

# ANNUAL PROGRAM

The program given in the school needs to employ a continuous learning philosophy where children learn about the judo and its values. When making a program for judo in schools there are several things to consider like: the age of the children, the duration of the program, the number of classes per week and the (special) needs of the children. The goal is to have an appropriate annual program for every group, ranging from 4 to 12 years old.

*What will be in the program?*

The moral code is the most essential element of the program. The DNA of judo conveys fundamental values that intertwine to build a moral compass. The respect of this code is the the basis and essence when practicing judo. You can choose to put an emphasis on one specific value per year, per cycle or during class.

**Self control is a form of courage.**

**Politeness, sincerity and modesty are forms of respect for others.**

**Honour is a form of self-respect.**

The program is not meant to be introducing judo only. It's meant to teach children physical, mental and social/emotional skills that they will be able to keep using the rest of their lives. That's why we created guidelines for every age category of what to teach. You can use these guidelines when creating your program.

The first step in creating a program is establishing a main goal. What do you want the children to learn, considering physical, mental and social/emotional skills?

To get to your main goal you need to establish different steps to achieve it. These will be your cycle goals. Breaking it down into smaller steps will allow you to evaluate and be more flexible with the children and the school to adapt the program when necessary.



# Example of an annual program

Public: (4/5 Years old); Class time: 45'

Number of lessons / week: 1

Grading belts



<p><b>Week 1</b> Evaluation of motor skills, coordination contact initiation + values of judo + history of judo</p>	<p><b>Week 2</b> Evaluation of motor skills, coordination contact initiation + values of judo + history of judo</p>	<p><b>Week 3</b> Ability to find your bearings in space and time + exercises of locomotion and balance + initiation of somersault forward</p>	<p><b>Week 4</b> Ability to find your bearings in space and time + exercises of locomotion and balance + shuttles + revision of somersault forward</p>	<p><b>Week 5</b> Ability to find your bearings in space and time + MOTOR SKILLS COURSE</p>	<p><b>Week 6</b> Evaluation of achievements since the beginning of the year</p>
<p><b>Week 7</b> School holidays</p>	<p><b>Week 8</b> School holidays</p>	<p><b>Week 9</b> Evaluation of motor skills, coordination. +revision of somersault forward + somersault backwards learning</p>	<p><b>Week 10</b> Ability to find your bearings in space and time, attention ability + educative games with coordination, locomotion and balance</p>	<p><b>Week 11</b> Identify yourself / move in space + educative games with balance and locomotion</p>	<p><b>Week 12</b> Motor development and coordination with exercises by 2, initiation of contact and apprehension exercises</p>
<p><b>Week 13</b> Motor development and coordination + initiation of ukemi (fall back)</p>	<p><b>Week 14</b> Motor development and coordination + initiation/revision of ukemi (fall back) – sit</p>	<p><b>Week 15</b> Evaluation of motor skills, coordination. MOTOR SKILLS COURSE</p>	<p><b>Week 16</b> Baby judo Christmas (animation)</p>	<p><b>Week 17</b> School holidays</p>	<p><b>Week 18</b> School holidays</p>
<p><b>Week 19</b> Lesson in the form of games (revision and coordination)</p>	<p><b>Week 20</b> Fall back (ukemi) learning in different stages (sit, squat) + educative games with ukemi initiation</p>	<p><b>Week 21</b> Fall back learning/ revision + educative games with fall back (sit, squat, up) + lateral ukemi initiation</p>	<p><b>Week 22</b> Fall back revision + educative games with fall back + lateral ukemi learning/ revision</p>	<p><b>Week 23</b> Evaluation of the fall back + lateral ukemis revision</p>	<p><b>Week 24</b> Evaluation of achievements since the beginning of the year + motor skills course</p>
<p><b>Week 25</b> School holidays</p>	<p><b>Week 26</b> School holidays</p>	<p><b>Week 27</b> Lesson in the form of games (revision and coordination, attention to ability)</p>	<p><b>Week 28</b> Fall back revision + improvement educative games with fall back+ lateral ukemis + learning the crab technique (yoko shiho gatame)</p>	<p><b>Week 29</b> Ne waza opposition games + learning crab technique (yoko shiho gatame) + opposition games + learning front fall</p>	<p><b>Week 30</b> Improvement of the crab technique with opposition games (cooker and the sausage) + front fall learning</p>
<p><b>Week 31</b> Improvement of front fall with educative games (Suisse Bal) + tachi waza opposition games</p>	<p><b>Week 32</b> Continuation of learning concepts (push to get in touch with the other) – tachi waza opposition games + front fall, back and lateral ukemis</p>	<p><b>Week 33</b> School holidays</p>	<p><b>Week 34</b> School holidays</p>	<p><b>Week 35</b> Lesson in the form of games (revision of motricity and coordination, attention ability + motor skills course</p>	<p><b>Week 36</b> Revision of the ukemis (back,lateral and front) + continuation of tachi waza opposition games + initiation of 'randori' tachi waza (both sleeves)</p>
<p><b>Week 37</b> Revision of the falls (back, lateral and front) Continuation of tachi waza, opposition games + initiation of 'randori' tachi waza</p>	<p><b>Week 38</b> Revision of all the year</p>	<p><b>Week 39</b> Evaluation of achievements since the beginning of the year (Grade promotion)</p>	<p><b>Week 40</b> Grade promotion party (animation)</p>	<p><b>Week 41</b> School summer holidays</p>	