

Prepared by: Joyce Heron – December 2018

Introduction

There is demand from judo clubs/coaches for judo related activity for 3 to 4-year-old children. Based on this, the BJA Board has authorised the running of a pilot scheme aimed at this age group with the possibility of including membership within our general membership offers.

JudoTots is a FUN and exciting activity which the child can engage in structured sessions that can improve their confidence, physical fitness and social skills with an experienced British Judo coach.

The benefits of judo for the child is the introduction to a fun physical activity that can improve, physical and psychological confidence, body awareness, general fitness, coordination, basic age-related strength, fundamental movement patterns and judo falls in a safe environment that provides the opportunity to socially interact with other children in a cooperative manner.

Self-discipline is also a unique feature that is taught through the values of this Japanese sport:

Fair Play - Respect - Friendship - Responsibility - Knowledge - Discipline

Over the next 6 months the pilot scheme will be developed and implemented taking the following steps:

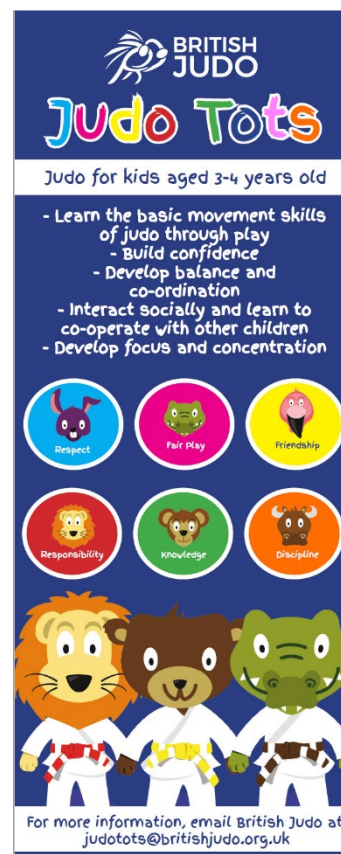
- Clubs and coaches interested in this area of delivery will be identified
- A basic membership offers produced
- Relevant delivery content identified
- Basic low-cost resources developed
- Monitoring and evaluation of the sustainability of the product conducted
- A report produced for BJA Board of Directors based on pilot

Expressions of Interest

Over 60 clubs and individuals have so far expressed an interest in becoming involved. There has also been quite a lot of positive interest on social media and we are providing an opportunity to meet with interested parties at the forthcoming British Championships.

The Offer

- British Judo 'JudoTots' membership at £5.00 (parent and child insured – for the 3-4-year-old session only)
- Provide card for coaches to purchase their own sticker for children on a weekly basis as a record of achievement
- Provide templates for coaches to award certificates for attendance – 10 sessions, 20 sessions etc.
- Basic session plan advice
 - Movement skills around balance and co-ordination activities and games
 - Safe matted area
- Flyers for clubs to advertise
- Recommend sessions to be 30 to 45 minutes in duration



Suggested Session Content

- Crawling – over and under
- Running
- Skipping
- Simple Jumps
- Simple balance – use line and or equipment (soft play)
- Rolling – self and over equipment (e.g. soft play)
- Obstacle games
- Assisted breakfall/rolls (e.g. rear and forward)
- Simple groundwork holds
- Games (e.g. Simon/Kano says; Statues; Catch-the-mouse; tig; kicking bean bags into goals; find the hidden beanbag; collect and place the bean bag; throw the object; catch the object; Hot potato game (elimination so maybe use an activity if left with parcel) etc.)

Suggested Equipment

- Soft play – balance beams, rollers, tunnels etc.
- Bean Bags
- Hoops
- Safety mats (running and jumping on)
- High Cones with balance rod – for crawling under
- Judo mats that meet BJA safety requirements (see 'Safe Landings')

Safety Guidelines

- **Coach and Environment**
 - The coach must be a current qualified BJA coach – meets all revalidation requirements (includes DBS)
 - Participant to mat ratios and coaching minimum requirements should be as recommended in British Judo's 'Safe Landings' document and by British Judo's coaching department
 - Equipment should be in good repair and suitable for the activity and age/experience of the child
 - A risk assessment should be carried out to ensure potential dangers are removed or mitigated – before and during practice
 - Safe content and activities delivered appropriately to the child
- **Coach to participant ratios**
 - Safeguarding guidelines recommend that 1:4 or 1:6 adult to child ratio for 3 to 4-year-olds, however, it is recommended that two adults should be present
 - British Judo recommends that 3 to 4-year olds should have a parent present at all time
 - Where parents are participating on the mat with their child then we consider this ratio 1:1
 - Where the coach is on the mat on their own with 3 to 4-year olds then safeguarding guidelines should be adhered to