

## Healthy Body



### How do teachers build children's health and physical strength?

#### Teacher's Voice



**Physical Education Teacher**  
KUBO Kentaro

In Japan, we aim to enable children to have a healthy body through physical education class. We put importance on not only to improve physical abilities, but also **to respect rules, and to develop a spirit of teamwork** through communication with others. A nourishing school lunch is served every day. We also provide health education by diet and nutrition teachers as well as nursing teachers in school health room.



Nursing teacher



Children serving lunch

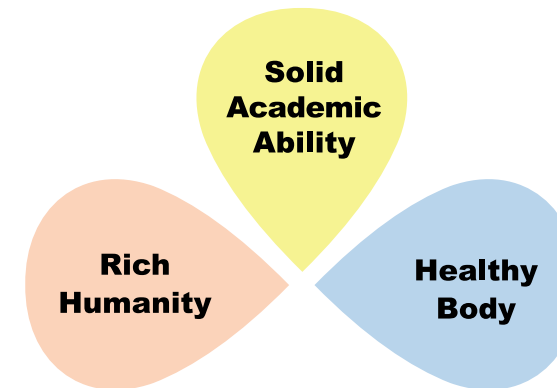
In cooperation with Setagaya elementary school attached to Tokyo Gakugei University

# Japanese-Style Education from the viewpoint of teachers



## Holistic Approach in Education

School education in Japan aims to build overall character of children focusing on 3 components: Solid academic ability, Rich humanity and a Healthy body.



### Solid Academic Ability

Competency to solidly learn the basics; take the initiative to find issues, learn and think; decide and act independently; and to better solve problems.

### Rich Humanity

Self-discipline, cooperation with others, kindness to others, ability to be moved.

### Healthy Body

Health and physical fitness to live actively.

### Why do teachers need to equip children with a healthy body and rich humanity as well as academic abilities?

#### Teacher's Voice



**Vice Principal**  
ECHIGO Yoshihiro

People live in society. So, it is important for children to contribute to society by utilizing what they have learned at school as a member of society. Since society consists of various groups with different ideas, **children require cooperative attitude to accomplish various tasks with others.** Even if children have high level of academic ability, they cannot fully bring out their ability without such cooperation. It is also essential for children to lead a healthy life such as eating, sleeping well and taking exercise to maximize their abilities.



Class activities



Discussion on the observation

## Solid Academic Ability



What do Japanese teachers place importance on in classes?

### Teacher's Voice



Science Teacher  
OHSAWA Shunsuke

In science class, we aim to improve children's qualities and abilities to **observe nature from a scientific perspective**, and to find and solve problems in relation to nature around them.

We wish them to understand and analyze the problems scientifically, make objective decisions and take reasonable actions.

To make this happen, it is essential for us to make sure that **the learning is "gained" by children with their own will, not "given" by others**. We believe that gives children the actual learning ability and strengths.



Observation of water flow



Group work after the observation

## Rich Humanity



How do Japanese teachers guide or interact with children to foster rich humanity?

### Teacher's Voice



2nd Grade Class Teacher  
SATO Fumie

In Japan, teachers support and encourage children to **cooperate with each other to foster their humanity not only in class but also through daily activities**.

Children can develop their social skills by getting engaged in their own tasks in each group, helping each other and showing thanks to each other in daily activities such as school duties. Children can also **learn kindness in the process of organizing the annual events** which all children from 1st to 6th grade join together such as Sports day, Music festival, Graduation ceremony by caring and cooperating with other children of different ages with different ideas.



Morning meeting led by a day leader



Children playing music instrument