

Exercising with Radio Taiso

Lesson 3: Evaluate and Improve Performance ©Helen Kerray (2019) edited by The Japan Society

Learning Objectives:

- To evaluate and improve others' performance and appreciate the performance of others

Learning Outcomes:

- 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.

Curriculum Links:

This lesson addresses the National Curriculum aims for Physical Education.

This lesson can also link to the National Curriculum for:

- PSHE - Social skills / Mental wellbeing / Relaxation / Cultural links
- MFL - Language links to Japanese
- Geography - to show Japan in relation to the UK using a world map
- History - Historical links on the beginning of Radio Taiso

Keywords:

Radio Taiso (Radio Exercise), routine exercise, movement, dynamic, flexibility, core strength, mindfulness, cardiovascular, preparation, flexibility, digestion, coordination

Resources:

- [Video](https://www.youtube.com/watch?v=0xfDmrcl7OI): Radio Taiso (See link: <https://www.youtube.com/watch?v=0xfDmrcl7OI>)
- Radio Taiso Movements Cards
- Evaluation cards (either blank or pre-filled)

Task 1

- Students to enter the learning space and begin warming up their own groups using their routines from the previous lesson.
- If recorded, video of the class performance filmed last lesson could be played on screen if technology allows.

Estimated Time: 5 -10 mins

Task 2

- Remind the students that they will be performing at the end of the lesson.
- Share the criteria for success to be used when each group performs. If using the blank evaluation cards, decide as a class what criteria will be included and how this will be assessed/scored. Share this on a display board for focus.
- Introduce the idea of formations and encourage students to think about how they will stand when they perform. You may like to show examples, or draw some options on the board.
- Give rehearsal time to work on refining own routines ready for the performance.

Estimated Time: 20 mins

Task 3

- After working on any refining, students should be encouraged to perform in front of the class.
- Hand out **Evaluation Cards** to each group. Each group will be responsible for giving official feedback to another group. All students form the audience. Teacher to draw upon each student from the observation group to deliver their feedback.
- Extended answers from students to be pulled out in terms of explaining how a group could make any suggested changes.
- Students to take on board critique from performances, along with enjoying and experiencing the performance of others.

Estimated Time: 20 + (dependent on number of groups)

Extension Activities

1. Encourage students to think of additional moves which could be added to the routine. When brainstorming ideas, ask them to think about the benefits of Radio Taiso and what category their suggestion fits under. If appropriate, perform some suggestions together.
 2. Show students an online video of Radio Taiso Routine 2 and try it as a class.
 3. Hold a Japanese Sports Day using the Japanese Sports Day resources and perform the Radio Taiso routine as a whole-school warm up.
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