

MY ACTIVE CHALLENGE

私のアクティブ・チャレンジ | WATASHI NO AKUTIBU CHARENJI

I can improve my personal best!

We can't always be the winner. We often meet people who can do something better than us. But we can always try to improve and do **our personal best**.

They call it their 'PB'. This challenge helps you to **improve your personal best** by practising to get better.



Even if they don't win a medal, Olympic and Paralympic athletes are proud to achieve a personal best in competitions. For example, runners might get their quickest time or archers might get their highest score

What do I need?

Plastic or paper cup
Small ball, e.g. crumpled paper or a table tennis ball
Timer (optional)

How long will it take?
10 minutes



Step 1: Warming up

A popular game in Japan is Kendama – a cup and ball game. It is played at home, as well as at national tournaments. Players who are successful at Kendama are **persistent, patient** and **determined**.

You will need all of these qualities to improve your personal best in this game, which is a simpler version of Kendama.



Step 2: Taking part



1. Give each player a plastic or paper cup.
Each player also needs a ball that is small enough to fit in the cup. (You could make one from crumpled paper.)

2. Put the ball in the cup. By moving the cup, try tossing the ball in the air and catching it again in the cup. Start slowly. Don't try to throw it too high. Keep practising until you can catch the ball with the cup.

Step 2: Taking part

3. Now set yourself a challenge to improve your personal best. For example:

- Can you toss the ball **higher**?
- Can you catch the ball **more times in a row** without missing it?
- Can you make more catches than before in **30 seconds**?
- Can you use your **other hand** to hold the cup?
- Can you throw between **two cups**, one in each hand?



4. If you do succeed at your challenge, keep practising until you can do it consistently – over and over again – so it isn't just luck.

5. Now see if you can improve your personal best in another sport or physical activity. (Can you: crumpled paper.)



Be active more often each day?
E.g. Do an extra 5 mins after school.



Put in more effort when you are active?
E.g. Move faster in PE.



Try new sports and activities?
E.g. Join a new after-school club.

To help you do this activity, see the Tokyo Ten activity guide for Kendama:
www.getset.co.uk/resources/travel-to-tokyo/tokyo-ten

Step 3: Cooling down

How did using new equipment make you feel?



Aim to increase your effort level:



Feeling fine

Breathe faster

Hot and sweaty

Remember:

- To improve you need to practise and persevere.
- Don't compare yourself to others. Focus on improving your personal best.

In future:

Set yourself new challenges to improve your personal best in other sports and activities. See the Tokyo Ten activity guides to give you some ideas:

www.getset.co.uk/resources/travel-to-tokyo/tokyo-ten