

## Undokai: Japanese Sports Day

Helen Kerray with The Japan Society (2020)

### Lesson 1: Radio Taiso Warm-Up

<p><b>Learning Objectives:</b></p> <ul style="list-style-type: none"><li>To understand and experience the characteristics of Radio Taiso</li></ul>
<p><b>Learning 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>Curriculum Links:</b></p> <p>Physical Education; PSHCE: mental wellbeing, culture</p>
<p><b>Keywords:</b></p> <p>Radio Taiso, Undokai</p>
<p><b>Resources:</b></p> <ul style="list-style-type: none"><li><a href="https://www.youtube.com/watch?v=0xfDmrcI7OI">Video</a>: Radio Taiso (<a href="https://www.youtube.com/watch?v=0xfDmrcI7OI">https://www.youtube.com/watch?v=0xfDmrcI7OI</a>)</li><li>Radio Taiso Movements Card</li><li>PowerPoint: About Radio Taiso</li></ul>
<p><b>Additional Resource:</b></p> <ul style="list-style-type: none"><li>PowerPoint: Let's Learn Radio Taiso</li><li>Video: Radio Taiso exercises in a seated position (See link: <a href="https://www.youtube.com/watch?v=EJlyloOXsF8&amp;t=18s">https://www.youtube.com/watch?v=EJlyloOXsF8&amp;t=18s</a>)</li></ul>

### Task 1

- Students to enter the learning environment with the Radio Taiso music playing.
- Q&A on what students have found interesting about the music. What characteristics does the music have which make them think it is not from the UK perhaps?
- Explain to students that this is Radio Taiso from Japan. It means 'Radio Exercises' in Japanese.
- Show students a clip of up to a minute from the **Radio Taiso Video**. You may like to show a series of online clips of different groups performing Radio Taiso.
- Ask students to think about the characteristics of the movements and when the exercises might be performed. Give a short time for a Think/Pair activity then call on several students for their ideas.
- Tell students that Radio Taiso is commonly used as a warm up for group events. Use the **Radio Taiso PowerPoint** slides to show it being performed by different groups and then explain that Radio Taiso is always performed at Sports Day, called undokai, (*oon-dor-kaï*) in Japan.

**Estimated Time: 10 minutes**

---

## Task 2

- Students find a space where they will not hit objects or others.
- Teacher to lead the students through the Radio Taiso movements one by one, without the video, using the **Movements Card** or **Let's Learn Radio Taiso PowerPoint** as a guide. Students to copy.

**Estimated Time: 5 -10 minutes**

---

## Task 3

- Ask for ideas why Radio Taiso movements make a good warm up for sports day e.g. a variety of movements, no equipment, moving to a rhythm, repetition, using different muscle groups.
- After working out these criteria, students are given the **Movement Cards** which break down the specific movements and perform them with the music as their own class Radio Taiso performance.

**Estimated Time: 10 minutes**

---

## Task 4

- Students perform their Radio Taiso sequence as a class whilst videoing it, ready to watch it back and give themselves feedback.
- Feedback can be given in pairs on their individual performances (if this can be seen), or as a larger group overall feedback. The purpose is to improve the quality of the movements as a whole.
- Students give feedback using the www/ebi (or school specific) model of feedback.
- With teacher guidance, students can perform and review numerous times before they are happy with the end result, then film the final routine to be used as the official Japanese Sports Day warm up (to be played back to them or their school on the morning of sports day).

**Estimated Time: 15 + (depending on how many times the students practice the routine)**

---

## Extension Activities

- If time allows, students should revisit the routine and apply improvements to their own Radio Taiso routines.