

TOKYO TEN | 東京10



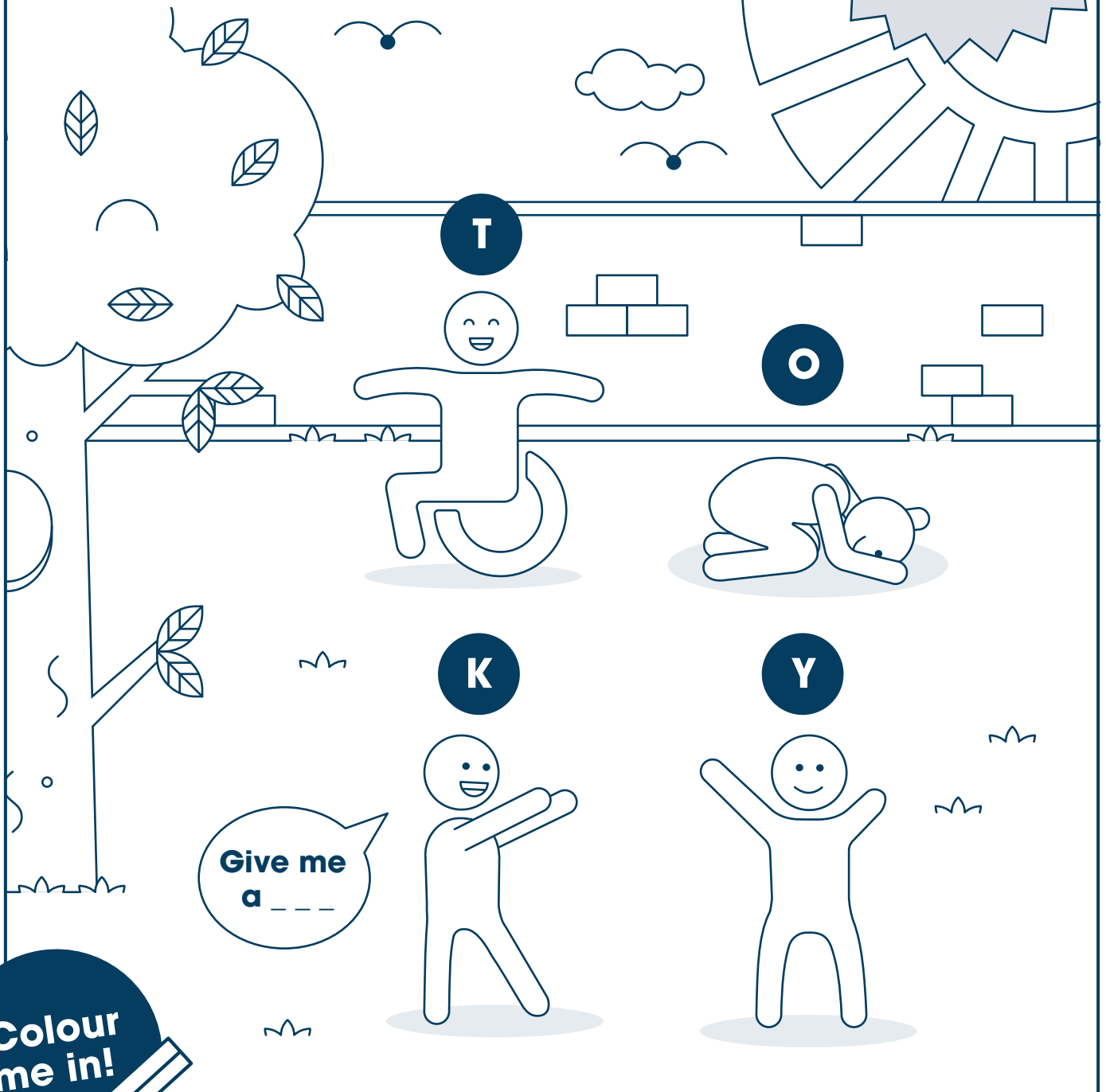
A 10-minute activity to get everyone moving!

CHEER UP!

元気出して! | Genki Dashite!

Did you know?

Japan Pom Pom is a cheerleading team based in Tokyo. Most of the team are women around 70 years old.



Colour me in!

10 Mins



CHEER UP!

元気出して!

Genki Dashite!

Move & Dance



Activity type

Home

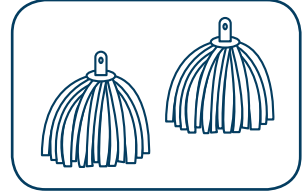
Away

Indoor

Outdoor

Equipment

Pompons (optional)
- make your own
on a rainy day.



How to play



1

Make a cheerleading routine for Travel to Tokyo.

2

Make a shape with your body for each letter of **T-O-K-Y-O**.

3

Practise putting the letters together to make a routine.

4

Practise the chant while making the letters:
Give me a **T**
Give me an **O**
Give me a **K**
Give me a **Y**
Give me an **O**
Where are we going?
Tokyo!

5

Add a jump at the end

Variations

- Make up your own chant.
- Change the shapes and movements you make.
- Practise with other people to make a team cheer.

Challenge yourself

- Can you hold your balance between moves?
- Can you make it more energetic?
- Can you keep in time with other people?

What next?



Try something similar
gymnastics, dance,
aerobics, cheerleading



Try something different
cycling, scooting,
skateboarding,
wheelchair racing



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