

-Parent-training activity

Judo practice in daily shelf care

A. Introduction : 2 hours of face to face learning

- 1 power point
- one video for online parent training 15 minutes distance training material

B. Exercise on Parent training

- Study material on Judo and develop an exercise with your partners or group on : How to introduce judo to encourage family self care

C. Evaluation : 2 hours of face to face learning