

# A day in the life...

of a Japanese high school student





Thanks to the Asia New Zealand Foundation a group of PE teachers were given the amazing opportunity to visit Japan in May 2019 to visit schools, Olympic venues, sporting events and experience Japanese culture.



This resource explores what school is like in Japan for you to see how similar or different it is to your day.

# The school day (Monday to Friday, most schools do Saturday mornings too)

## Before school

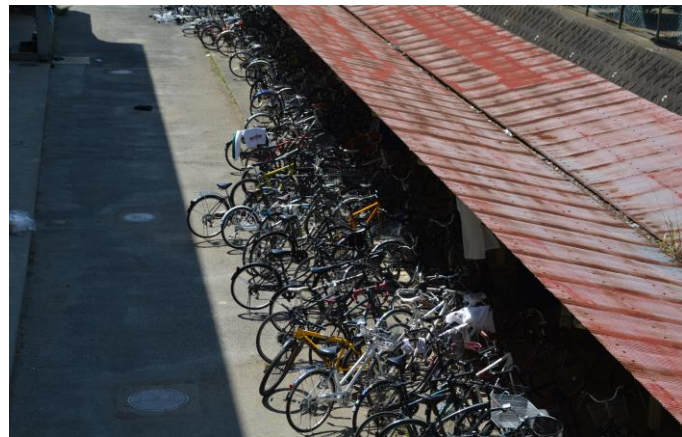
- Bike or train to school
- Clean the school (including classroom, hallway and bathrooms)

## At school

- 9:00 - 3:30 with a lunch break
- Classrooms are basic, with blackboards and little technology
- No laptops

## After school

- Bukatsu (clubs)
- Juku (cram school)
- Home
- Study



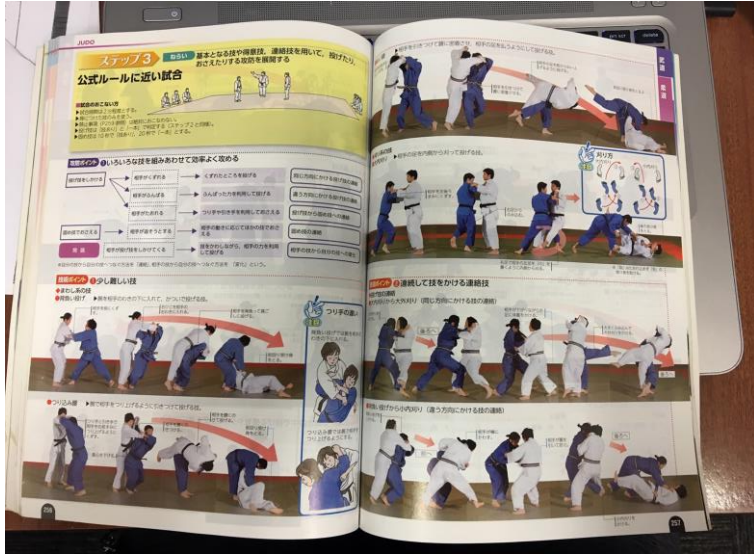
# Before school

- All students bike or train to school from a young age, often alone or with siblings.
- They may have to take multiple trains and go through complex stations
- Trains are very busy at rush hour
- Students clean the school every day and help to serve lunch as well

# At school

- Students stay in the same classroom (teachers move)
- One course for all (no choice)
- Core PE for all
- Strong academic focus with exams to pass each year and move on
- Japanese, Mathematics, Foreign Language, Science, Social Sciences, PE, Health
- Students have multiple pairs of shoes and slippers for different surfaces at school.

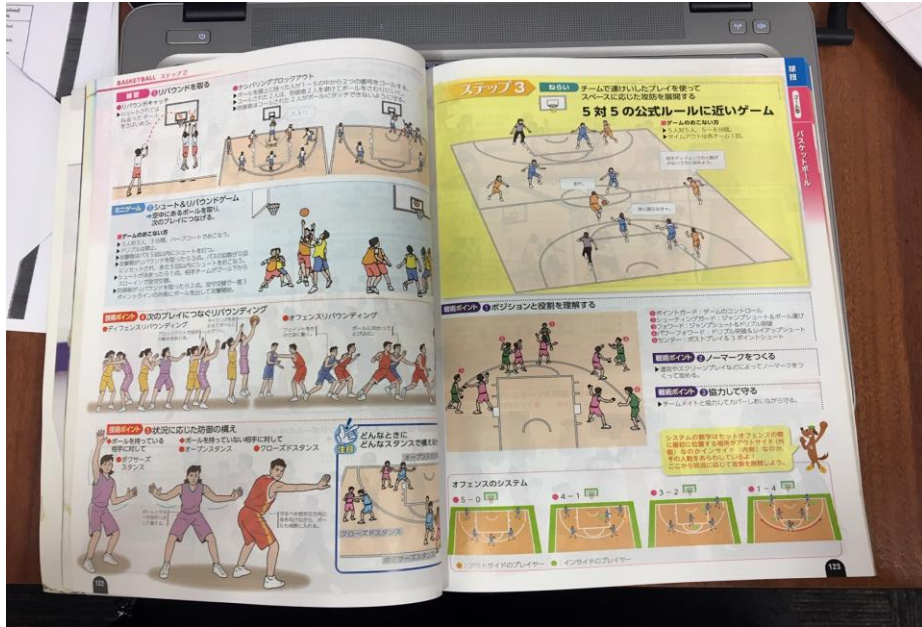




# PE at school

- All students do PE from Year 1-12
- 2-3 hours per week
- Topics
  - Budo (martial arts)
  - Gymnastics
  - Swimming (2/3 of schools have pools)
  - Ball games
  - Athletics
  - Fitness
- Very skill-based - there is a textbook, you have to pass
- No "academic" PE





More  
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# After school

## Bukatsu and/or Juku

- Students choose one club (sport or otherwise and stick with that choice throughout high school).
- They train for 2-3 hours each day for tournaments rather than weekly competition.
- Training is drill-based with lots of massed practice.
- Juku - cram school - to help with preparation for exams.
- Then bike or train home and do homework / more study.



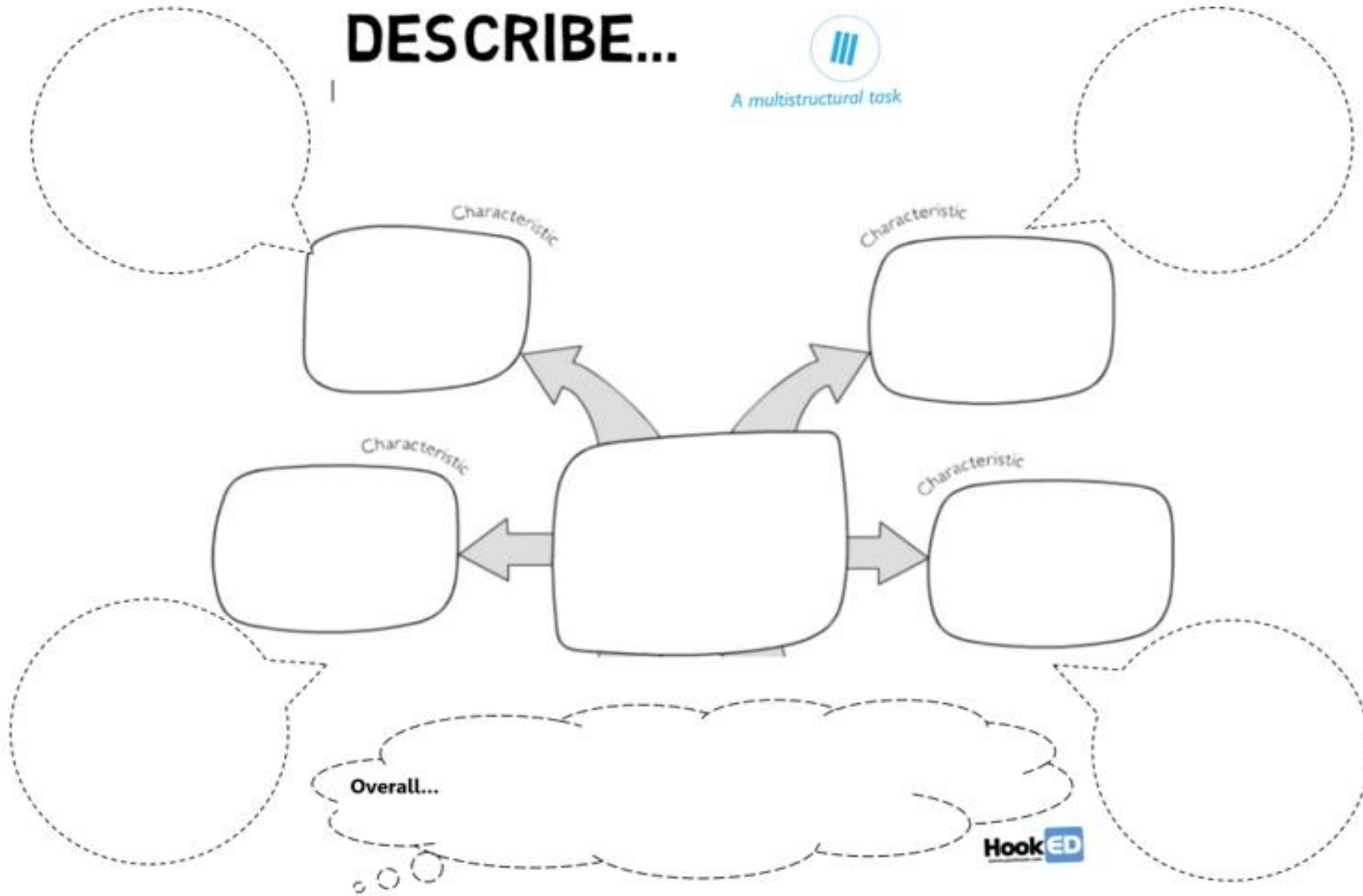
# Questions

- How would you cope with this schedule?
- How do you think their lifestyle impacts on all aspects of hauora?
- How does this compare to your day?
- What differences do you see?
- How could you apply SPEECH factors?
- What do you think happens to Japanese young people's physical activity when they leave school?

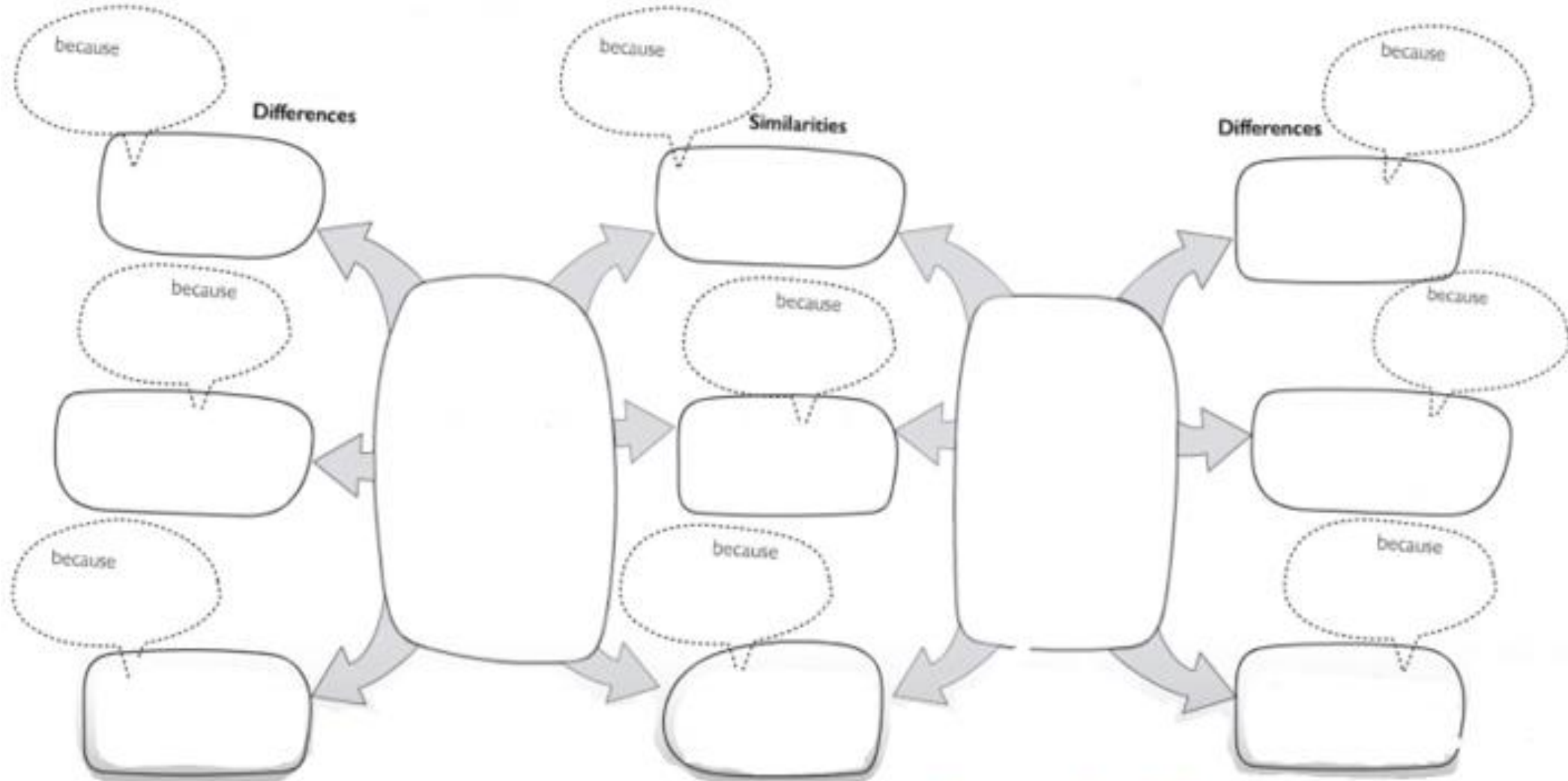
# DESCRIBE...







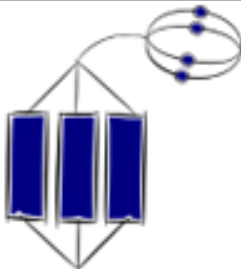
A multistructural task








# COMPARE & CONTRAST...



## Explain effect: impact on wellbeing of daily life in Japan .

					
Explain the effect/s of wellbeing of daily life in Japan for teenagers.	I can identify the impact on wellbeing of daily life in Japan but I need help to identify a relevant effect.	I can identify the impact on wellbeing of daily life in Japan and one relevant effect for each aspect.	I can identify the impact on wellbeing of daily life in Japan and several relevant effects for each aspect.	<b>and</b> I can give reasons for the effects.	<b>and</b> I can : <ul style="list-style-type: none"> <li>- generalise about the effects of the impact on wellbeing of daily life in Japan</li> <li>- evaluate the effects of the impact on wellbeing of daily life in Japan</li> </ul>

## Compare and contrast: a day in the life a Japanese high school student and a New Zealand high school student.

					
<p>Compare and contrast a day in the life a Japanese high school student with a New Zealand high school student</p> <p>(How are they similar? How are they different?)</p>	<p>I can identify the ideas associated with a day in the life a Japanese high school student <u>and</u> a New Zealand high school student but I need help to compare and contrast them.</p>	<p>I can identify one relevant similarity and difference between a day in the life a Japanese high school student and a New Zealand high school student.</p>	<p>I can identify several relevant similarities and differences between a day in the life a Japanese high school student and a New Zealand high school student.</p>	<p>I can identify several relevant similarities and differences between a day in the life a Japanese high school student and a New Zealand high school student, and give reasons why.</p>	<p>I can identify several relevant similarities and differences between a day in the life a Japanese high school student and a New Zealand high school student, give reasons why, and look at them in a new way.</p> <p><i>(new way – generalise, evaluate, predict, create).</i></p>



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**Te Whītau Tūhono** |

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