

Sport Unlimited Case Study

Barnet Judo Club



CSP

PRO ACTIVE North London

LOCATION

Barnet, North London

CRITICAL SUCCESS FACTORS

School to club links, Personal signposting, Sustainability.

DATE

July 2009

Barnet Judo Club designed and ran a ten week coaching programme for young people aged from 8-15 years for Sport Unlimited. A local primary school was identified as a good base as it is close to Barnet Judo Club's Dojo, immediately adjacent to a secondary school and located on an estate with high deprivation indicators with a mixed population. It was identified that there were very few club members from the two schools' current intake and the primary school was chosen as a good location for the course. Participants for the course were recruited by the club visiting the primary school and giving a practical judo demonstration and talk. The demonstration was delivered by a coach and a former pupil of the school under the supervision of the Senior Instructor of the club. Of the 90 children who witnessed the demonstration 40 applied to join the free 10 week course to start at the beginning of the following term. The club recruited at the secondary school by taking four P.E. classes for years 7 and 8 and gave both demonstrations and hands on instruction to pupils.

The young people that joined the class attended 90% of the classes over the 10 weeks and made great progress. The sessions were organised straight after school in order to keep the pupils from heading home and judo suits were provided by the club. It was structured so that the children were working towards a grading at the end of the 10 weeks which was a key motivating factor. In addition publicity was secured for the course in the local paper with pictures being displayed. A number of the participants have special educational needs and close liaison with the school and parents enabled the club to be inclusive and teach everybody effectively. Anecdotal evidence from both the parents and teachers outlined that there was behavior improvement from a number of young pupils with ADS. At the end of the course the London Assembly Member for Barnet and Camden, Brian Coleman, gave out the certificates. Several young people joined the judo club at the end of the course and it was decided to carry on with the course in school for a further term, without Sport Unlimited funding, to build on the effort and commitment the pupils had put in so far.

The club is now inviting other schools to send pupils and extending the opportunity within the existing schools. The key learning factors were as follows:

- Have the highest possible ratio of coaches to pupils especially the lower age range.
- Work closely with the school staff to keep participation and enthusiasm going.
- Plan the transition from the school to club setting to make it as natural and welcoming as possible.

"Judo has helped me make friends. It has also made me get stronger & fitter" (*Andrew, Age 9*)

"The Judo coaches have a professional approach and sessions are well run. The sessions are age appropriate and inclusive of children with special educational needs."

Deputy Head, Livingstone Primary School.



For further information on Sport Unlimited contact Barnet Council's Sport Development Unit on sport@barnet.gov.uk

sport unlimited