



PHYSICAL EDUCATION AND HEALTH

Learning and evaluation situation

Secondary II

COMBAT ACTIVITY: WRESTLING GAMES

Revised version, 2023

Competency 2, *Interacts with others in different physical activity settings*

REFERENCE DOCUMENT

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CHALLENGE

- You will be placed in teams of four students of approximately the same size and with similar physical abilities in a combat activity.
- You must produce a plan of action that takes into account:
 - your own strengths and difficulties
 - your opponents' strengths and difficulties
 - the principles of action and principles of communication learned in Physical Education and Health class
- You must implement your plan of action during matches and make the necessary adjustments.
- The matches will take place on mats.
- For each activity or match, the members of the team will play the following roles, based on the rotation order shown in the table below.
 - Two students will engage in a match.
 - One student will act as referee and timekeeper.
 - One student will act as an observer to give feedback to the students who participated in the match.

Match	Students in combat	Student observing	Referee and timekeeper
1	A and B	C	D
2	C and D	A	B
3	A and C	D	B
4	B and D	C	A
5	A and D	B	C
6	B and C	D	A

- You must observe the rules of the game and the safety rules, and adopt the ethical behaviours associated with combat sports.
- You must evaluate the effectiveness of your plan of action.

Class 1	Classes 2 to 5	Class 6	Classes 7 and 8s
Introduction and diagnostic task	Learning tasks	Implementation and adjustment of the plan of action	Evaluation and application



SAFETY RULES AND ETHICAL BEHAVIOURS

Safety rules

- Remove your shoes during tasks and matches, as well as any object that could injure your opponent (e.g. necklace or ring).
- Avoid aggressive behaviour or poor sportsmanship.
- Carry out all tasks and matches on the two central mats of the padded surface. In case the opponents move outside these two central mats, the referee stops the match and restarts it at the centre of the mats.
- Respect the areas where taking hold and circling are permitted.
- Avoid taking hold of your opponent's head and going against the natural movement of any joints.
- Maintain contact with the opponent who, if thrown off balance, risks a hard fall and injury.



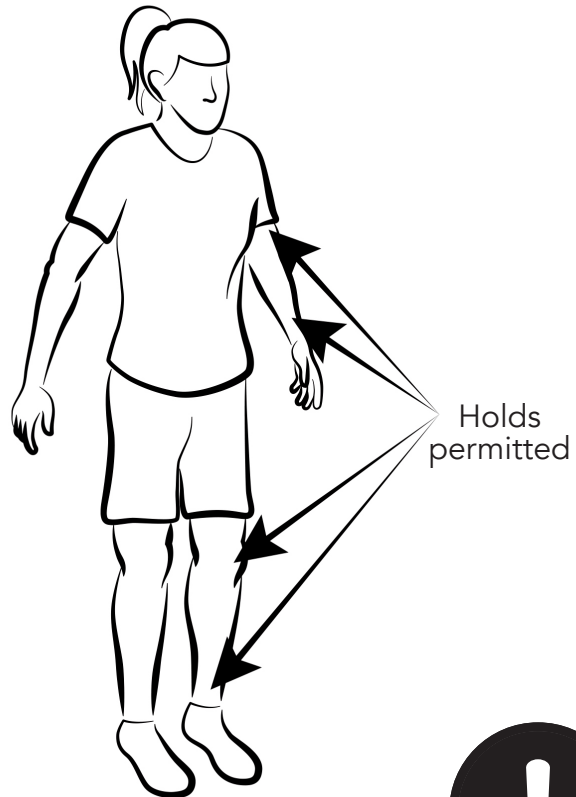
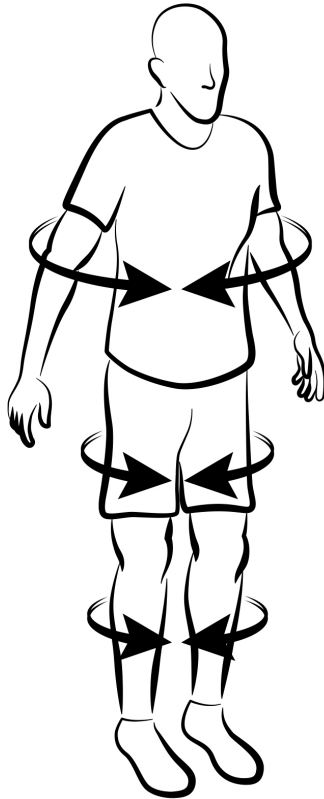
Ethical behaviour

- Strictly follow all the rules.
- Greet your opponent or shake their hand at the beginning and end of each match.
- Compete fairly against your opponent and rely on your own talent and skills to win the match.
- Refuse to win by unauthorized moves or cheating.
- Respect the referee and their decisions.
- Recognize the opponents' effective moves and good performances.
- Accept victory with modesty and do not make fun of your opponent.

WRESTLING GAMES



Circling permitted



The neck, head and hips are off limits.

Basic stance

The wrestler is in a state of alert readiness. They are standing, knees slightly bent, feet apart and one in front of the other, arms forward with elbows slightly bent, eyes on the opponent.





WRESTLING GAMES



FEINTING

Feinting: simulating a move or action in order to mislead your opponent

TABLE 1	
Principle of communication (Communication of various misleading messages appropriate to the activity) Feinting	Principles of action in combat activities
• Maintaining their basic stance before feinting • Positioning themselves near the opponent (about 1 metre away) before feinting • Performing a combination of arm movements • Performing forward and side steps while suddenly changing direction at the appropriate time, depending on the opponent's reaction, in order to take hold of or circle a part of the opponent's body or to take hold of one of the scarves that the opponent is wearing	• Moving in relation to the available space and to the opponent • Varying the direction when performing movements or movement skills • Reacting to the opponent's moves
At the appropriate time, the student tries to throw the opponent off balance or outsmart them.	

FEINTING AND TAKING HOLD

Taking hold: grabbing suddenly with the hand, grasping.

TABLE 2	
Offensive move	Principle of action in combat activities
Taking hold	Varying speed and direction when performing movements or movement skills

TABLE 3		
Move 1	Move 2	
Feinter	Taking hold	• Forearm • Wrist • Knee (from behind) • Ankle (from behind)



WRESTLING GAMES



PUSHING/PULLING

Pushing: exerting a force on an opponent to push them away. This move may involve the entire body or part of the body.

Pulling: exerting a force to bring the opponent closer. This move may involve the entire body or part of the body.

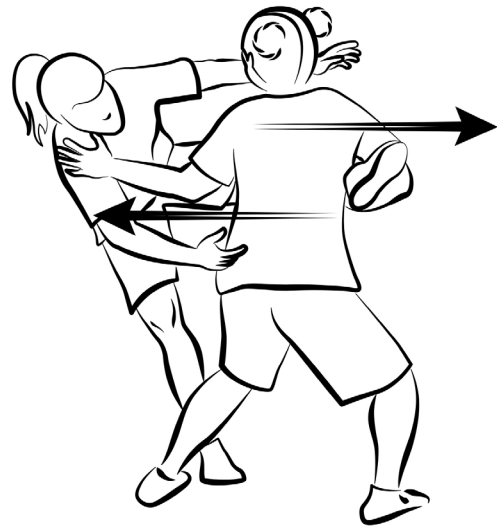


TABLE 4

Offensive moves	Principles of action in combat activities
Pushing/pulling	• Varying force, speed and direction when performing movements or movement skills • Throwing the opponent off balance

CHOICE OF MOVEMENT SEQUENCE

TABLE 5

Move 1	Move 2		Move 3	Move 4
Feinting	Taking hold	• Forearm • Wrist • Knee (from behind) • Ankle (from behind)	Pushing Pulling	Throwing the opponent off balance and causing them to fall
			Pulling	

WRESTLING GAMES

CIRCLING, COILING/RECOILING

Circling: surrounding a part of your opponent's body with your arms in order to prevent them from using the body part and to throw them off balance.



Coiling: causing a twist by a sudden, rough pull in one direction in order to throw the opponent off balance.



Recoiling: causing a twist by a sudden, rough pull in one direction, then the other, in order to throw the opponent off balance.



TABLE 6

Offensive moves	Principles of action in combat activities
Circling, coiling/ recoiling	• Varying speed and direction when performing movements or movement skills • Throwing the opponent off balance

TABLE 7

Move 1	Move 2		Move 3	Move 4
Feinting	Circling (from the front)	• Arms • Legs	Coiling Recoiling	Throwing the opponent off balance and causing them to fall



WRESTLING GAMES



CHOICE OF MOVEMENT SEQUENCE

TABLE 8				
Move 1	Move 2		Move 3	Move 4
Feinting	Taking hold	- Forearm - Wrist - Knee (from behind) - Ankle (from behind)	Pushing Pulling	Throwing the opponent off balance and causing them to fall
			Pulling	
	Circling (from the front)	- Arms - Legs	Coiling Recoiling	

COUNTERING A FEINT AND ESCAPING

Escaping: moving a part of the body or the whole body quickly, in one direction or in the direction opposite to the initial movement with a view to avoiding the opponent's attack

TABLE 9	
Defensive moves Countering a feint and escaping	Principles of action in combat activities
- Maintaining their basic stance - Keeping [their] balance (principles of balance) - Looking the opponent in the eye - Keeping the opponent at a certain distance - Reacting rapidly to attacks: blocks an attempt to take hold, quickly moves away the part of the body targeted by the opponent, quickly moves away from the opponent, etc.	- Moving in relation to the available space and the opponent - Reacting to the opponent's moves

ESCAPING A HOLD OR AN OPPONENT'S ATTEMPT AT CIRCLING

TABLE 10	
Defensive moves Escaping a hold or an opponent's attempt at circling	Principles of action in combat activities
Escaping a hold on the upper body: swings the part of the body being held or takes hold of the attacker's wrist and forcefully removes their hand Escaping a hold on the lower body: turns to force the attacker to let go or circles their torso to throw them off balance	- Reacting to the opponent's moves - Varying force, speed and direction when performing movements or movement skills



WRESTLING GAMES



PREPARING THE PLAN OF ACTION BASED ON PRINCIPLES OF ACTION

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

MATCH 1 : Choice of movement sequence					
Move 1	Move 2			Move 3	Move 4
Offensive moves	Feinting	Taking hold	• Forearm • Arm • Knee (from behind) • Ankle (from behind)	Pushing Pulling	Throwing the opponent off balance and causing them to fall
		Circling (from the front)	• Arms • Legs	Pulling	
				Coiling Recoiling	
Defensive moves	Countering a feint and escaping	Escaping a hold or an opponent's attempt at circling			

MATCH 2 : Choice of movement sequence					
Move 1	Move 2			Move 3	Move 4
Offensive moves	Feinting	Taking hold	• Forearm • Arm • Knee (from behind) • Ankle (from behind)	Pushing Pulling	Throwing the opponent off balance and causing them to fall
		Circling (from the front)	• Arms • Legs	Pulling	
				Coiling Recoiling	
Defensive moves	Countering a feint and escaping	Escaping a hold or an opponent's attempt at circling			

MATCH 3 : Choice of movement sequence					
Move 1	Move 2			Move 3	Move 4
Offensive moves	Feinting	Taking hold	• Forearm • Arm • Knee (from behind) • Ankle (from behind)	Pushing Pulling	Throwing the opponent off balance and causing them to fall
		Circling (from the front)	• Arms • Legs	Pulling	
				Coiling Recoiling	
Defensive moves	Countering a feint and escaping	Escaping a hold or an opponent's attempt at circling			

