

TOKYO TEN | 東京10



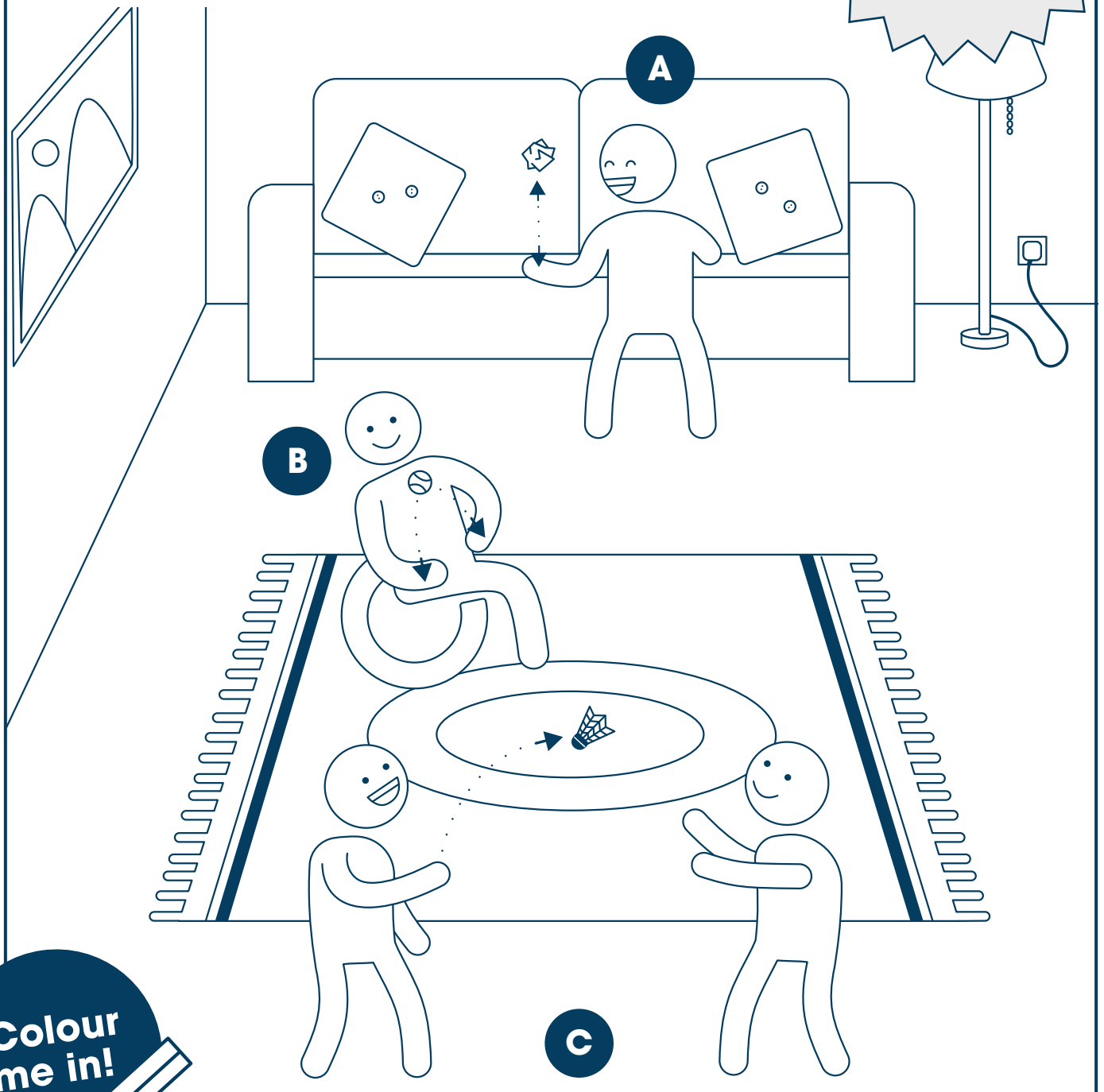
A 10-minute activity to get everyone moving!

HANDY HITTER

どこでもボール | Dokodemo Bōru

Did you know?

Badminton will join the Paralympic Games for the first time at Tokyo 2020.



Colour me in!

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10 Mins

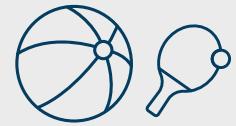


HANDY HITTER

どこでもボール

Dokodemo Bōru

Ball Games



Activity type

Home

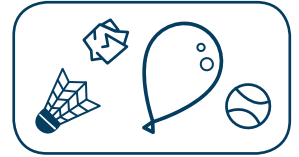
Away

Indoor

Outdoor

Equipment

- Crumpled paper ball **or**
- Small ball **or**
- Beach ball / balloon **or**
- Badminton shuttlecock



How to play



A. Personal challenge 1

Use a crumpled paper ball or a small ball then use the palm of your hand to hit it into the air. See how many hits you can do in a row!

B. Personal challenge 2

Use both hands. How many times can you hit the ball between your hands? Try to keep the ball at the same height for both hands.

C. Pairs challenge 1

Play with other people. How long can you keep a rally up? Practice keeping the ball high. Try using a different ball instead.

Variations

- Play 2 v 2 and take turns to hit the object.
- Use a bat or racquet instead of your hand.

D. Pairs challenge 2

Compete against a partner. Can you hit the ball or shuttlecock so your partner cannot return it?

E. Pairs challenge 3

Use a chair or washing line as a net. Can you hit the ball or shuttlecock over the net?

Challenge yourself

- Can you hit the object higher?
- Can you run from a baseline to hit the object?
- Can you beat your score for hits in a row?

What next?



Try something similar

Badminton, tennis, table tennis, volleyball/sitting volleyball



Try something different

Scouting, cycling, skateboarding



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