

Japanese Culture and Wellbeing

Kimberley Evans with the Japan Society (2020)

Lesson 3: Feeling Good, Moving More

Learning Objectives:

- To experience the Radio Taiso exercises and learn how they are used in Japan
- To understand how physical activity can improve our wellbeing

Learning Outcomes:

- Students can describe a healthy person
- Students can identify activities that make me feel good
- Students can develop ways to become more physically active within school

Curriculum Links:

Physical and mental health

Keywords:

Radio Taiso, physically active, healthy, exercise

Resources:

Presentation: Feeling Good, Moving More

Video: Radio Taiso <https://www.youtube.com/watch?v=0xfDmrcl70I&feature=youtu.be>

Worksheets: A3 Bodyboard Template, Diamond 9 Activity Cards, A3 Diamond 9 Ranking Template

Additional Resources:

Radio Taiso Movements Card or Let's Learn Radio Taiso Presentation (See [Radio Taiso Resources](#))

Baby Shark video, Wake-up shake up activities, Change4Life warm up games (external resources – links in main lesson presentation)

NHS webpage: <https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/>

Task 1

- Use the **Feeling Good, Moving More presentation**. Introduce the theme of the lesson: exploring the links between physical and mental health.
- Choose a physical activity to start off a conversation i.e. baby shark, wake up shake up, or go noodle. Find links in the notes of the presentation.
- Ask the students how they feel and lead a class discussion after the physical activity. Follow the prompts on the 'Class Discussion' slide and go through the effects that exercise can have on

the body in the 'Healthy Body, Healthy Mind' slide. Remind students that being active is one of the 5 ways to wellbeing.

Estimated Time: 10 - 15 minutes

Task 2

- Introduce the students to the concept of Radio Taiso using the information on the slide and some clips from the suggested video links in the slide notes.
- Tell students they're going to have a go at Radio Taiso. Teacher can introduce the moves first without the video, either using the Illustrated Movements Card or the Let's Learn Radio Taiso PowerPoint Presentation. If short on time, simply play the **Radio Taiso video** and follow along.

Estimated Time: 10 - 15 minutes

Task 3

- There is a choice of main task, or teachers can choose both if they have time. The 'Diamond 9' task is designed as the higher level task.
- **Main Task A:** Body-board activity (Use one A3 **Bodyboard Template** per table)
 - As a table, students draw what a healthy person looks like
 - In the space around the body students should draw or write down all the things a person can do to be healthy
- **Main Task B:** Diamond 9 activity (Use the 10 **Activity Cards** showing different things that are important for good health and the A3 **Ranking Template**)
 - Students rank the cards in order of what is most important for being healthy
 - They must dump one of the cards
 - The group must discuss and agree which card to dump

Estimated Time: 15 minutes +

Task 4

- Ask each group of students to feedback to the class about the main task.

- Lead reflection using the questions on the slide: How important is physical activity? Do they get enough physical activity? Talk about what government recommends. 2 hours weekly PE but also 60 minutes per day. What could we do in school to be more active in the classroom?

Estimated Time: 5 -10 minutes

Extension Activities

- Design your own Radio Taiso inspired routine that you could use every day at school.
- Hold a Japanese sports day (called undokai) at your school. See the [Japanese Sports Day Resources](#).