



Having engaged in the Youth Sport Trust After School Sports club, British Judo are delighted to launch our weekly Virtual After School Judo club. This will be an inclusive session, aimed at total beginners to the sport. Presented via YouTube Live and offered to schools free of charge.

Session Focus & Learning Outcomes

Participants will be taught and given an understanding of the following areas of learning, in line with Key Stage 1 and Key Stage 2 of the Physical Education National Curriculum;

- The importance of discipline, safety and self-control
- Basic fundamental movements including jumping/bounding (Plyometrics), as well as developing balance, agility and co-ordination, and begin to apply these to the sport of Judo
- Set forms of a range of simple movement patterns
- Develop flexibility, strength, technique and control
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best
- Basic Japanese language/words relating to Judo

Quality assurance

We have enlisted the services of the Team Bath High Performance Judo Coaches and former Team GB athletes (Tom Reed – Commonwealth Silver Medallist and Adam Hall – 2 x British Champion) to deliver the sessions from their Dojo at the University of Bath.

When

Sessions will be broadcast live on Monday's afterschool at 16:30 via YouTube Live, you will be able to catch up at any time afterwards, via British Judo's YouTube channel.

Safety considerations

Sessions will be non-contact and presented in a way that participants can take part whilst maintaining social distance, staying within their own designated 2m x 2m training area or whilst at home, independently. Participants will be taken through a series of fundamental movements relating to judo in a safe and educational way, with safety points highlighted throughout.

Session format

Sessions will consist of a basic warm up activity, followed by a requiring no equipment or things readily available i.e. shoes/socks and possible to perform in a limited area. Each session will contain a at least one main skill element, with several progressions.

Cost

Free of charge

Can you help us capture any insight?

Gaining your schools feedback and insight into the children participating (Age, BAME, IMDD, Disabilities). We would also like to carry out a short survey of those participating and get the feedback of observing teachers. This is a new area of engagement for British Judo, we're just keen to work with schools to create an informal offer that is of value to schools and one that can enhance and provide enrichment to the schools PE offer. For further information, please contact nick.shepherd@britishjudo.org.uk.