

## Exercising with Radio Taiso

### Lesson 2: The Benefits of Radio Taiso

Helen Kerray (2019) edited by The Japan Society

#### Learning Objectives:

- To recognise and experience the benefits of Radio Taiso.

#### Learning Outcomes:

- Identify the benefits of Radio Taiso both physically and mentally to the participant
- Select and apply Radio Taiso movements to include in own performance, based on their benefits
- Perform with improving fluency and accuracy intensity/quality of movement

#### 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 Card
- Benefits of Radio Taiso Cards
- Evaluation cards (pre-filled)

#### Additional Resources:

- Benefits of Radio Taiso [Teacher Notes]

## Task 1

- Students to enter the learning space and begin warming up their own groups using their pre-planned routines from the previous lesson. They should be reminded of the feedback gained from last lesson.
- **Video** could be played on the screen and **Movements Card** handed out to help remind students of how the movements look.

**Estimated Time: 10 minutes**

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## Task 2

- Teacher to hand each group the '**Benefits Cards**' (Flexibility / Cardiovascular fitness / Balance / Mental Preparation / Relaxation etc.) Refer to **Benefits of Radio Taiso [Teacher Notes]** if needed.
- Students to match up each benefit card to a Radio Taiso movement and in their group begin to identify and explain why that benefit links to that specific movement.
- Teacher to pull out example answers from each group and share with the class.

**Estimated Time: 10 minutes**

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## Task 3

- Students to choose 3 of the benefits of Radio Taiso for their routine to focus on, and they should then select 3-6 movements which help them to achieve these benefits. Students should perform these movements with an increased focus on the benefits and should begin to improve their movement quality, timing, and accuracy.
- Naturally 1 or 2 students will take the lead within each group and these students should be encouraged to share the names of the movements with their group, and some of the benefits as they are moving through their routines.
- Progression: students use the **Evaluation Card** to highlight their own strengths and AFI's in their performance in terms of fluency, accuracy and intensity/quality of movement.

**Estimated Time: 20 minutes**

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## Task 4

- Students to give a performance as a class (their own group routines, but all at the same time), focusing on how they will improve on the quality of movement which they have just identified. You may wish to film the performance to evaluate at the beginning of the next lesson.
- Tell students they will perform their routines in their individual groups next lesson.
- Plenary: Students to revisit the 'benefits' cards they matched up at the start of the lesson and in their small groups discuss how their group managed to achieve the benefits they set out to achieve. Questions to be directed to individuals and groups.

**Estimated Time: 15 minutes**