



## Sport Unlimited Case Study JUDO DEVELOPMENT CLUB



**CSP:** Kent Sport  
**Deliverer:** British Judo & Howard School Sports Partnership  
**Activity:** Judo  
**Location:** High Halstow Primary School

**If you would like any further information contact:** David Hitch – 07595 710820 -



### Introduction

The Howard School Sport Partnership (HSSP) and The British Judo Association (BJA) have been working together, to provide an opportunity for young people in a rural area of Medway to learn the martial art of Judo. The aim of the project was to get more young people participating at their local Judo clubs. In 2009 Judo was targeted by the HSSP as a sport that needed development. Since then, there has been a major advance in the discipline, with 7 Clubmark Judo Clubs in Kent – 70% of these are in Medway. Many see Judo (Japanese for “gentle way”) as a conflict sport; however, it is a discipline sport where young people learn control and respect for their peers, teachers and families; along with the skill of the sport.

### The Project

Sport Unlimited has given the young people an opportunity to learn a new, different and exciting sport, which they would not have usually had the chance to participate in. The funding has enabled them to use first class facilities and equipment so as to further their skills. It has also made it possible for fully qualified coaches from the BJA to deliver sessions for school pupils. This gave the young people a positive male role model to look up to throughout the sessions as there is often a shortage of male teachers in Primary Schools.

This Judo project was delivered in a picturesque rural setting at the modest High Halstow Primary School, on the Isle of Grain in Medway. Each week the sessions were practical based and the format of the sessions was consistent. The young people started with a warm up, and then learnt a particular technique and practiced this in different scenarios. After, they did some ground work, before finishing with some fun games.

### Involvement of Young People

Howard SSP has a close working relationship with the BJA and offers the use of a BJA coach (Steve Stacy) to schools within the School Sport Partnership.

As there was an uptake of keen individuals at High Halstow Primary School, there was no need for British Judo to do a demonstration at an assembly, which has happened for other Sport Unlimited Judo sessions throughout Medway.

The project has attracted young people from the local school. The majority of the pupils were male, and their ages ranged between 8-11 years old.

### Success of the Project

The project has been very successful. Gemma Jordan, the Primary Link Teacher, said:

**“The children expressed a lot of interest in Judo and in participating again in the future. They all enjoyed doing something different and they are more respectful and disciplined within the class room.”**

The young people have benefitted from these Judo sessions because it has given them a chance to do something active that they would not normally get to take part in because of barriers to participation such as their rural location and cost of participation.

**“I enjoyed it a lot and liked learning new things!” said a young boy taking part in the project.**

9 out of 11 young people were retained, attending at least 60% of the sessions. With 82% attendance at each session, the young people were able to benefit from working with opponents of differing abilities at each session. The quality of Judo being practiced was also higher as there was a small group for the coach to focus on.

### Future and Sustainability

At the end of the eight week programme, local Clubmark Judo clubs give the Sport Unlimited attendees leaflets, offering two free lesson vouchers and six weeks of free equipment use. This is to encourage the children to participate at the club, in order to enhance the training they have already received.