

# TOKYO TEN | 東京10



A 10-minute activity to get everyone moving!

## KARUTA

かるた | Karuta

### Did you know?

Karuta is a card game in Japan. In the most popular version, players match traditional poems, written hundreds of years ago, to pictures of poets.



Colour me in!



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#TravelToTokyo

10 Mins



# KARUTA

かるた  
Karuta

Move and Dance



## Activity type

Home

Away

Indoor

Outdoor

## Equipment

- Small squares of paper/card
- Pencil

## How to play



2

Place the cards, face down, in a pile, on the floor or on a table.

1

Write some adverbs (words which describe verbs) on pieces of paper/card - one adverb per card. For example:  
A. Quickly  
B. Gracefully  
C. Enthusiastically  
D. Powerfully  
E. Stealthily  
F. Suddenly

You could ask your teacher for some ideas too.

3

Take turns to be the 'actor'. Another player suggests an action, e.g. climb a ladder. The actor selects an adverb from the pile - without showing the other player(s) - then mimes the action in the manner of the adverb, e.g. climbs a ladder quickly.

4

The other player(s) must guess the adverb.

5

Swap roles and play again with a different action and adverb. How many can you get right?

## Variations

- Play against another team.
- Instead of guessing the answer, players run to select the correct adverb from a display of the cards.
- Instead of suggesting actions, players suggest sports and the actor chooses their own action to match.

## Challenge yourself

- Can you suggest actions that need big, whole-body movements?
- Can you suggest actions that need good balance?
- Can you suggest adverbs that increase your effort?

## What next?



### Try something similar

Aerobics, boxercise, gymnastics, dance



### Try something different

Archery, boccia, bowls, golf



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