

## A-Z School Games Challenge

### J – Judo Challenge – Tig

We would love to see you all being active and improving your physical skills, keep us updated (via Twitter) with your efforts using the #StayInWorkout and tag @SolihullNorth

## PRIMARY INTRA-SCHOOL/LEVEL 1 RESOURCE – CHALLENGE CARD

# 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.

**BRITISH  
JUDO**

### 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.



**FUN FACT** – The word 'Judo' breaks down into 'ju' (gentle) and 'do' (way or path) = 'the gentle way'.

Why not take a look at an elite judo match from the 2016 Rio Olympic Games -

<https://www.youtube.com/watch?v=YMRnXfukE9Y&feature=youtu.be>

If you have enjoyed this challenge and would like you get involved in a local Judo club click here:

<https://www.britishjudo.org.uk/club-finder/>

**FOLLOW, RETWEET, GET INVOLVED!**