TOKYO TEN 東京10











10 Mins



JANKEN

タンデムライド

Janken

Move & Dance



Activity type





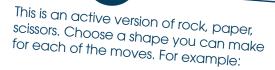




None

Equipment

How of to play



- A. Rock (Guu) be as small as you can.
- **B. Scissors (Choki)** stretch as wide as you can.
- C. Paper (Paa) reach as high as you can.

3

2

Stand facing a partner. After counting 1-2-3 out loud, each player makes one of the shapes. Make sure you make your shapes at the same time.



Give a point to the winning player. Play three times to see who wins this round.

Agree who wins:

- **A. Rock** blunts scissors (rock wins)
- **B. Scissors** cut paper (scissors win).
- **C.Paper** covers rock (paper wins).

5

If there are more players, the winners play each other and the losers play each other.

Variations

- Choose your own shapes or just use hand signals.
- The losing player must try to run back to a base, the winning player tries to tag them.
- Play in two teams.
 Each team member makes the same shape. Winning teams chase losing teams.

Challenge yourself

- Can you hold your shape without wobbling?
- Can you make more difficult shapes?
- Can you make an action instead of making shapes that are still?

What next?



Try something similarGymnastics, dance, cheerleading, athletics



Try something different

Baseball, softball, rounders, cricket



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