

TOKYO TEN | 東京10



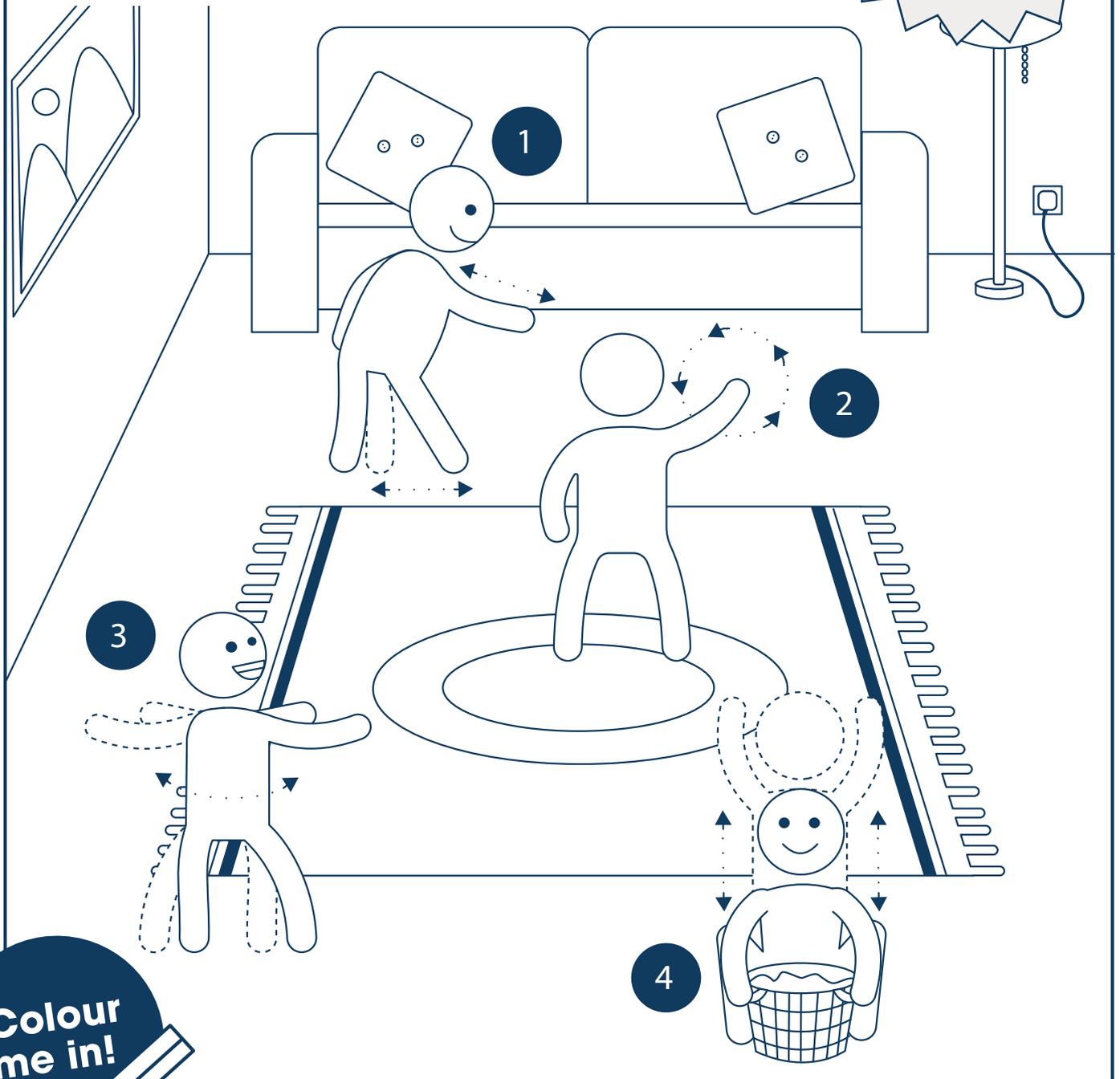
A 10-minute activity to get everyone moving!

HOUSE WORKOUT

かじたいそう | Kaji taisō

Did you know?

In Japanese homes, you take off your shoes when you enter the home. Indoors, you wear socks or slippers.



Colour me in!



10 Mins



HOUSE WORKOUT

かじたいそう | Kaji taisō

Move & Dance



Tokyo Ten activities are 10-minute activities designed to get everyone moving. Try this activity out in school as part of a whole-school active assembly, or as an energiser for the class. Set it as an active homework challenge for families, and see if they can add new moves to the routine!

Activity type

Home Away Indoor Outdoor

Equipment

Music



How to play

1. Super Sweeper

Pretend to sweep the floor. Push forward with right hand and right foot 4 times. Do the same on the left 4 times. Repeat.

2. Window Wiper

Pretend to clean the windows. Reach up with right hand and make 4 big circles. Do the same with the left hand. Repeat.

3. Washing-up Wiggler

Pretend to reach for dishes. Step right with right foot and stretch right with both hands. Do the same on the left. Repeat 8 times.

4. Laundry Lungers

Pretend to hang out the washing. Bend knees and touch the floor. Stand up and stretch both hands high. Repeat 4 times.

5. Play some music

Play some music. Create a routine using all 4 moves. Repeat as many times as you can!

Variations

- Make up your own moves for other housework chores.
- Hold a tin of beans in each hand to act as weights.

Challenge yourself

- Can you work faster?
- Can you push and stretch further?
- Can you move for longer?

What next?



Try something similar

Aerobics, cheerleading, boxercise, salsa, Zumba®



Try something different

Basketball, volleyball, football, rugby, hockey



Log your activity and find more Tokyo Ten activities and resources at getset.co.uk/travel-tokyo