

Exercising with Radio Taiso

Lesson 1: Understand and Experience Radio Taiso

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Learning Objectives:

- To understand and experience the characteristics of Radio Taiso

Learning Outcomes:

- Students can identify characteristics of Radio Taiso
- Perform movements from Radio Taiso
- Select and apply Radio Taiso movements into group exercise routine

Curriculum Links:

This lesson addresses the National Curriculum aims for Physical Education.

This lesson can also link to the National Curriculum for:

- PSHCE – 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, unison, formation, flexibility

Resources:

- [Video](https://www.youtube.com/watch?v=0xfDmrcl7OI): Radio Taiso (See link: <https://www.youtube.com/watch?v=0xfDmrcl7OI>)
- PowerPoint Presentation: About Radio Taiso
- Radio Taiso Movements Card

Additional Resources:

- PowerPoint Presentation: Let's Learn Radio Taiso
- Video: Radio Taiso performed in a seated position (Japanese). (See link: <https://www.youtube.com/watch?v=EJlyloOXsF8&t=18s>)

Task 1

- Students to enter the learning environment with the Radio Taiso music playing.
- As students wait for the class to assemble, ask them to think of words to describe the music.
- Very quick Q&A on what students have found interesting about the music. Can students guess where the music is from? Why may they think this? What characteristics does the music have which make them think it is not from the UK perhaps?

Estimated Time: 5 -10 minutes

Task 2

- Students watch the **Radio Taiso video** and think about the characteristics of the movements being shown. (You may wish to show only several clips at this point, or to show a selection of online clips of different groups performing Radio Taiso).
- Think/Pair/Share – students to share their thoughts with a partner on the characteristics of the movements. (Extended question – What makes these movements different to movements you may have performed before to music?). Write characteristics on the board which have been identified by students to form your success criteria.
- Teacher to show the **About Radio Taiso PowerPoint** and share information with students on when this type of activity would be performed and why this may be performed throughout Japanese culture (physical wellbeing, along with mental wellbeing and preparation for work)

Estimated Time: 10 -15 minutes

Task 3

- Teacher lead. Students to copy and perform the Radio Taiso movements shown by the teacher.
- Teacher to demonstrate using the **Movements Card** or the **Let's Learn Radio Taiso PowerPoint**. Introduce the first move, repeat 4 times, then add move 2 to the routine and repeat again. Repeat move 2, 4 times. Then move 3 and so on. The level of difficulty can be increased/decreased by repeating each movement for differing amounts (Repeat more times for an easier to follow routine. Repeat less times for more difficulty).

Estimated Time: 15 -20 minutes

Task 4

- After working out the success criteria what makes Radio Taiso movements specific to this exercise form (e.g. a variety of movements, no equipment, moving to a rhythm, repetition, using different muscle groups.), students to take the **Movement Cards** and practise the routine in small groups. You might prefer to print the slides from **Let's Learn Radio Taiso PowerPoint** and give each group large versions of each move.

- Students should keep the movements in the specific order according to the Radio Taiso sequence. Moves are numbered so students work through the moves in order. Students must aim to keep the exercise routine going, so one movement flows fluidly into the other.
- Students will need time to practice and refine their routines. Each group will perform the movements to different degrees of accuracy. Teacher to facilitate learning moving round the class to help students to refine their movements, keep in time and keep the movements flowing. Give opportunities to practice with music. Differentiation will be achieved by the outcome of the task.
- Progression: Students to pair up with another group and lead each other through their own Radio Taiso routines.
- Students to be encouraged to give feedback using the www/ebi (or school specific) model of feedback. Comments should remain focused on which characteristics of Radio Taiso were achieved through the routine and then how the group could improve for next lesson.

Estimated Time: 20 minutes +

Extension Activities

- If time allows, students to revisit their Radio Taiso routines and apply improvements.
- Time allowing, teacher can facilitate a class discussion on which Radio Taiso characteristics were seen in the students' routines. Development questions can be asked to pull out more detailed or simplified answers, such as:
 - Basic – What are the characteristics of the Radio Taiso movements?
 - Intermediate – How did you know the group were performing these well?
 - Advanced – How could the group improve their routine to help improve their flexibility further?