



Lifestyle and Daily Routines

Short-answer questions: radio exercises in Japan | Cambridge IGCSE ESL 0510/0511

1. Lead-in discussion

Talk with a partner before you read.

1. What healthy habits can people build into a daily routine?
2. Would you prefer to exercise alone or in a group?
3. How can schools encourage students to move more?
4. What makes a routine easy to continue?

Exercise 1 at a glance

Read one factual text. Answers are in the text. Copy exact words and check the question carefully before choosing your answer.

2. Read for overall understanding

Read the text. Why have radio exercises remained popular in Japan?

Morning Radio Exercises

In many parts of Japan, people start the day with a short exercise routine called radio taiso. The name means radio exercises. The movements are simple, and the routine is designed so that people of different ages can join in without special equipment.

Radio taiso began in Japan in the late 1920s after similar radio exercise programmes had been seen in the United States. The idea was to improve public health by encouraging people to move for a few minutes each day. The routine was broadcast on radio, so families, workers and schoolchildren could follow it at the same time.

The exercises are not meant to be extreme. They include stretching, bending and arm movements that warm up the body. Because the routine is short, it can fit into a busy morning. Some people do it at home, while others join groups in parks, schools or workplaces.

In schools, radio taiso is sometimes used before sports days or during summer holiday events. Children can learn the sequence quickly because the music and instructions are familiar. In workplaces, the routine may help employees prepare for physical tasks and reduce stiffness before the working day begins.

One reason the routine has lasted is its social side. In some neighbourhoods, older residents meet in parks to exercise together. The activity gives them a reason to leave the house, talk to other people and keep a regular habit. It is also free, which makes it easy for anyone to take part.

Radio taiso has changed with technology. People can still listen on the radio, but many now use videos or online recordings. Even so, the basic idea is the same: a short, shared routine that helps people add movement to daily life.

3. Strategy focus

Check who or what the detail refers to

Before answering, ask yourself: is the question about the programme, the participants, the music, or the routine?

4. Exam-style short-answer questions

Answer the questions using words from the text.

1. What does the name radio taiso mean? [1]

2. Where had similar exercise programmes been seen before Japan introduced radio taiso? [1]

3. What kinds of movements does the routine include? Give one detail. [1]

4. When do some schools use radio taiso? [1]

5. What do many people now use instead of radio broadcasts? [1]

6. According to the text, what are three reasons radio taiso is easy for people to continue? [3]

5. Vocabulary notebook

Underline five useful words or phrases. Check their meaning, then record them in your vocabulary notebook.

6. Follow-up tasks

1. Discussion: Would a short exercise routine work well in your school?

2. Summary: Summarise radio taiso in about 50 words.

3. Creative task: Plan a three-minute morning routine for students.

4. Research: Find another daily health habit from a different country.

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4. Exam-style short-answer questions

1. radio exercises
2. the United States
3. Any one from: stretching; bending; arm movements.
4. before sports days / during summer holiday events
5. videos or online recordings
6. Any three from: simple movements; no special equipment; short; free; social side; familiar music and instructions.

Notes for checking

1. Answers should be short and clearly based on the text.
2. Accept bracketed or optional wording if the meaning is clear.
3. For the final question, learners need three separate details.