

# TOKYO TEN | 東京10



A 10-minute activity to get everyone moving!

## BE BOULDER

じっと我慢 | Jitto Gaman

**Did you know?**

Bouldering is popular in Japan so Sports Climbing will join the Olympic Games for the first time at Tokyo 2020.



Colour me in!

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10 Mins



# BE BOULDER

じっと我慢

Jitto Gaman

Adventure



## Activity type

Home

Away

Indoor

Outdoor

## Equipment

Dice



## How to play



2

The climbers crouch on their hands and feet (no knees!) - this is the rest position.

1

Pick one person to be the dice thrower, the rest will be climbers and agree what the numbers on the dice mean. For example:  
1 = left hand  
2 = right hand  
3 = left foot  
4 = right foot  
5 = rest  
6 = change thrower

3

The thrower throws the dice. The climbers lift the matching body part off the floor and try to stay balanced. Keep throwing until someone falls over or a 6 is thrown, then change the thrower. Who can follow the correct moves and stay balanced longest?

4

Keep going to see who can balance for the longest time! Speed up the game so climbers must change positions faster!

5

Lift up two body parts at once to make it more challenging. For example:  
1 = left hand and right foot  
2 = right hand and left foot  
3 = left hand and left foot  
4 = right hand and right foot

## Variations

- Play sitting on a chair or standing and raise arms and legs.
- Follow a trail around the floor, alternating hands and feet to touch each trail marker.

## Challenge yourself

- Can you balance without wobbling?
- Can you stretch out your lifted arm or leg?
- Can you keep going for longer than last time?

## What next?



### Try something similar

Bouldering, indoor climbing, adaptive climbing, adventure playground, monkey bars, balance beam



### Try something different

Swimming, water polo, diving, sailing



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