



GO GIRL PROGRAM

Go Girl is a one day get active workshop for pre-teen and teenaged girls. The goal of this event is to encourage and support teenaged girls in choosing an active, healthy lifestyle. This is a one day experience in which teenaged girls are invited to see-and-try a variety of physical activities and sports and access resources on how to continue participating in these activities. They also have the opportunity to participate in session and information on nutrition, body image and wellness issues. Go Girl is a great opportunity for girls to move beyond some of the barriers to participating in physical activity. This paragraph was taken from the InMotion Network website (<http://inmotionnetwork.org/index.php?p=28>). This varies depending on the region of the province in which you are located. In some areas such as Calgary, specific sports are selected each year to participate in the event which is typically held on a Saturday. The girls register for the day long event and cycle through 4-5 sessions during the day. There is an opportunity during the lunch hour to show a video and advertise for the local clubs. Other regions run Go Girl through the schools for all girls in Grade 5. The day may be structured differently, so be sure to get all the information about timelines in advance to plan your lesson plan.

Curriculum

You may only have 45 minutes to 1 hour with each session, so ensure you have a plan in mind and are comfortable with what you will be teaching. Start with a very brief history of Judo and model proper bowing and etiquette. Bring some extra jackets and belts for the girls to wear during the class. This will give them an idea of what it feels like to wear a Judogi and will help when teaching O-goshi or Kesa-gatame during the session (see sample lesson plan below). You can also use the belts for skipping during the warm up. You will probably need to supply a few mats for use during the session. It is great if you can have a female Sensei facilitating the sessions, if you don't have a female Sensei, try to bring a female Judoka from your club to help with demonstrations etc. If you can, bring a few girls from your club to help out with the session as this will help the girls to actually see what they can accomplish. You can have the female Judoka's demonstrate a few throws and suggest the girls could learn these great skills if they join a Judo club.

Important Considerations

The intent of this program is to introduce girls to Judo and encourage them to join a class through their local Judo club. Ensure you spend some time describing the current activities of the Women's Committee through Judo Alberta, such as the Girls Sleepover. Teach and support the girls in a way that increases self esteem and confidence by using supportive and encouraging language. Focus on increasing self esteem and build confidence by encouraging ALL attempts to learn a new skill and try. It is more important that the girls have fun and feel comfortable trying something new than learning the skill in depth. An important part of the instructor's role is to create a safe, comfortable and positive environment for each girl.

Sample Lesson Plan

Warm up (20 min)...run around the room and add in some jumping jacks, burpies, crab walks and bear crawls. They can also use their belts to skip around the room during the warm up. Encourage the girls to skip forward, in place, moving around and backwards. Introduce a few Judo specific exercises such as mat crawls, egg rolls, bridges and judo push ups. Try a few core exercises such as the plank. Try a few balance games, one idea is to have 2 girls facing opposite directions, have them shake and hold hands. Encourage them to try and push or pull the other girl off balance and the last one to move a foot or fall wins. Have them try this with the opposite hand. You can also have the girls do over and unders or a few relay races. In partners, they can take a judo grip and lock right legs, then encourage them to hop back and forth.

Technical skills (20 min)...begin with forward and backward rolls. If you want, you can encourage Judoka to try cartwheels and round offs. Then begin with Ukemi, you might want to start with Zempo Ukemi and only teach it from the knees, like a tree falling in the forest. If they are very motivated, you can show them Koho Ukemi. Choose whether you would like to teach Kesa-gatame or O-goshi as you may not have time to try both. Encourage them to try the new skill.

Cool down (5 min)...spend some time discussing the skills learned and practiced during the class and answer any questions. Review what they learned and hand out information about local classes that they can attend.