

# TOKYO TEN | 東京10



A 10-minute activity to get everyone moving!

## TEE TIME

ティータイム | Tī taimu

### Did you know?

The Way of Tea, or Sadō, is a traditional Japanese tea ceremony.



Colour me in!



10 Mins

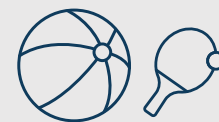


# TEE TIME

## ティータイム

### Tī taimu

Ball Games



#### Activity type

Home

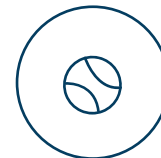
Away

Indoor

Outdoor

#### Equipment

1 small ball for each player (or crumpled newspaper)



## How to play



1

Players start from the same place, e.g. front door. Player A gently throws or rolls their ball into a space a few metres away, e.g. down the hall.

2

Player B aims for A's ball, trying to get as close as possible. Player C has a go... and so on until all players have thrown their balls.

3

See whose ball is closest to A's ball. They win a point.

4

The winner starts the next round by throwing or rolling their ball to a new place, e.g. into the sitting room. Player A goes next... and so on.

5

Keep repeating until you have played for at least 10 minutes. Make a trail through the house or outdoors. Who can get the most points?

#### Variations

- Aim at a ball in a 'court' instead of having a trail.
- Play in teams, e.g. 2 v 2, instead of individually.
- Make up your own rules and scoring.

#### Challenge yourself

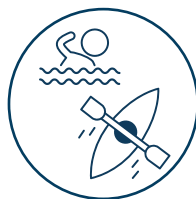
- Can you improve your previous score?
- Can you play it outdoors in a bigger space?
- Can you use a different technique, e.g. kick instead of throw or bat instead of hand?

#### What next?



#### Try something similar

Golf, bowls, boccia, ten-pin bowling and target games like archery



#### Try something different

Swimming, diving, surfing, rowing, sailing



Log your activity and find more Tokyo Ten activities and resources at [getset.co.uk/travel-tokyo](http://getset.co.uk/travel-tokyo)