

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: _____

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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. | | | |
| MATCH 1 | | MATCH 2 | |
| Strengths: | Difficulties: | Strengths: | Difficulties: |
| | | | |
| Develop a strategy to be used during the game and present it in a diagram or in words. | | | |
| MATCH 1 | | MATCH 2 | |
| | | | |
| Possible solutions | | | |
| Following your evaluation, identify your own strengths and difficulties. | | | |
| Strengths: | | Difficulties: | |
| | | | |
| Identify possible solutions and what you 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 (√) in the appropriate box where the offensive or defensive moves have been learned. Place an X in the appropriate box where the offensive or defensive moves cause difficulty.

| OFFENSIVE MOVES | Class dates | | | | | |
|---|--------------------|--|--|--|--|--|
| | | | | | | |
| 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 behaviour¹ | | | | | | |

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.

| MATCH 1: Movement sequence | | | | | |
|----------------------------|---------------------------------|---------------------------|---------------------|-----------------------|---|
| | Move 1 | Move 2 | | Move 3 | Move 4 |
| Offensive moves | Feinting | Taking hold | Forearm | Pushing Pulling | Throwing the opponent off balance and causing him/her to fall |
| | | | Arm | | |
| | | | Knee (from behind) | Pulling | |
| | | | Ankle (from behind) | | |
| | | Circling (from the front) | Arms | Coiling/ recoiling | |
| Legs | | | | | |
| Defensive moves | Countering a feint and escaping | Escaping a hold | | | |

| MATCH 2: Movement sequence | | | | | |
|----------------------------|---------------------------------|---------------------------|-----------------------|-----------------------|---|
| | Move 1 | Move 2 | | Move 3 | Move 4 |
| Offensive moves | Feinting | Taking hold | Forearm | Pushing Pulling | Throwing the opponent off balance and causing him/her to fall |
| | | | Arm | | |
| | | | Knee (from the back) | Pulling | |
| | | | Ankle (from the back) | | |
| | | Circling (from the front) | Arms | Coiling/ recoiling | |
| Legs | | | | | |
| Defensive moves | Countering a feint and escaping | Escaping a hold | | | |

| MATCH 3: Movement sequence | | | | | |
|----------------------------|---------------------------------|---------------------------|---------------------|-----------------------|---|
| | Move 1 | Move 2 | | Move 3 | Move 4 |
| Offensive moves | Feinting | Taking hold | Forearm | Pushing Pulling | Throwing the opponent off balance and causing him/her to fall |
| | | | Arm | | |
| | | | Knee (from behind) | Pulling | |
| | | | Ankle (from behind) | | |
| | | Circling (from the front) | Arms | Coiling/ recoiling | |
| Legs | | | | | |
| Defensive moves | Countering a feint and escaping | Escaping a hold | | | |

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

Date: _____

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.

| | | | | |
|--|---------------------------------|-----------------------------|-----------------------|---|
| Opponent's name: _____ | | | | |
| Match 1 | | | Match 2 | |
| A. My opponent's strengths and difficulties | | | | |
| Strengths | | Difficulties | | |
| | | | | |
| B. Chosen strategy (check off your choice of moves) | | | | |
| Movement sequence | | | | |
| Move 1 | Move 2 | Move 3 | Move 4 | |
| Feinting | Taking hold | Forearm | Pushing Pulling | Throwing the opponent off balance and causing him/her to fall |
| | | Arm | | |
| | | Knee (from behind) | Pulling | |
| | | Ankle (from behind) | | |
| | Circling (from the front) | Arms | Coiling/ recoiling | |
| | | Legs | | |
| C. Results: _____ | | | | |
| D. For the next match, I will: | | | | |
| | | Keep | Improve | Change |
| My moves | Offensive moves | | | |
| | Defensive moves | | | |
| My strategy | | See section F | | |
| E. My opponent's strengths and difficulties | | | | |
| Strengths | | Difficulties | | |
| | | | | |
| F. Chosen strategy (check off your choice of moves) | | | | |
| Movement sequence | | | | |
| Move 1 | Move 2 | Move 3 | Move 4 | |
| Feinting | Taking hold | Forearm | Pushing Pulling | Throwing the opponent off balance and causing him/her to fall |
| | | Arm | | |
| | | Knee (from behind) | Pulling | |
| | | Ankle (from behind) | | |
| | Circling (from the front) | Arms | Coiling/ recoiling | |
| | | Legs | | |
| G. Results: _____ | | | | |
| H. If there were to be another match, I would: | | | | |
| | | Keep | Improve | Change |
| My moves | Offensive moves | | | |
| | Defensive moves | | | |
| My strategy | | See section I (on the back) | | |

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

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

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.

Opponent's name: _____

Match 1

A. My opponent's strengths and difficulties

| Strengths | Difficulties |
|-----------|--------------|
| | |

B. Chosen strategy

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

C. Results: _____

D. For the next match, I will:

| | Keep | Improve | Change |
|----------------|------|---------|--------|
| My moves | | | |
| My strategy | | | |
| My performance | | | |

Match 2

E. My opponent's strengths and difficulties

| Strengths | Difficulties |
|-----------|--------------|
| | |

F. Chosen strategy

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

G. Results: _____

H. If there were to be a third match, I would:

| | Keep | Improve | Change |
|----------------|------|---------|--------|
| My moves | | | |
| My strategy | | | |
| My performance | | | |

SELF-EVALUATION OF MY WORK AND PERFORMANCES TO BE HANDED IN TO THE TEACHER

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

| 2. I identify what I have learned | | |
|-----------------------------------|--------|-------------------|
| Knowledge | Skills | Ethical Behaviour |
| | | |

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.

