



HOW TO USE A LESSON SHEET

Working with a lesson sheet can help you to prepare and conduct the lesson in what we think is the right way. Below you can find the description of the items of the lesson sheet. You can also find the lesson sheet in the toolkit on our platform, which you can download for your own use.



Judo in Schools

Lesson sheet



Place: Date: Time: Teacher: Lesson nr:	Goal of the lesson	Audience Material			
Lesson structure	Time	Exercises	Objectives	Instructions	Observations
Audience reception, Zarei; Ritsurei					
Warming up					
Hydration break					
Technical part					
Back to calm					
Zarei; ritsurei					

Top of the lesson sheet:

Objective

As said before, it's always important to have a main goal for your program, but also to be able to split this into different objectives that you can evaluate. Think about what you will specifically do today, in order to succeed tomorrow. How is your lesson part of the bigger picture?

Example:

Goal of the lesson: To improve all the ukemis

Specific goal: Do shiro ukemi, moving backwards



Audience

Always do an analysis of your audience. Is it an homogenic group, do they have judo experience, do they have special needs?

Example:

Audience: 4/5-year-old, homogenic group, maximum of one-year judo-experience. White belts with a yellow line. One boy with autism.

Material

Prepare your lessons according to your exercises. This will help you remember arrange the material in advance.

Example:

Material: Tatami's, judogi's, ball.

Lesson structure:

Each lesson is built with the same blocks. It always consists of the same ritual in the beginning and end of the class, a warming up, hydration break, technical part and back to calm.

How to use the sheet?

Vertical items

- Audience reception, Zarei, Ritsurei – how to say hello each other in the beginning of the lesson
- Warming up - the exercises or games used must prepare the children for the technical part of the session. The start represents about $\frac{1}{4}$ of the total session. It is possible to decrease or increase this period. The most common objectives are the increase of the cardiovascular rhythm, the preparation of the musculoskeletal system (the muscles and their framework),
- Technical part: This is the technical program of the lesson. This can contain multiple exercises and games.
- Return to calm: The goal of this part is the return to the starting data: physiological, psychological and physical. In other words, the heartrate needs to go back to normal. It is also a privileged moment for the children to auto evaluate the session and the return on oneself.

Horizontal items

- Exercises Name (ex: games of the pirates and the shark), it must be global.
- Time: time required to complete the exercise
- Objective: What needs to be achieved (ex: increased cardiovascular rhythm)
- Instructions: Description of the exercise.
- Observations: This one you fill in after the lesson. It's an evaluation of the exercises and also a way to improve yourself next time.