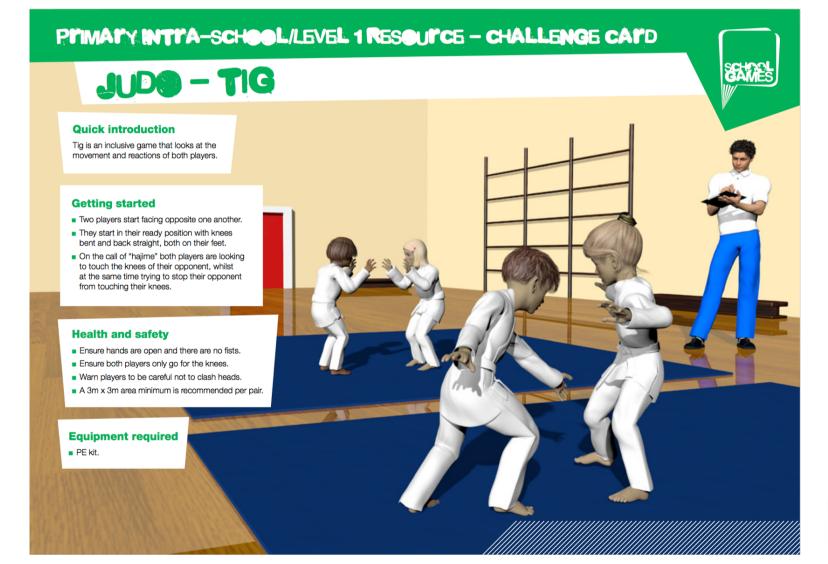


A-Z School Games Challenge

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**



COVENTRY, SOLIHULL



JUD**O - T**IG

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.

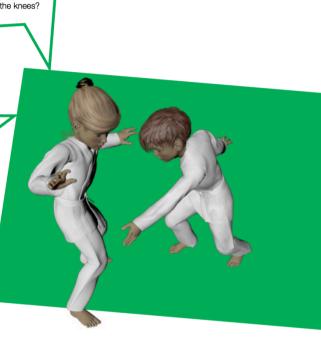


- Can I anticipate when my partner is going to step in?
- Where does my body position need to be to touch the knees?



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



FOLLOW, RETWEET, GET INVOLVED!

