



# Travel to Tokyo

Good Morning and welcome to todays FantasticFriday!

I hope you are all staying safe and well. As always, please let us know if there is anything that we can do to help and support you. Physical Education is an area that we pride ourselves on and this has been externally recognised by us winning the Schools Gold mark for PE for the past 5 years. The Olympics were meant to be held in Tokyo 2020 but are now going to be held this year instead. Today we are going to find out all about the Olympics and Japan where they are going to be held.

The Olympics were invented by the ancient Greeks and they believed a healthy body was very important and athletics competitions such as the Olympic Games, were a popular part of life.

[This video will tell you all about the ancient Olympics](#)

The events in the modern day Olympics is very different to the ones that were in the ancient Olympics.

What events would you like to see in the Olympics this year?

Can you invent your own?

Can you try out some of the events?

Tokyo Ten activities provide simple ways to get active with family or classmates. All you need is ten minutes and simple equipment, and you will find discover new, simple ways to get moving.

Watch the animations below to see the Tokyo Tens 'Duster Dodge' and 'Random Routines' in action!

[Tokyo Ten Activities](#)

## LOG YOUR ACTIVITY

Don't forget to [log your Tokyo Ten activity](#) against your team for the chance to win great prizes.

## TAKE IT FURTHER

- Try a similar activity or sport using the suggestions on each Tokyo Ten Activity Guide or use the My Workout sheet (below) to create your very own Tokyo Ten Activity Guide.
- Use the [Active Challenges](#) to discover fun ways to keep active with your family.
- For more amazing ways to get active, check out these programmes: [Change4Life 10 Minute Shake Ups](#) [BBC Super Movers](#)



### 1 - Crazy Inventions!

Japan is well known for its inventions. Watch this video and see what you think!

### [See Through Toilets!](#)

One of my favourite books is about inventions- it is called [Until I Met Dudley](#)

What invention would you make? Can you draw and label a picture of it? Could you make a video to explain how your invention works? You may even want to have a go at building it using junk modelling equipment?

