Student Booklet

LEARNING AND EVALUATION SITUATION Part 1

Physical Education and Health Secondary 2

Competency: Interacts with others in different physical activity settings



WRESTLING GAMES

Name:	
Group:	
Date:	



© Gouvernement du Québec, 2011 The Ministère de l'Éducation, du Loisir et du Sport authorizes school boards and private schools to reproduce this document for pedagogical purposes **in paper format only.** No other form of reproduction or distribution is permitted without prior approval from the Ministère.

Plan of action (initial task for diagnostic purposes)

TO BE HANDED IN TO THE TEACHER

WORKSHEET 1

Name:	Group:		Date:			
Identify your opponent's strengths and	difficulties.					
MAT	CH 1	MATCH 2				
Strengths:	Difficulties:	Strengths:	Difficulties:			
Develop a strategy to be used during t	he game and present it in a diagram or					
MATCH 1		MATCH 2				
	Possible	solutions				
Following your evaluation, identify you						
Strengths:		Difficulties:				
	ou need to learn for future PEH classes.					
Possible solutions:		What you need to learn:				

CHALLENGE

- 1. You will be paired off to play wrestling games.
- 2. You must produce a plan of action that takes into account your own strengths and difficulties and those of your opponent, as well as principles of action and principles of communication learned in PEH class.
- 3. You must implement your plan of action during wrestling matches and make the necessary adjustments.
- 4. You must observe the rules of the game, the safety rules and the rules of ethical behaviour associated with combat sports.
- 5. You must evaluate the effectiveness of your strategy by writing your observations on worksheets.

CONSTRAINTS

- 1. The wrestling matches will take place on mats.
- 2. You will be paired off according to size and technical and tactical skill level.
- 3. Each team will be paired with another team for observation purposes, so that they can provide feedback and help each other develop their plan of action.

LEARNING CHECKLIST

Competency: Interacts with others in different physical activity settings

Instructions: Place a checkmark ($\sqrt{}$) in the appropriate box <u>where the offensive or defensive moves have been</u> learned. Place an X in the appropriate box <u>where the offensive or defensive moves cause</u> <u>difficulty</u>.

OFFENSIVE	Class dates								
MOVES									
Feinting									
Taking hold									
Pushing/pulling									
Circling									
Coiling/ Recoiling Pinning									
Throwing the opponent off balance and causing him/her to fall									
DEFENSIVE MOVES									
Countering a feint and escaping									
Escaping a hold									
Applying safety rules									
Adopting ethical behaviour ¹									

What I need to improve:

¹ Ethical behaviour includes fair play, help and mutual assistance, acceptance of differences and a sense of responsibility, determined by the teacher depending on the competency.

Strategy Planning

Name: _____

Date:

Instructions: After observing your opponent's strengths and difficulties, circle or check off the moves you will execute in the next match in order to throw him/her off balance and cause him/her to fall.

		MATO	CH 1: Movemen	t sequence			
	Move 1		love 2	Move 3	Move 4		
			Forearm Arm	Pushing Pulling			
Offensive moves	Feinting	Taking hold	Knee (from behind) Ankle (from	Pulling	Throwing the opponent off balance and		
moves			behind) Arms	Coiling/	causing him/her to fall		
		Circling (from the front)	Legs	recoiling			
Defensive moves	Countering a feint and escaping	Escaping a hold					
		MAT	CH 2: Movemen	t sequence			
	Move 1		ove 2	Move 3	Move 4		
			Forearm Arm	Pushing Pulling			
Offensive moves	Feinting	Taking hold	Knee (from the back) Ankle (from the back)	Pulling	Throwing the opponent off balance and		
		Circling (from the front)	Arms Legs	Coiling/ recoiling	causing him/her to fall		
Defensive moves	Countering a feint and escaping	Escap	ing a hold				
	feint and	•		t sequence			
	feint and	MATO	ing a hold CH 3: Movemen ove 2	t sequence Move 3	Move 4		

	MATCH 5. Movement sequence										
	Move 1	Move 2		Move 3	Move 4						
			Forearm Arm	Pushing Pulling							
		Taking hold	Knee (from behind)	<u> </u>	Throwing the						
Offensive moves	Feinting		Ankle (from behind)	Pulling	opponent off balance and causing him/her						
			Arms		to fall						
		Circling (from the front)	Legs	Coiling/ recoiling	to fair						
Defensive moves	Countering a feint and escaping	Escap	bing a hold								

Note: This worksheet can be reproduced each time students plan a movement sequence.

WORKSHEET 5 (front)

Developing the plan of action and self-evaluation (during the learning process)

Instructions: Write down your opponent's name. With your partner's help, identify your opponent's strengths and difficulties (sections A and E). Based on your observations, develop a strategy for the next match by placing an X in the appropriate boxes in sections B, F and I (on the back of this worksheet). After the match, carry out a short evaluation based on the results obtained (sections C and G) and indicate what you need to improve (sections D and H) for the next match.

Dpponent's name: Match 1							Match 2						
My on	nonent	t's strenaths	and difficultie			F	My oppone	ent's strengths					
	ponone	Strengths		Diffi	culties			Strengths			Diff	iculties	
. Chose	n strat	egy (check c	off your choice			F.	Chosen st	rategy (check o			/es)		
	Move 1		Movement se Move 2	equence Move 3	Move 4		Move	1	Movement s Move 2	equence	Move 3	Move 4	
	NOVEI		Forearm		WOVE 4		INIOVE		Forearn	n	Pushing	WOVE 4	
		Taking hold	Arm	Pulling	Throwing the		- . · · · ·	Arm		Pulling	Throwing the opponent off balance and		
			Knee (from be		opponent off			Taking hold	Knee (from b				
F	einting		Ankle (from be	ehind) Pulling	balance and	Feinti		Ankle (from b	ehind)	Pulling			
		Circling	Arms	Coiling/	causing him/her to fall			Circling	Arms			causing him/her to fal	
		(from the front)	Legs	recoiling				(from the front)	Legs		recoiling	nim/ner to la	
. Result . For the		match, I will:	Кеер	Improve	Change		Results: _ If there we	ere to be anoth	er match, I wo Keep	1	prove	Change	
My move		Offensive moves					Offensiv moves						
ing move		Defensive moves					.,	Defensive moves					
	gy			See section F		M	ly strategy		S	ee section	n I (on the b	ack)	

Date:

	Movement sequence								
Move 1		Move 2	Move 3	Move 4					
		Forearm	Pushing						
	Taking hold	Arm	Pulling	Throwing the opponent					
Feinting		Knee (from behind)	Dulling	off balance and causing					
		Ankle (from behind)	Pulling	him/her to fall					
	Circling (from the	Arms	Coiling/						
	front)	Legs	recoiling						

I. Strategy for a third match (check off your choice of moves)

Developing the plan of action (for evaluation purposes) TO BE HANDED IN TO THE TEACHER

WORKSHEET 6

Name:

Group: _____

Date:

Instructions: Write down your opponent's name. With your partner's help, identify your opponent's strengths and difficulties (sections A and E). Based on your observations, develop a strategy for the next match by placing an X in the appropriate boxes in sections B and F. After the match, carry out a short evaluation based on the results obtained (sections C and G) and indicate what you need to change (sections D and H) for the next match.

Opponer	nt's name	:													
	Match 1							Match 2							
A. My opponent's strengths and difficulties							E. My opponent's strengths and difficulties								
		trengths			D	ifficulties				Strengths			D	ifficulties	
B. Chose	en strateg	У						F. Chosen s	strategy						
	Move 1		Movemen Move 2	it sequence	Move 3	Move 4			Move 1		Move Move	ement sequence	Move 3	Move 4	
	WOVET		Fore	arm	Pushing	NIOVE 4			WOVE			Z Forearm	Pushing	WOVE 4	
		Taking	An		Pulling	Throwing the				Taking		Arm	Pulling	Throwing the	
	Feinting	hold	Knee (fron		Pulling	opponent off balance and			Feinting	hold		(from behind)	Pulling	opponent off balance and	
	renning	Circling	Ankle (fror Arn		_	causing			i enting	Circling	Ankie	(from behind) Arms	-	causing	
		(from the front)	Leç		Coiling/ recoiling	him/her to fall				(from the front)		Legs	Coiling/ recoiling	him/her to fall	
C. Resul	ts:							G. Results:							
		atch, I will	:					H. If there w		be a third m	atch, I	would:			-
		K	еер	In	nprove	Cha	inge			Кеер		Improv	ve	Cha	nge
My move	es							My moves							
My strate	egy							My strategy							
My perfo	rmance							My performa	nce						

SELF-EVALUATION OF MY WORK AND PERFORMANCES

Name:	Group:	Date:

1. Given the tasks in this learning and evaluation situation, evaluate:

- your successes and difficulties during the matches

- the way in which you cooperated with your partners (discussions; agreement on the strategy; assignment of roles; the principles of action, communication and synchronization selected; etc.)

- the process used: planning, execution and evaluation

Skills	Ethical Behaviour
	Skills

3. In what other tasks or types of physical activity could you apply the safety rules, ethical behaviours, principles of action, principles of communication and your ability to play a combat sport?¹

¹ The student should receive feedback in this regard; however, the feedback should not be taken into account when communicating results in the report card.

