

UKCC JUDO LEVEL 1 LEARNING PROGRAMME OVEVIEW

The Level 1 Learning programme consists of a 3 Hour Friday evening induction followed by the subsequent Saturday and Sunday and includes a mock assessment and personal action planning process before a period of extended study and loaded Coaching practice prior to the final Independent assessment day:

Learning Block One	Learning Block Two	Learning Block Three	C O A C H I N G P R A C T I C E	Learning Block Four
Welcome & Introduction 19:00 – 19:30	Welcome and Introduction 08:45 – 09:00	Welcome and Introduction 08:45 – 09:00		Welcome and Introduction 08:45 – 09:00
Module 1 'Let's get going' 19:30 – 21:00	Module 2 'Get into Coaching' 09:00 – 11:00	Module 6 'Health and Safety' 09:30 – 10:30		Independent Assessment Block A 09:00 – 12:00
	Module 3 'Learning your trade' 11:15 – 13:15	Module 7 'Coaching Ne-waza' 10:45 – 12:45		Independent Assessment Block B 12:30 – 15:30
	Module 4 'Principles of Coaching' 13:45 – 14:45	Module 8 'Formative assessment' Candidate Personal Action Planning 13:15 - 17:30		Candidate Personal Action Planning 15:30 – 17:00
	Module 5 'I can do that' 15:00 – 17:30			