

---

### Would your child like to learn Judo?

We will be successfully holding Judo sessions every half term as a regular weekly club session for your child to attend at Woolden Hill Primary School.

---

### What can Judo do for your child?

Judo is a great sport to help your child develop self confidence, coordination, strength and suppleness.  
Judo is also well known to develop fantastic strength of character and self discipline in its students.

### What is Judo?

Judo is a safe, competitive, Olympic sport. Judo has more of a resemblance to wrestling than to many of the other martial arts seen in films or on TV.  
It involves no punching or kicking. Sorry 😊

---

### Your child can learn how to:

Throw an opponent without injury.  
Roll and fall safely without injury.  
Hold or pin an opponent on the floor safely.  
Cope with the general rough and tumble of the sport.

### We will provide:

A Judo kit for your child to borrow on a session by session basis, free of charge.  
A fully qualified Red Star coach (D.B.S. checked, first aid and child protection trained)

---

### How do you coach the children?

We are coaching the children using the Sports Coach UK's Long Term Athlete Development program, which focuses on equipping your children with transferable sporting skills, namely Agility Balance Coordination and Speed hence many of our Judo related games will endeavour to maximise these attributes in your children.

---

### Details:

**No payment yet.** To put your child onto the club, please complete the reply slip below and hand into the school office or the Judo coach. As soon as a space becomes available for your child, you will be contacted.

Judo fees are **£30** a half term and include the hire of a Judo kit, however, if you or your child are not happy after a few sessions, then you don't owe us anything, not a penny.

The sessions will run on Friday's straight after school 3:15pm until 4:15pm. As a kit will be provided could your child simply have their usual indoor PE kit for this session.

*Any questions, please do not hesitate to contact: Verity Stephens on 07794 242 306*

---

REPLY SLIP TO BE RETURNED TO SCHOOL OFFICE OR JUDO COACH

Class .....

Students Name .....

Age .....

Contact Number .....

I would like my child to participate in the schools Judo sessions, Friday's straight after school 3:15pm – 4:15pm

Parent / Guardian signature .....

Date .....



My child can walk home after the activity / I will collect my child at 4.15 pm

I am happy for my child to be photographed during the session Yes / No