

JUDO – TURN

Quick introduction

These resources are aimed at supporting those teachers that have completed the Judo Teachers Award. Judo Turn is a fully inclusive game that introduces kesa-gatame (scarf hold) and mune-gatame (chest hold).

Getting started

- Two players start kneeling opposite one another.
- On the call of “hajime” one player looks to put their opponent into kesa-gatame or mune-gatame and hold them for 10 seconds.
- After that, they switch round so the other player then attacks and looks to make a hold down.
- They continue to take it in turns.

Health and safety

- A 3m x 3m mat area minimum is recommended per two players.
- Avoid squeezing partners head or neck too hard.
- Avoid touching partners face to hold or escape.
- Robust clothes should be worn.

Equipment required

- Judo or gym mats.
- Judogi (judo suit) or robust clothing.



JUDO - TURN

PHYSICAL ME

- Maintain a strong body position when adjusting weight.
- Keep weight on your partner whilst turning into the hold.

SOCIAL ME

Leading and volunteering

- Leaders can keep count of scores.
- Without scoring, leaders can time the challenge so they each attack for 30 seconds or one minute and then switch over.

Think inclusively (STEP)

Space

- Use spots or cones to mark out a smaller space to reduce the amount of movement required.

Task

- Allow SEN/disabled players to start sitting on the floor if they are unstable kneeling.
- If players are unable to perform specific holds, then they must try to get the opposite player to the floor whilst keeping hold of the grip.
- Reduce the length of time required for each hold to five seconds.

People

- Visually-impaired players should start each competition gripping the opponent.

THINKING ME

- Where do I need to put my weight to get my player down?
- Where does my body go to execute these moves?

SPORTING ME

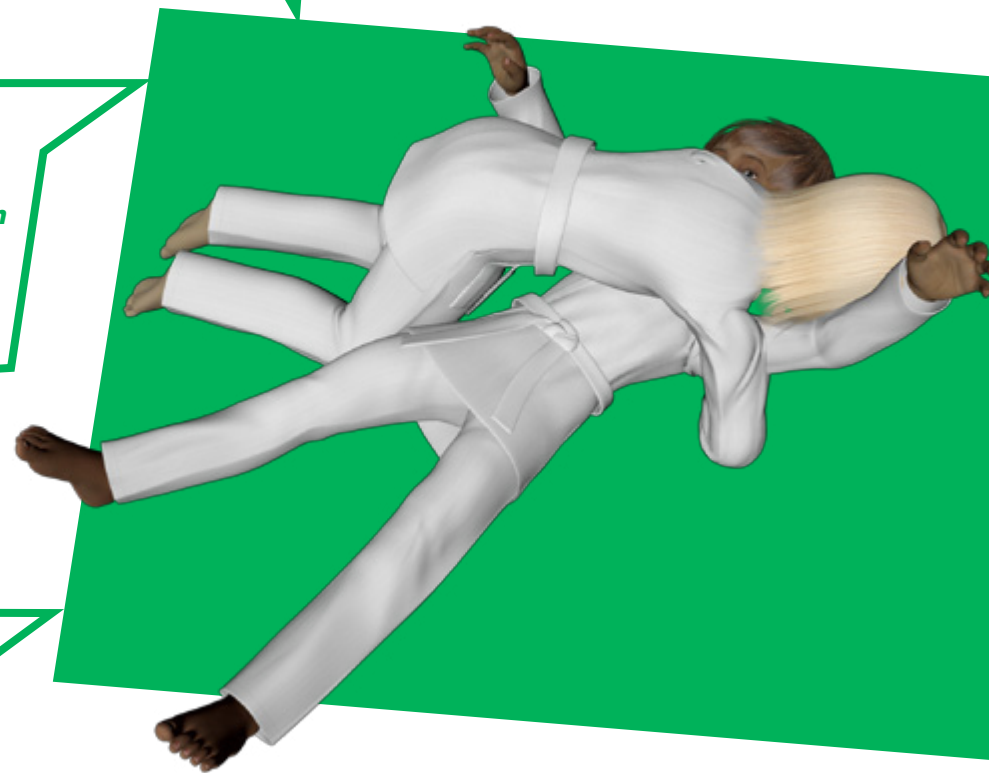
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I will respect the sport and opposition by bowing before I start and abide by the rules.

TACTICAL ME

I need to try and get my opposition off balance.



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JUDO – CATCH THE RABBIT

Quick introduction

Catch the rabbit is an inclusive game where a player, being held by an opponent must try and break free from their grip.

Getting started

- Player one starts on all fours on the ground.
- Player two starts stood on their feet next to the player.
- When “hajime” is called player one starts crawling away from player two. Player two then puts both hands on player one’s back and grabs hold.
- Player one needs to try and break free from the grip by moving and changing direction.
- A broken grip is one or two hands leaving player one. Once this happens the players switch roles.

Health and safety

- A 4m x 4m mat area minimum is recommended per two players.
- Player one can’t break the grip with their hands or feet, only by changing movement of their body.
- Player two can’t pull player one, they merely need to hold onto the player.
- Player one needs to keep their head up.

Equipment required

- Judo or gym mats.
- Judo gi (judo suit) or robust clothing.



JUDO – CATCH THE RABBIT



PHYSICAL ME

- Ensure player one has a quick change of direction to try and break the grip.
- Player one needs to stay strong.

SOCIAL ME

Leading and volunteering

- You can limit the time each player plays each role and a leader can be the timekeeper.

Think inclusively (STEP)

Space

- Use spots or cones to mark out a smaller space to reduce the amount of movement required.

Task

- SEN/disabled players can start sitting opposite each other (on the floor, on a chair or in a wheelchair). Player two grips player one on the upper body and points are awarded if player one can break the hold (as above).
- Set the length of time each player has to break free before changing roles.
- You can play with only a one-hand grip.

People

- Visually-impaired players should start each competition gripping the opponent.
- Ensure players are equally matched.
- You can bring the knees off the floor.

THINKING ME

- What direction do I need to move compared to my partner?
- How can I break their grip?

SPORTING ME

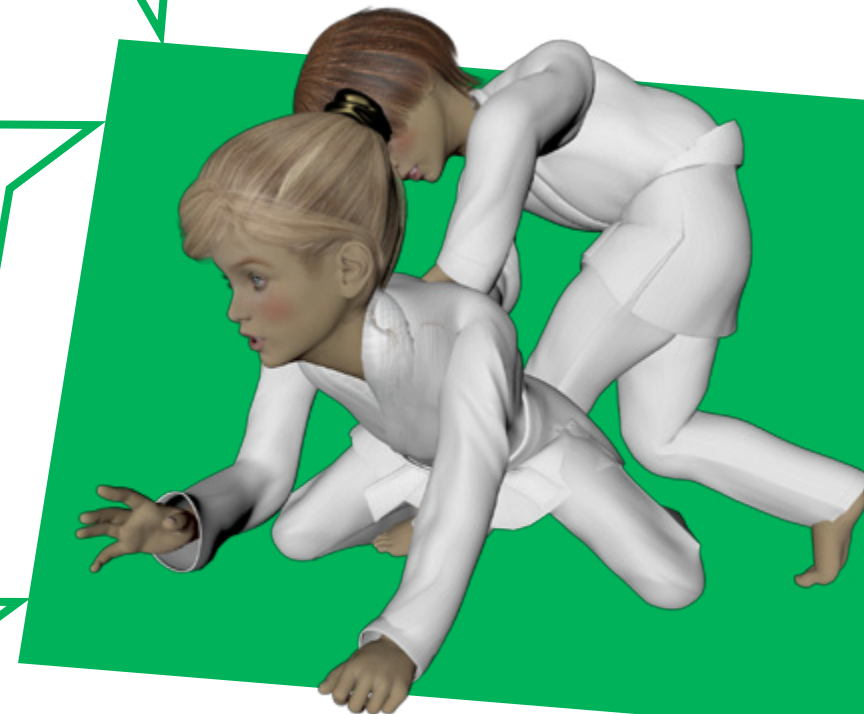
Spirit of the Games:
Excellence through Competition



I should always try my best in every part of the activity.

TACTICAL ME

When I am on all fours I need to move my partner and get them off balance.



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JUDO – TIG

Quick introduction

Tig is an inclusive game that looks at the movement and reactions of both players.

Getting started

- Two players start facing opposite one another.
- They start in their ready position with knees bent and back straight, both on their feet.
- On the call of “hajime” both players are looking to touch the knees of their opponent, whilst at the same time trying to stop their opponent from touching their knees.

Health and safety

- Ensure hands are open and there are no fists.
- Ensure both players only go for the knees.
- Warn players to be careful not to clash heads.
- A 3m x 3m area minimum is recommended per pair.

Equipment required

- PE kit.



JUDO – TIG

PHYSICAL ME

- Ensure both players have low body positions with knees bent.
- Hands are low and player look to step in to make the touch.

SOCIAL ME

Leading and volunteering

- You can limit the time each player plays and a leader can be the timekeeper.

Think inclusively (STEP)

Space

- Use spots or cones to mark out a smaller space to reduce the amount of movement required.
- Make designated area bigger.

Task

- SEN/disabled players can start sitting opposite each other (on a chair or in a wheelchair) and points are awarded for touching the opponents shoulders or elbows.
- Standing players can touch the opponents shoulders if they cannot reach the knees.

People

- Visually-impaired players should start each competition gripping the opponent.

THINKING ME

- Can I anticipate when my partner is going to step in?
- Where does my body position need to be to touch the knees?

SPORTING ME

Spirit of the Games: *Excellence through Competition*



I know I can be successful if I put the effort in.

TACTICAL ME

If I get in close I can touch the knees but need to be quick at moving out to avoid being touched.

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