



# HOW TO BE A SUMO WRESTLER

## PHYSICAL EDUCATION: YEAR 7-10

Objectives	
<p><b>Achievement outcomes</b></p> <p>Students will gain knowledge, skills, and experience to:</p> <ul style="list-style-type: none"> <li>• Demonstrate an understanding of sumo wrestling by identifying basic rules and techniques and describing the daily life of sumo.</li> <li>• Focus on balance and coordination through learning basic sumo rituals and movements.</li> <li>• Participate in and demonstrate an understanding of how Japanese social and cultural practices are expressed through the sport of sumo.</li> </ul>	<p><b>Learning area:</b> Physical Education  <b>Years:</b> Year 7-10  <b>Curriculum level:</b> 4-6  <b>Unit duration:</b> 4 lessons</p> <p><b>Note:</b> This unit focuses on both theoretical and practical aspects of sumo wrestling.</p>

Integration into other learning areas		
<p><b>Social sciences – Culture and heritage</b></p> <ul style="list-style-type: none"> <li>• Understand how people pass on and sustain culture and heritage for different reasons and that this has consequences for people.</li> </ul>		
<p><b>Values:</b></p> <p>Diversity Respect Integrity</p>	<p><b>Key competencies:</b></p> <p>Participating and contributing Relating to others</p>	<p><b>Principles:</b></p> <p>Cultural diversity Future focus</p>

Unit focus	
<p><b>Learning focus</b></p> <p>Students will participate in sumo rituals and movements to develop an understanding of how traditional Shinto practices are expressed through the sport of sumo.</p>	<p><b>Context</b></p> <p>Students will learn about Japanese culture, rituals, movements and language associated with sumo wrestling. Students will also practically participate in basic sumo rituals and movements.</p>

Lesson sequence	
Lesson	Activities/resources
1. Students will be introduced to the sport of sumo wrestling through learning about the history, daily life, rituals, techniques and rules. At the end of this lesson, learning can be reinforced with a Kahoot quiz.	Sumo presentation with short video clips.  Optional YouTube video: <a href="#">Rituals in the Sumo Ring</a> , by NHK World Japan (1:58).  Kahoot quiz: <a href="#">Sumo</a>
2. Students have the opportunity to practically participate in sumo rituals using task cards as guides to the movements.	Sumo ritual task cards Devices required to access rituals video clips from Dropbox.
3. Students have the opportunity to practically participate in sumo movements using task cards as guides to the movements.	Sumo movement task cards Devices required to access movement video clips from Dropbox.
4. Competition time as students put the rituals and movements into practice.	Competition checklist Props (optional) See alternative to competition below.

Assessment opportunities
Formative assessment throughout the unit based on each student's attempt to use the language and effort at the rituals and movements. Competition checklist can be used for summative assessment. For pair assessment, students could also create their own 'how to be a sumo wrestler' guide and coach their classmates through the steps.

Additional resources
<p>Kids Web Japan - <a href="#">Sumo</a></p> <p><a href="#">A day in the life of a Japanese high school student: Health and PE unit</a></p> <p>YouTube video: <a href="#">Sumo Wrestling 101</a>, by National Geographic (2:06)</p> <p>Kahoot: <a href="#">Fun facts about Japan</a></p> <p>Asia Media Centre articles:</p> <ul style="list-style-type: none"> <li>• <a href="#">New Zealand's kendo master</a></li> <li>• <a href="#">The 'Asian Zone': Kiwi sports stars find opportunities in Asia</a></li> </ul>

Teacher notes
<p>The sumo task card activities and competition can be run with or without props.</p> <p>Provide guidance to your students around appropriate contact for the sumo competition based on your school's policy.</p> <p>Instead of a competition, students could take turns calling out rituals or movements and the class performs those that are called with students stepping out if they do not perform the correct movement, until there is only one <i>Yokozuna</i> (grand champion) left.</p>