

Undokai: Japanese Sports Day

The Japan Society (2020)

Set-up Notes

Before setting up, read the instructions in the Japanese Sports Day Games Pack and check what equipment is needed.

Refer to the picture and follow the instructions to set up each event.

Diagram Key

Green Arrow: Race start point

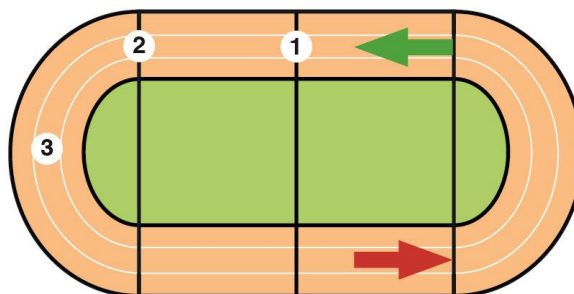
Red Arrow: Race end point

Red Line: Red Team players

White Line: White Team Players

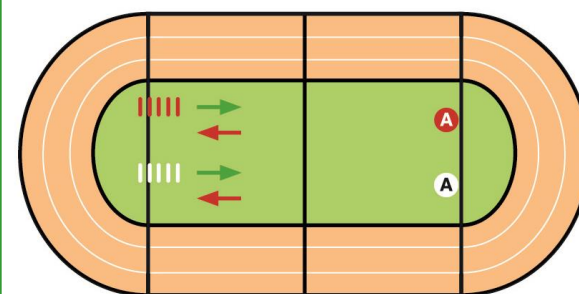
Black Line: Rope

Late for School



- Place cones at the start and end points and each base.
- Leave an item for each team at all bases.
- Base 1, place ties.
- Base 2, place jackets .
- Base 3, bags and other items.
- Place more of each item at the bases if playing as a relay. As the game progresses, make sure the items are replaced.

What a Racket!

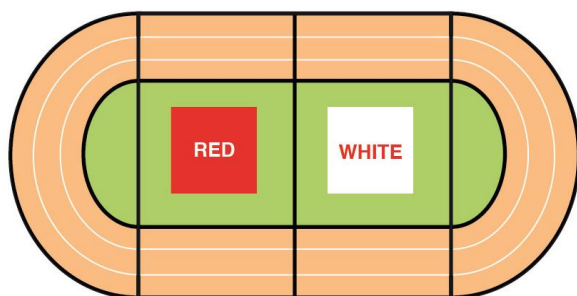


- Place cones at the start and end points.
- Place a cone at point A to mark the half-way point.
- Place 4 rackets and 2 balls at the start point for the first 2 pairs.

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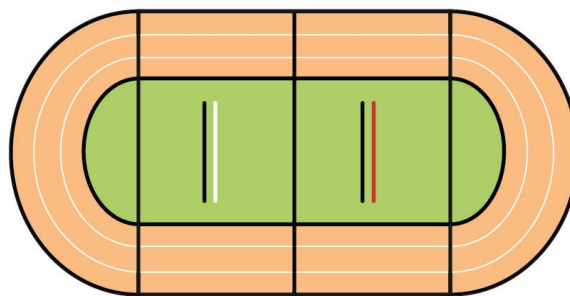
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All Aboard



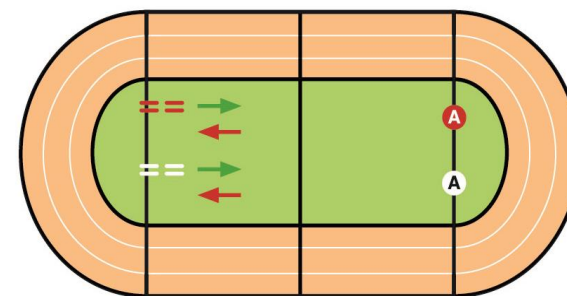
- Place a platform (or large gym mat) for each team as shown.
- Set up a small step or stool in front of each platform.
- Players to form a line behind the stool and wait their turn.

Giant Jumps



- Lay out a skipping rope for each team on the ground as shown.
- Place a cone at each end of the ropes.
- Players to line up next to the ropes.

Centipede Race

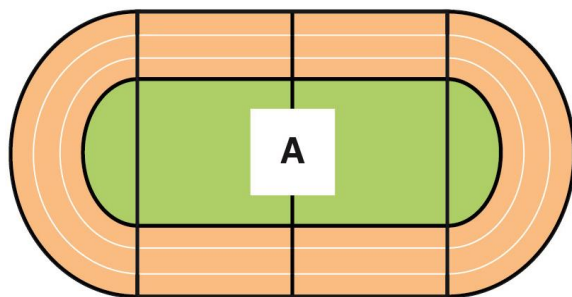


- Place cones at the start and end points.
- Place a cone at point A to mark the half-way point.
- If using, place planks with rope handles at the start line for each team.

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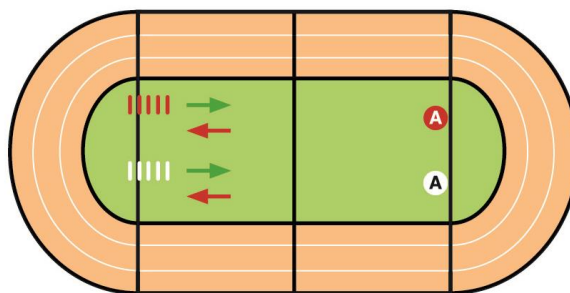
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Bean Bag Toss



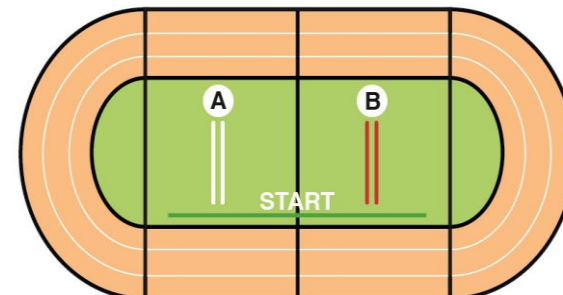
- Mark out a play zone with cones (Area A). It should be large enough for all players.
- Set up a net in the centre of the zone.
- Scatter coloured bean bags on the ground within the play zone for each team. Make sure each team has the same number of bags.

UFO Race



- Place cones at the start and end points.
- Place a cone at point A to mark the half-way point.
- Place a large gym ball/beach ball at the start line for each team.

Down the Line

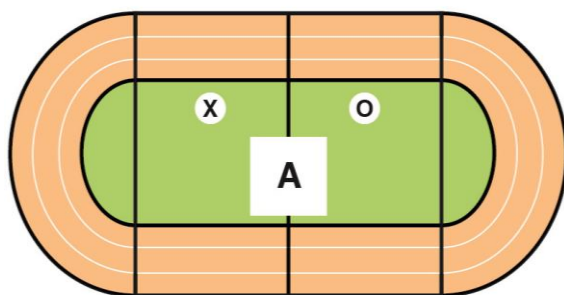


- Each team to stand in two lines facing the start line.
- Place a cone at point A and point B to mark the half-way point for each team.

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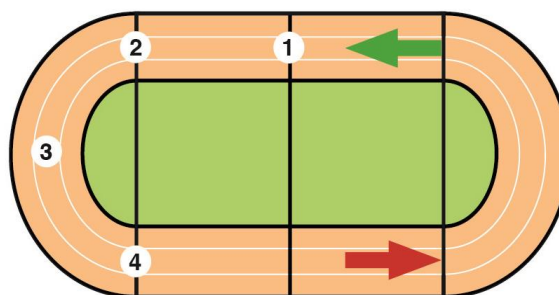
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Maru/Batsu Quiz



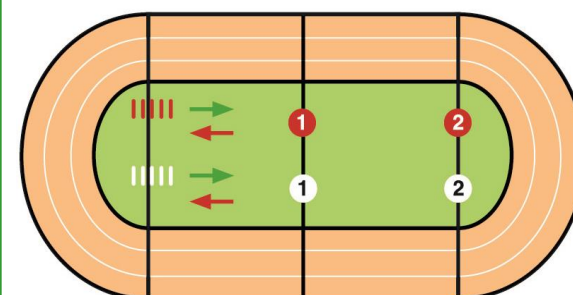
- Using cones, mark out a space big enough for all players to stand in (Area A).
- Appoint two people to hold the 'x' and 'o' signs on the field, as shown. Alternatively, have freestanding signs.

Obstacle course



- Place cones at the start and end points.
- Set up separate obstacles (one for each team) at all the bases.
- Base 1, set up a line of cones and a football for dribbling.
- Base 2, place bean bags and a target.
- Base 3, set up a tunnel.
- Base 4, place sacks.

Hurricane Game

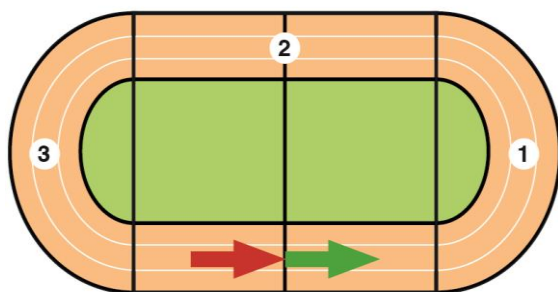


- Place cones at the start and end points.
- Place a cone at points 1 and 2 for each team to go around.
- Place a pole for each team at the start line.

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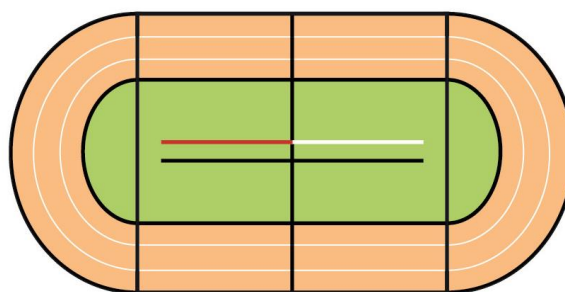
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Relay



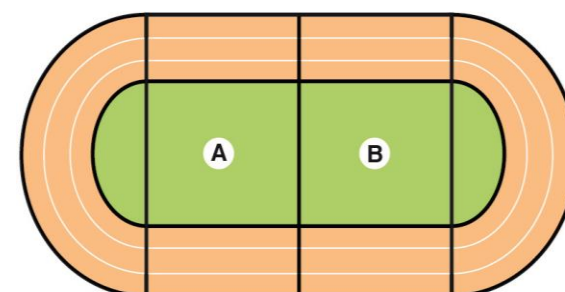
- Place cones at the start/finish line.
- If using changeover zones, use cones to mark out the zones.
- Runner 1 should wait at the start line and runners 2, 3, and 4 should be evenly spaced around the course at points 1, 2, and 3.

Tug of War



- Place the rope as shown, in the middle of the field.
- Tie a central marker round the middle of the rope.
- Place a cone a metre to the left of the central tie and a metre to the right of the central tie.
- Each team to form a line next to the rope as shown.

Speed Clean



- Place a bin for each team at Points A and B, as shown.