xfDmrcl70I)Radio Taiso Movements Card

Task 1

- Students enter the learning space and begin warming up in pairs or larger teams using the Radio Taiso video or the movement cards. You may wish to appoint student group leaders to lead each team, as is common for Japanese Sports Days (undokai).
- Explain to/Remind students how undokai are quite different from UK school sports days. The entire school is split into either Red/White team and the emphasis is not on individual attainment or prizes, but group work, humour and doing one's best. This lesson will focus on having fun and the importance of humour to bring people together.
- Divide the class into half, assigning students to either the red or white team.

Estimated Time: 5 -10 minutes

Task 2

- Teacher to assign two separate tasks, one task to the Red Team and one to the White Team. If appropriate, student leaders could be appointed and briefed beforehand to explain the tasks to their teams instead (with support).
- Red Team Task: use the equipment available to design an activity which will test the other team's ability to work as a team.
- White Team Task: use the equipment available to design a fun activity which will make the other team laugh.
- If needed, teacher can hand out some of the game cards from the **Japanese Sports Day Pack** for inspiration. Late for school, Speed Clean, and Hurricane Game would be great starting points for the Humour Task. Giant Jumps, Centipede, and All Aboard would be great starting points for the Team work Task. Remind students that they don't necessarily need a lot of equipment or props.

Estimated Time: 15-20 minutes

Task 3

- Teams to take turns to lead each other through their activities, demonstrate the task, give the instructions and then watch the other team complete the task.
- Each team to appraise the other after completing.

Estimated Time: 15 minutes+

Task 4

- Students will race against each other in their teams to complete one of the Japanese activities included in the pack which uses emphasises having fun.
- Students to choose the activities (or teacher can choose if equipment is limited).
- Finish with a plenary. Students to work in their two large teams and complete a 'Fist of 5' for how the Japanese Sports Day differs from the UK Sports Day.

Estimated Time: 15 minutes + (depending on game choice and set-up)

Extension Activities

1. Students to write up their experience in a news reporter style to inform the rest of the school about how the Japanese Sports Day uses humour to promote the fun aspect of sport.
2. Switch the tasks assigned to each group in Task 2 and play again.
3. Include some Japanese cultural aspects – make your own traditional Japanese head bands ([hachi-maki](#)) using red and white cloth which can be decorated with slogans.