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# “The Game of Judo”

psychomotricity and judo for kid's school (3-5 years old)



# “Introduction”

Objective description





*Judo – more  
than sport!*

# Introduction

Physical Education is a way to favors the development and learning of the individual from birth onwards



Movement is a vital element in child development



Sporting Activity, both in its physical and psychological expression, is therefore an effective means of child development



Judo, by its very nature is one of the best sport for child education





*Judo – more  
than sport!*

# Introduction

THE GAME OF JUDO



Judo Utilises psychomotor skills







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# Introduction

**CHILD**  
3-5 years

**PSYCHOMOTRICITY**

**THE GAME OF JUDO**

**CHILD  
EDUCATION**


**THE GAME OF JUDO**

**JUDO**



# “The Child“

Characteristics of this age group





# Sphere Definition

Many aspects of the child evolve during his education

Despite the multitude of aspects that can be identified we have regrouped them into spheres of interaction which orbit around the child

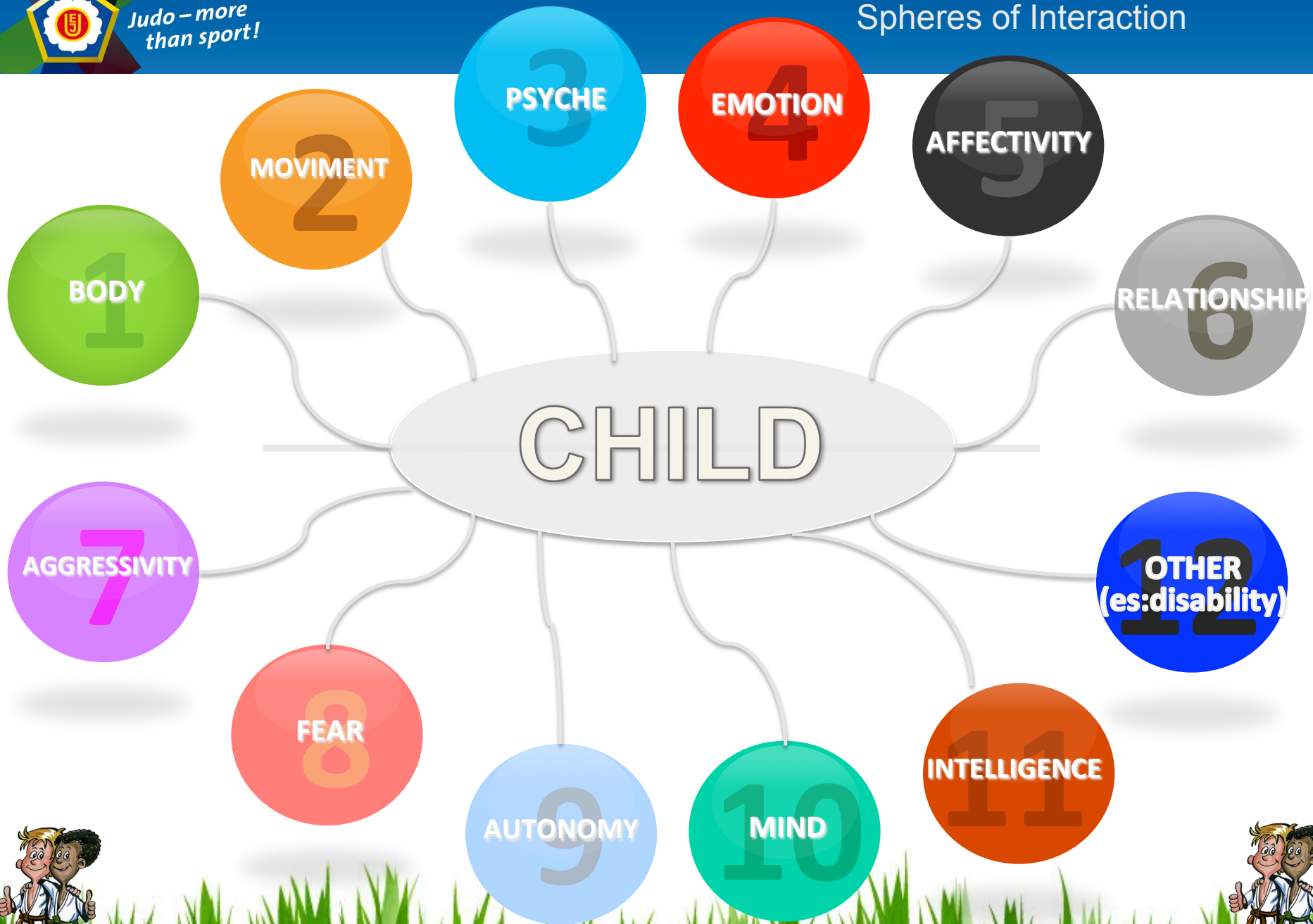
The following slide represents some of the most important spheres





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Spheres of Interaction







acquired characteristics

3<sub>age</sub>

4<sub>age</sub>

5<sub>age</sub>

Stage of the Lived  
Body

Stage of Perceived  
Body

Stage of  
Represented  
Body





The acquired characteristics are different in the 3 years



Diversification of the methodology

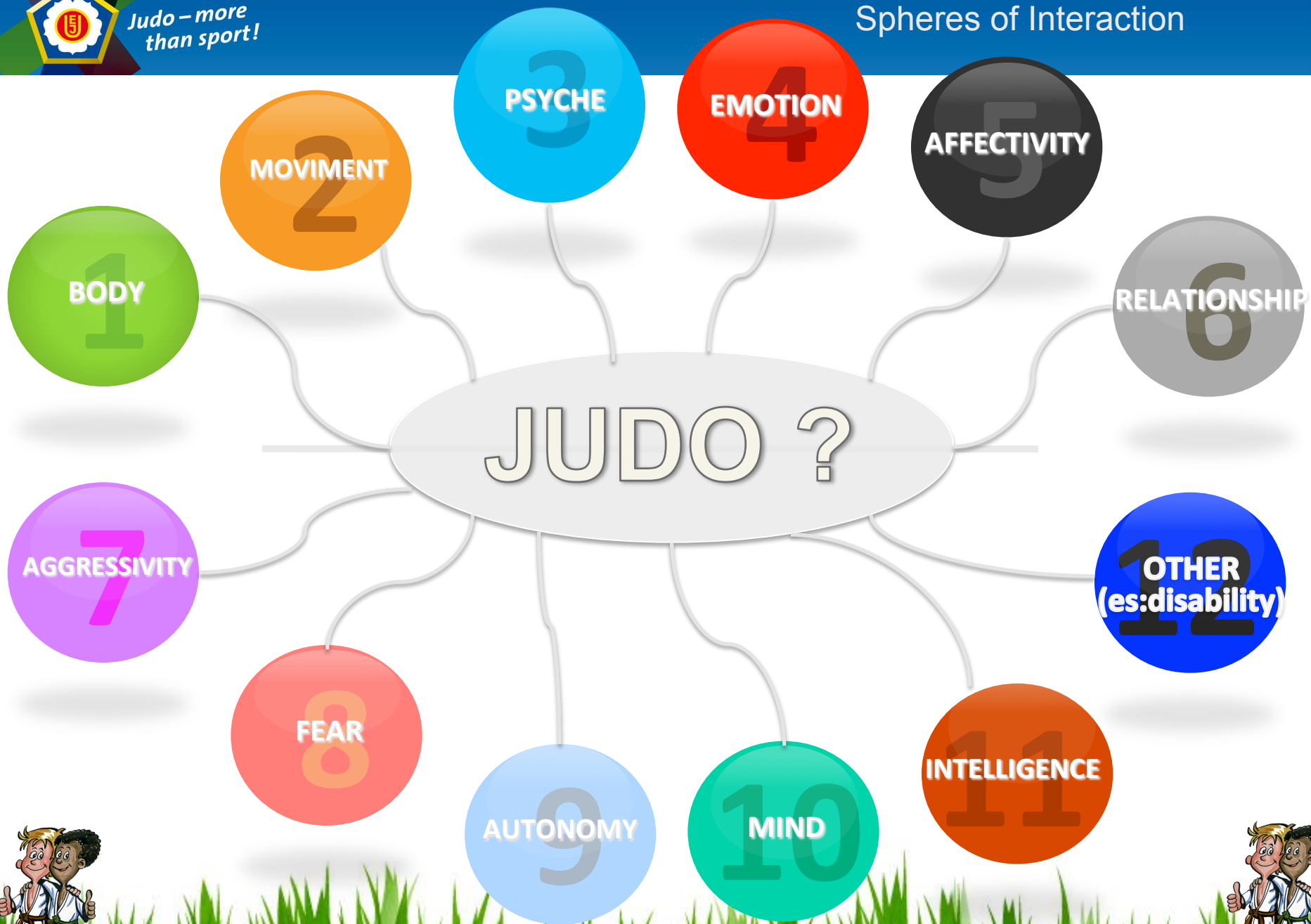


# “The Spheres”



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Spheres of Interaction

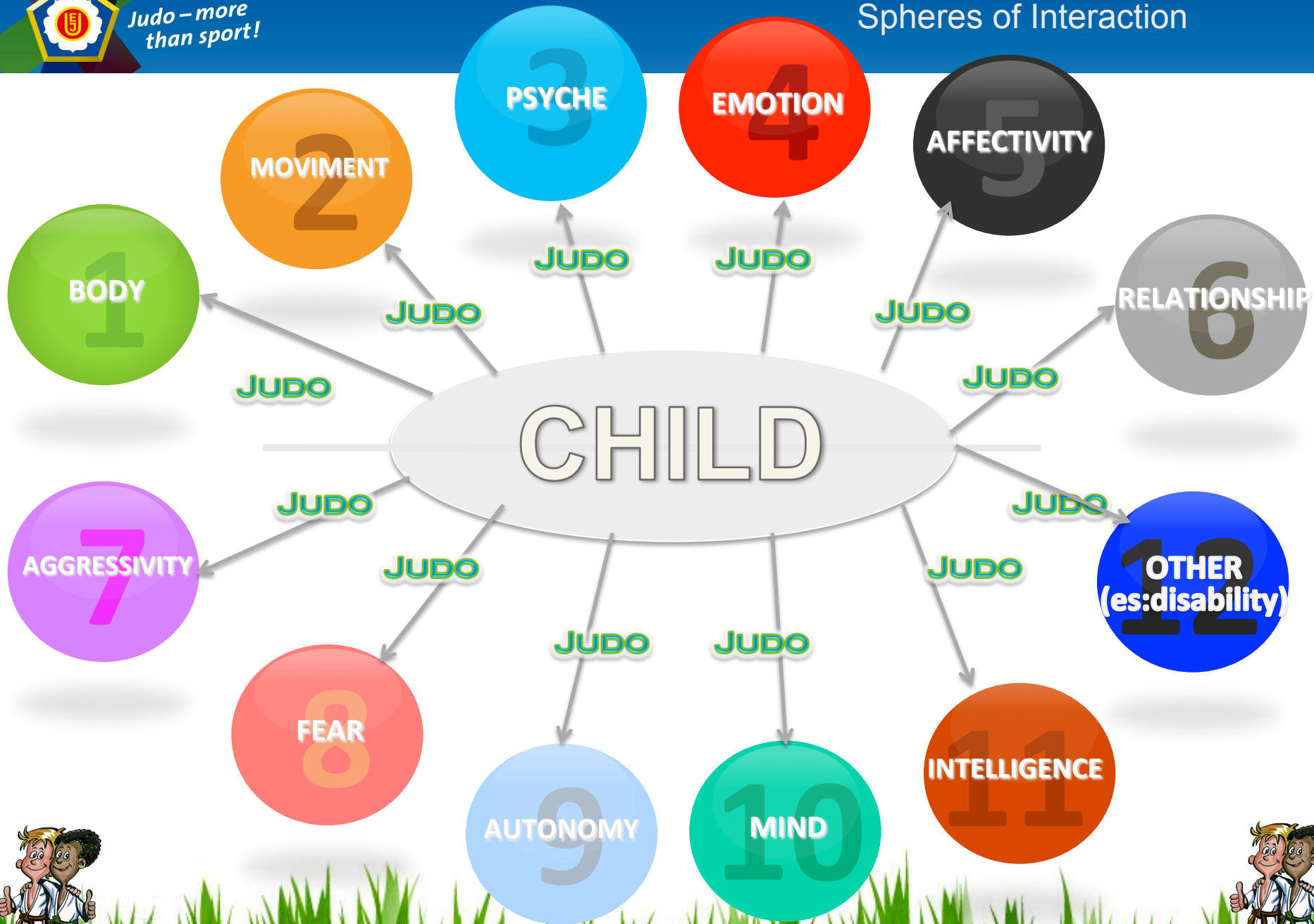






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# Spheres of Interaction





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# Spheres of Interaction





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**CHILD**



**Body**

**JUDO** 





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## Effects on the body

PSICOMOTRICITY: The child discovers its own body and basic body schemas.

JUDO: contact with tatami and uke enables the child to get to know the parts of its own body and their use in space and time







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**CHILD**



**Movement**

**JUDO** 





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## Effects on the movement

PSICOMOTRICITY: The child through movement, experiences his own body in space and time by consolidating basic body schema;

- general body coordination
- hand eye coordination
- foot eye coordination
- fine motor skill
- static balance
- dynamic balance

JUDO: The Child , in contact and relationship games with Uke, knows the movement and own position in space in relation of the others.





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↔ **CHILD**

JUDO 





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## Effects

PSICOMOTRICITY: The activity of the psyche of the child is greatly influenced by its motor experiences if these are positive, they enable the child to acquire personal, emotional and affective autonomy with themselves, with others and their environment .

JUDO: *The motor activities of Judo, such as NE WAZA, are very natural, in fact these activities are like as puppies games.*







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**CHILD**



**Aggression**

**JUDO**





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## Effects on the aggressivity

PSICOMOTRICITY: : Through play and movement the child can channel their aggression positively whilst following the rules, and the aggression turn into productivity

JUDO: il judo whit its components of fight , is useful for child to channel his aggression and to learn rules.





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**CHILD**

↔ **fear**

**JUDO** 





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## Effetti sulla paura

PSICOMOTRICITÀ: Psychomotor activity enables the child to experiencing their full potential, with the right support they can face any difficulties and overcome their fears.

JUDO: In the preparatory games for learning Ukemi, the child faces the fear of falling, learning to manage the emotion and finding the most suitable way to limit adverse consequences of falling.







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**CHILD**



**Thinking**

**JUDO**





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## Effects on The Mind

PSICOMOTRICITY: "Thinking is the active use of intelligence".  
Thinking is consequence of the transition from experience to the symbolic

*JUDO: along the way of learning of judo techniques, the child starts from the level of direct action, passes through action by imitation, and finishes with the action for association of name or principle*





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**CHILD**



**Intelligence**

**JUDO** 





PSICOMOTRICITY: "He won the fight is not the fastest or the strongest, but the wiser" In the Child the psicomotor activities allow active use of intelligence. Nel bambino, il movimento, quindi le azioni vissute con le modalità proprie dell'attività psicomotoria, collaborano allo sviluppo delle aree psichiche elevate che permettono un uso attivo dell'intelligenza, understood as an activity / capacity that is most suitable to solving a problem

*JUDO: an excellent example of active use of intelligence, for a child of this age, is the phase of osaekomi in Ne Waza. During this phase the child will change the mix of force and position to maintain control of uke.*



# “Objectives”





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## OBJECTIVE

CHILD  
3-5 years

PSYCHOMOTRICITY

THE GAME OF JUDO

CHILD  
EDUCATION

THE GAME OF JUDO

JUDO



# “Progression”

corrispondenze tra le tappe evolutive del bambino e il judo





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## developmental stages of the child

Rolling

Crawling

Quadrupedal

Erect position

Stages of psychomotor development

Walking

Running

Climbing

jumping

Stages of psychomotor development





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## Progressive approach to judo

Rolling

Crawling

Quadrupedal

Erect position

Stages of ne waza development

Walking

Running

Climbing

jumping

Stages of tachi waza development



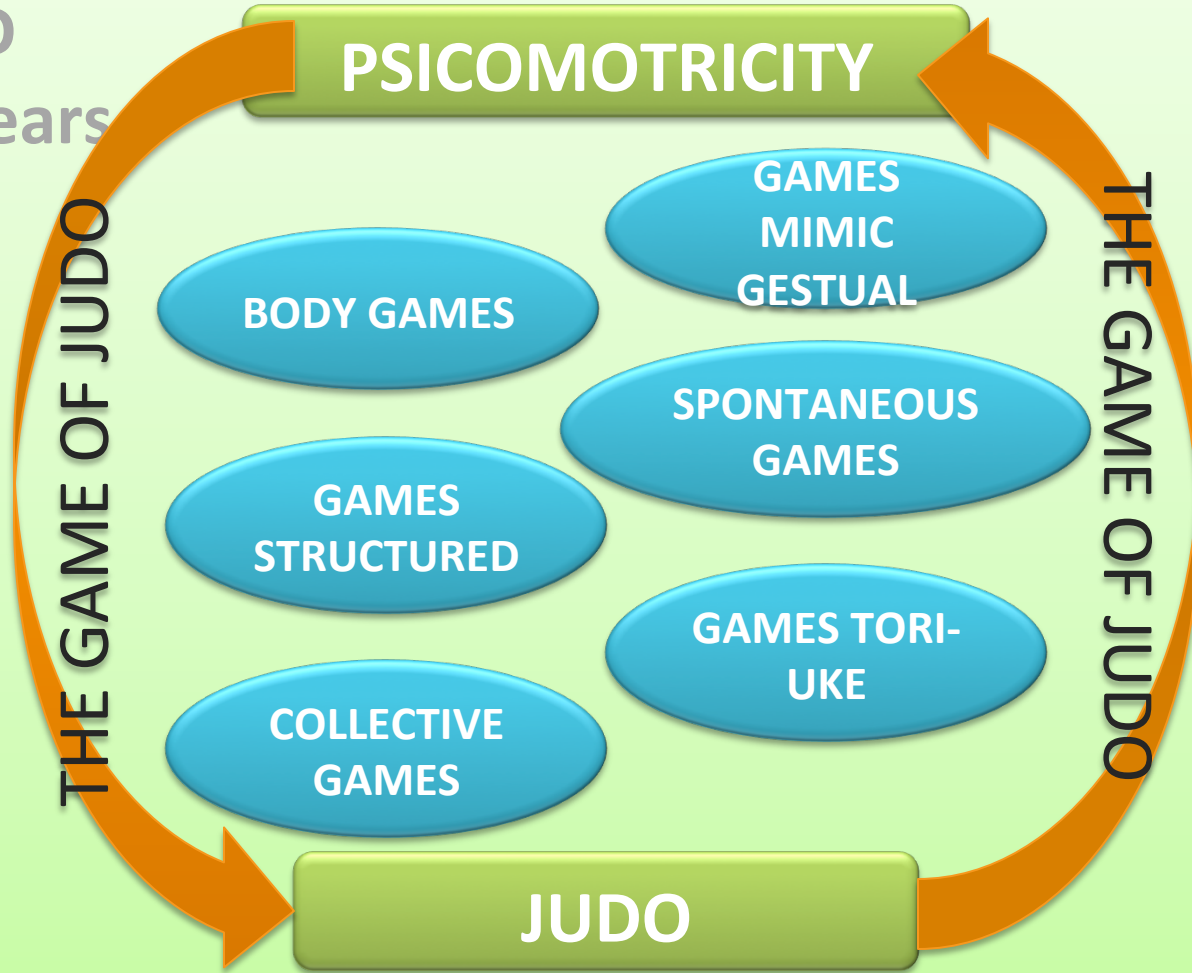




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# OBIETTIVO

CHILD  
3-5 years





# “the game and basic movement”

The game and the development of basic judo movements





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## Introduzione- Finalità

3 years

-Game-

Education of body and movement patterns

Basic Judo movements

Proto-technique of judo

5 years



Judo technique

THE GAME OF JUDO



# “The lesson”

features and how to set up lesson





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# Lesson “The game of judo”

## Structure of the lesson

Welcome

Games

Elaboration

Spontaneous  
activity

Structured  
activity

Spontaneous  
activity

Structured  
activity

