



Course Title:	Girls Beginning Judo	Proposed by:	Jennifer Badertscher
Department / Grade Level:	Physical Education 9-12	Date:	3-21-2018

PHILOSOPHY OF INSTRUCTION:

The Coeur d'Alene Public Schools are invested in each student to prepare, challenge and well-educated, resilient and future-ready citizens for the United States and the world. Coeur d'Alene School District promotes opportunities for innovation in learning and inspiring excellence in everyone. Furthermore, our district is dedicated to developing students who will:

- gain muscular endurance, strength, cardiorespiratory, flexibility, agility, power, coordination, speed, and balance
- employ personal living skills of respect for others, leadership, followership, risk-taking, and initiative
- demonstrate the emotional and physical well being necessary to participate in any sport, game, or activity
- respond appropriately to potentially explosive interactions with others in order to mediate and resolve conflict
- build emotional, physical, and social confidence
- fitness as a part of one's lifestyle
- individual skills of self and others
- demonstration and understanding of safe participation in martial art and sport
- demonstrate knowledge of terminology, position, play situation, and competition strategy

SCOPE AND SEQUENCE:

Semester 1: (18 Weeks) Units 1-6	Semester 2: (18 Weeks) Units 7-10
USJF White & Yellow Belt Requirements <ul style="list-style-type: none"> ● CPR and AED Training ● History & Philosophy of Judo (week 1) ● Basic Mat & Dojo Presence (weeks 2-4) ● Ukemi (weeks 2-4 & ongoing) ● Tachi Waza (weeks 5-17) ● Newaza (weeks 5-17) ● Fusegi Waza (weeks 5-17) ● Shime Waza (weeks 9-17) ● Final testing - verbal, written, demonstration (week 18) 	USJF Yellow/Orange & Orange Belt Requirements <ul style="list-style-type: none"> ● History & Philosophy, Mat & Dojo Presence, Ukemi (ongoing) ● Tachi Waza (weeks 1-17) ● Newaza (weeks 1-17) ● Fusegi Waza (weeks 1-17) ● Shime Waza (weeks 1-17) ● Renraku Waza (weeks 1-17) ● Kaeshi Waza (weeks 1-17) ● Final testing - verbal, written, demonstration (week 18)



HEALTH AND SAFETY INTRODUCTION TO PHYSICAL EDUCATION

Estimated Time Frame:	1 Week			
Enduring Understanding:	Students will have a basic understanding of CPR and how to use an AED machine			
<u>Idaho Content Standard</u>	Essential Questions	Key Terms	Resources Needed	<u>Assessment</u> (Tie to Enduring Understandings)
IDAPA 08.02.03.H.1	What are the basic skills of CPR and how do I use an AED machine?	AED CPR	AED Training Machine CPR Mannequins	Properly demonstrate use of AED/CPR

UNIT 1: HISTORY & PHILOSOPHY OF JUDO

Estimated Time Frame:	week 1 Ongoing	<u>Thinking Strategies:</u>	Monitor for understanding Synthesizing Meaning Determining Importance Knowledge Asking Questions Building Background Problem Solving	
Enduring Understandings:	What is judo and why was it founded?			
<u>Idaho Content Standard</u>	Essential Questions	Key Terms	Resources Needed	<u>Assessment</u> (Tie to Enduring Understandings)
PE.5.1.1 PE.5.1.2 PE.5.1.3 PE.5.1.4 PE.5.1.5	Who was Jigoro Kano? Why was judo founded? What is the Kodakan? What is god moral character?	ju do (gentle way) Japan in 1882 Respect Honor Self Control	You Tube USJF Terminology Handout	students will verbally meditate and discuss essential questions during warmups. USJF yellow belt spoken, written and performance test at semester



UNIT 2: BASIC MAT & DOJO PRESENCE

Estimated Time Frame:	weeks 2-4 Ongoing	Thinking Strategies:	Thinking Strategies:
			Monitor for understanding Synthesizing Meaning Determining Importance Knowledge Asking Questions Building Background Problem Solving
Enduring Understandings:	How do I practice judo safely? How do I practice judo respectfully?		
Idaho Content Standard	Essential Questions How	Key Terms	Resources Needed
			Assessment (Tie to Enduring Understandings)
PE.1.1 PE.2.1.2 PE.2.1.3 PE.4.1.3 PE.5.1.1 PE.5.1.2 PE.5.1.3 PE.5.1.4 PE.5.1.5	How do I tie my own Obi on my judo gi? How do I demonstrate posture? How do I demonstrate respectful movements? How do I demonstrate adequate body control? How do I demonstrate changing direction and position while maintaining a balanced and controlled posture? How do I demonstrate technique entries How do I demonstrate the eight directions of pull What are the commands of a sensei and/or referee on a dojo mat or competition mat?	shizentai (nature posture) jigotai (defensive posture) Reiho (respectful movements) Ritsurei - standing bow Zarei - kneeling bow Taisabaki - body control Mae Sabaki - front movement control Ushiro Sabaki - back movement control Mae Mawari Sabaki - forward turn movement control Uchikomi Kuzushi - breaking opponent's balance Tsukuri - pulling your body in proper position to execute technique Happo no Kuzushi (eight directions of Kuzushi) Osaekomi Toketa Soremade Hajame	Judo mat United States Judo Federation website
			Demonstration of skill verbal translation and recall of vocabulary and technique USJF yellow belt spoken, written and performance test at semester



UNIT 3: UKEMI (FALLING TECHNIQUE)

Estimated Time Frame:	weeks 2-4 ongoing	Thinking Strategies:	Monitor for understanding Synthesizing Meaning Determining Importance Knowledge Asking Questions Building Background Problem Solving	
Enduring Understandings:	How do I fall safely when being thrown?			
Idaho Content Standard	Essential Questions	Key Terms	Resources Needed	Assessment (Tie to Enduring Understandings)
PE.1.1.1	How do I fall safely?	ukemi	Judo mat	Demonstration of skill with 100% proficiency must be passed before moving on to units 4-6.
PE.2.1.2 PE.2.1.3	How do I fall safely from a backward fall?	ushiro-ukemi	United States Judo Federation website	
PE.3.1.1 PE.3.1.2 PE.3.1.3 PE.3.1.4	How do I fall safely from a sideways fall?	yoko-ukemi		verbal translation and recall of vocabulary and technique
PE.3.1.5 PE.4.1.1 PE.4.1.3	How do I fall safely from a forward fall?	mae-ukemi		USJF yellow belt spoken, written and performance test at semester
PE.5.1.2	How do I fall safely from a forward rolling fall?	mae-mawari-ukemi zempo-kaiten-ukemi		



UNIT 4: TACHI WAZA (THROWING TECHNIQUE)

Estimated Time Frame:	weeks 5-17 (in progressive order) ongoing with chain techniques and counters	<u>Thinking Strategies:</u>	Monitor for understanding Synthesizing Meaning Determining Importance Knowledge Asking Questions Building Background Problem Solving	
Enduring Understandings:	How do I safely and with maximum efficiency and minimum effort throw my uke (opponent)?			
<u>Idaho Content Standard</u>	Essential Questions	Key Terms	Resources Needed	<u>Assessment</u> (Tie to Enduring Understandings)
PE.1.1.1 PE.2.1.1 PE.2.1.2 PE.2.1.3 PE.3.1.1 PE.3.1.2 PE.3.1.3 PE.3.1.4 PE.3.1.5 PE.4.1.1 PE.4.1.2 PE.4.1.3 PE.5.1.1 PE.5.1.2 PE.5.1.3 PE.5.1.4 PE.5.1.5	How do I execute a major hip throw How do I execute a single arm shoulder throw How do I execute a hip wheel How do I execute a major outer reap How do I execute an advancing foot sweep	O goshi ippon seoi nage koshi guruma o soto gari de ashi barai	Judo mat United States Judo Federation website	Demonstration of skill verbal translation and recall of vocabulary and technique USJF yellow belt written and performance test at semester



UNIT 5: NEWAZA (GROUND TECHNIQUES) FUSEGI WAZA (ESCAPE TECHNIQUES)

Estimated Time Frame:	weeks 5-17 (in progressive order) ongoing with chain techniques and escapes	Thinking Strategies:	Monitor for understanding Synthesizing Meaning Determining Importance Knowledge Asking Questions Building Background Problem Solving	
Enduring Understandings:	How do I safely and with maximum efficiency and minimum effort turn my uke (opponent) from a turtle or flat position and hold them in a mat submission for 20 seconds?			
Idaho Content Standard	Essential Questions	Key Terms	Resources Needed	Assessment (Tie to Enduring Understandings)
PE.1.1.1 PE.2.1.1 PE.2.1.2 PE.2.1.3 PE.3.1.1 PE.3.1.2 PE.3.1.3 PE.3.1.4 PE.3.1.5 PE.4.1.1 PE.4.1.2 PE.4.1.3 PE.5.1.1 PE.5.1.2 PE.5.1.3 PE.5.1.4 PE.5.1.5	How do I hold my uke in scarf hold How do I hold my uke in modified scarf hold How do I hold my uke in side four corner How do I escape from scarf and modified scarf hold? How do I escape from side four corner? How do I turn my uke from a side turtle position? How do I turn my uke from a front turtle position?	Kesa-gatame Kuzure Kesa-gatame Yoko-shiho-gatame escape from Kesa-gatame & Kuzure kesa-gatame escape from yoko shiho gatame	Judo mat United States Judo Federation website	Demonstration of skill verbal translation and recall of vocabulary and technique USJF yellow belt written and performance test at semester



UNIT 6: SHIME WAZA (CHOKING TECHNIQUES)

Estimated Time Frame:	Weeks 10-17 (in progressive order) ongoing with chain techniques and counters	Thinking Strategies:	Monitor for understanding Synthesizing Meaning Determining Importance Knowledge Asking Questions Building Background Problem Solving	
Enduring Understandings:	How do I safely and with maximum efficiency and minimum effort cause my uke (opponent) to submit by choking technique(s)? How do I submit when positioned in Shimi Waza and I am unable to escape?			
Idaho Content Standard	Essential Questions	Key Terms	Resources Needed	Assessment (Tie to Enduring Understandings)
PE.1.1.1 PE.2.1.1 PE.2.1.2 PE.2.1.3 PE.3.1.1 PE.3.1.2 PE.3.1.3 PE.3.1.4 PE.3.1.5 PE.4.1.1 PE.4.1.2 PE.4.1.3 PE.5.1.1 PE.5.1.2 PE.5.1.3 PE.5.1.4 PE.5.1.5	How do I submit when I am positioned in Shimi Waza and I am unable to escape? How do I transition into and execute a front or rear naked choking technique? How do I sit out from from a naked choking technique?	Tap twice Hadake jime Koshi Jime	Judo mat United States Judo Federation website	Demonstration of skill verbal translation and recall of vocabulary and technique USJF yellow belt written and performance test at semester



UNIT 7: TACHI WAZA (THROWING TECHNIQUE) - YELLOW/ORANGE - ORANGE

Estimated Time Frame:	weeks 1-17 (in progressive order) ongoing with chain techniques and counters	<u>Thinking Strategies:</u>	Monitor for understanding Synthesizing Meaning Determining Importance Knowledge Asking Questions Building Background Problem Solving	
Enduring Understandings:	How do I safely and with maximum efficiency and minimum effort throw my uke (opponent)?			
<u>Idaho Content Standard</u>	Essential Questions	Key Terms	Resources Needed	<u>Assessment</u> (Tie to Enduring Understandings)
PE.1.1.1 PE.2.1.1 PE.2.1.2 PE.2.1.3 PE.3.1.1 PE.3.1.2 PE.3.1.3 PE.3.1.4 PE.3.1.5 PE.4.1.1 PE.4.1.2 PE.4.1.3 PE.5.1.1 PE.5.1.2 PE.5.1.3 PE.5.1.4 PE.5.1.5	How do I execute a two handed shoulder throw? How do I execute a hip sweep? How do execute a major inner reap? How do I execute a minor inner reap? How do I execute a blocking and lifting foot throw? How do I execute a forward foot sweep? How do I execute valley drop in a counter or offensive move? How do I execute body drop? How do I execute a major hip throw? How do I execute a single arm shoulder throw? How do I execute a hip wheel? How do I execute a major outer reap? How do I execute an advancing foot sweep?	Morote seoi nage or Drop seoi nage harai goshi ouchi gari kouchi gari sasae tsurikomi ashi de ashi harai tani otoshi tai otoshi Continued demonstration and execution of prior belt requirements: O goshi ippon seoi nage koshi guruma o soto gari de ashi barai	Judo mat United States Judo Federation website	Demonstration of skill verbal translation and recall of vocabulary and technique USJF yellow/orange and orange belt written and performance test at semester



UNIT 8: RENRAKU WAZA (COMBINATION TECHNIQUES) - YELLOW/ORANGE - ORANGE

Estimated Time Frame:	weeks 1-17 (in progressive order) ongoing with chain techniques and counters	Thinking Strategies:	Monitor for understanding Synthesizing Meaning Determining Importance Knowledge Asking Questions Building Background Problem Solving	
Enduring Understandings:	How do I safely and with maximum efficiency and minimum effort throw and/or my uke (opponent) from a series of techniques?			
Idaho Content Standard	Essential Questions	Key Terms	Resources Needed	Assessment (Tie to Enduring Understandings)
PE.1.1.1 PE.2.1.1 PE.2.1.2 PE.2.1.3 PE.3.1.1 PE.3.1.2 PE.3.1.3 PE.3.1.4 PE.3.1.5 PE.4.1.1 PE.4.1.2 PE.4.1.3 PE.5.1.1 PE.5.1.2 PE.5.1.3 PE.5.1.4 PE.5.1.5	How do I transition my opponent from one throwing technique to another to set up a technique or follow through on a failed attempt?	*Ouchi gari to Osoto gari *Osoto gari to Ouchi gari *Ippon Seoi nage to Kouchi gari *Ouchi gari to Kouchi gari *Harai goshi to Osoto gari *Harai goshi to Ouchi gari *Kouchi gari to Ouchi gari *Kouchi gari to Ouchi gari *Kouchi gari to Ippon seoi nage *De ashi harai to Harai goshi *Kosoto gari to Tai otoshi	Judo mat United States Judo Federation website	Demonstration of skill verbal translation and recall of vocabulary and technique USJF yellow/orange and orange belt written and performance test at semester



UNIT 9: KAESHI WAZA (COUNTER TECHNIQUES) - YELLOW/ORANGE - ORANGE

Estimated Time Frame:	weeks 1-17 (in progressive order) ongoing with chain techniques and counters	<u>Thinking Strategies:</u>	Monitor for understanding Synthesizing Meaning Determining Importance Knowledge Asking Questions Building Background Problem Solving	
Enduring Understandings:	How do I safely and with maximum efficiency and minimum effort counter throw my uke (opponent)?			
<u>Idaho Content Standard</u>	Essential Questions	Key Terms	Resources Needed	<u>Assessment</u> (Tie to Enduring Understandings)
PE.1.1.1 PE.2.1.1 PE.2.1.2 PE.2.1.3 PE.3.1.1 PE.3.1.2 PE.3.1.3 PE.3.1.4 PE.3.1.5 PE.4.1.1 PE.4.1.2 PE.4.1.3 PE.5.1.1 PE.5.1.2 PE.5.1.3 PE.5.1.4 PE.5.1.5	How do I transition my techniquet from offense to defense to counter throw my opponent?	*Ouchi gari to Ouchi gaeshi *De ashi harai to Tsubami gaeshi *Osoto gari to Osoto gaeshi *Harai goshi to Tani otoshi *right O goshi to left Ogoshi *Tai otoshi to Kosoto gake	Judo mat United States Judo Federation website	Demonstration of skill verbal translation and recall of vocabulary and technique USJF yellow/orange and orange belt written and performance test at semester



UNIT 10: NEWAZA (GROUND TECHNIQUES) FUSEGI WAZA (ESCAPE TECHNIQUES) - YELLOW/ORANGE - ORANGE

Estimated Time Frame:	weeks 1-17 (in progressive order) ongoing with chain techniques and escapes	<u>Thinking Strategies:</u>	Monitor for understanding Synthesizing Meaning Determining Importance Knowledge Asking Questions Building Background Problem Solving	
Enduring Understandings:	How do I safely and with maximum efficiency and minimum effort turn my uke (opponent) from a turtle or flat position and hold them in a mat submission for 20 seconds?			
<u>Idaho Content Standard</u>	Essential Questions	Key Terms	Resources Needed	<u>Assessment</u> (Tie to Enduring Understandings)
PE.1.1.1 PE.2.1.1 PE.2.1.2 PE.2.1.3 PE.3.1.1 PE.3.1.2 PE.3.1.3 PE.3.1.4 PE.3.1.5 PE.4.1.1 PE.4.1.2 PE.4.1.3 PE.5.1.1 PE.5.1.2 PE.5.1.3 PE.5.1.4 PE.5.1.5	How do I hold my uke in reverse scarf hold How do I hold my uke in shoulder hold? How do I hold my uke in straddling hold? How do I hold my uke in scarf hold How do I hold my uke in modified scarf hold How do I hold my uke in side four corner How do I escape from scarf and modified scarf hold? How do I escape from side four corner? How do I turn my uke from a side turtle position? How do I turn my uke from a front turtle position?	Ushiro-kesa-gatame Kata-gatame Tate-shiho-gatame Continued demonstration and execution of prior belt requirements: Kesa-gatame Kuzure Kesa-gatame Yoko-shiho-gatame escape from Kesa-gatame & Kuzure kesa-gatame escape from yoko shiho gatame	Judo mat United States Judo Federation website	Demonstration of skill verbal translation and recall of vocabulary and technique USJF yellow belt written and performance test at semester