U5 Parent & Child Class
OBJECTIVES OF THE PARENT & CHILD CLASS

The goal of the Parent & Child judo class is to develop teamwork, understand the simple principles of judo using motor skills, and most of all to be active while having fun. The classes are designed and developed to learn while playing.

PRACTICAL ADVICE

At this age, children are often shy and worried about new experiences. By creating a routine, children will develop a sense of belonging and overcome their shyness.

The attention span of a child of this age is short, therefore it is important to plan short simple explanations and dynamic exercises.

When explaining the exercises, at first, address the children using appropriate language. You can explain the exercise to the parents to make sure they understand.

EQUIPMENT THAT COULD BE USEFUL FOR THE CLASS

- Judo belt (one per family)
- Strips made of judo belt (you can cut a belt into 3-4 parts)
- Cones
- Exercise ladder
- Hula Hoop
- Swiss ball
- Ball (soft) the size of a soccer ball (one per family)
**CLASS STRUCTURE**

Class duration 45 minutes / 8 classes

- Judo uniform (judogi) is not necessary
- Ratio: one accompanying person per child
- Warm-up: 10 minutes
  - At the start of the class, always do the same exercise. You can vary the duration and the other exercises that follow.
  - Races
  - Moving around in judo position
  - Stretching
- Water break: 3 min
- Class: 27 minutes
  - Educational: Judo-related games - 8 min
  - Technique & Randori: 10 min
  - Motor skills circuit: 9 min
- Cool down or free play: 5 minutes
- Total duration of the class: 45 minutes

The following pages present examples of classes (8 different classes)


1.1 WARM-UP

1.1.1 Animal race

Across the width of the dojo, do the following races:
- The dog: movement on all fours (hands and knees),
- The snake: crawling on the stomach,
- The bear: movement on the hands and feet,
- The duck: walking from squatting position,
- The frog: frog jumps,
- The kangaroo: standing jumps with your feet together,
- etc.

1.1.2 Circle

Form of a large circle with all the participants (Parents and children standing):
- Parents and children join hands and form a large circle.
- Then everyone releases the grip with their hands, and everyone stays in place.
- You can do some stretching, warm-up exercises.

This will allow you to start the next exercise, which will take place in a circle.

1.2 LEARNING

1.2.1 Learn to cushion the fall by slapping the mat

- Children lie on their backs. They should raise their arms above them with their hands together and when the teacher says HAJIME, the children should slap the mat as hard as possible next to their hip (or belt if they are wearing a judogi).
- Repeat 5 times.

Pay attention to safety. The palm of the hand should slap the mat to absorb the shock. Children tend to use the back of their hand.

- The children should now be in a seated position.
- They must have their legs extended. The exercise is to lie down gently on your back. When the back touches, it is necessary to integrate the slap on the mat (as in number 1).
- Repeat 5 times.

Important: when children lie on their backs, they must always tuck their chin (look towards their stomach). This exercise develops the reflex to protect the neck, in order to prevent the head from hitting the mat. It is a fundamental principle of judo that should be repeated often.
1.2.2 Learn to roll — Somersault

- Children should be standing with their legs shoulder-width apart.
- The emphasis should be on always having their chins tucked in.
- Once their chin is tucked in, they will put their hands on the ground between their feet and they will put their head, as far as possible, between their legs.
- Repeat 5 times.

1.2.3 Balance — Horse Games

- The parents are on all fours and the children sit on the parents’ backs.
- The children will have to guide their horse by pressing on the shoulders of their parent:
  - Left, the horse turns left
  - Right, the horse turns right
- Children should keep their balance.
- The difficulty level can be increased depending on how fast the parents move.

1.2.4 Technique — Kami-Shiho-Gatame

- Use terms that children understand.
- The child performs the technique with their parent.
- Parents should play the game of escaping the hold by rolling onto their stomach and thereby rolling the child onto their back.
- After rolling, parents should already be in a position to perform the technique.

1.3 Motor Skills Circuit — Level I

Set up a circuit of several exercises that can be done in a loop. Here are some examples of exercises:

- Go around the cones
- Jump using an exercise ladder
- Somersault (forward roll)
- Walk on a belt while maintaining balance
Pass under a bar (by crawling on the stomach, or on the back) or over (by jumping, one leg after the other)
Get on a bench and jump on a big blue mat (crash mat)
Judo Break-falls
Round offs
Backward rolls
Frog jumps

Do approximately 6-10 different exercises depending on the space and equipment you have.
Try to vary the exercises each week and increase the level of difficulty in order to continue to keep the children interested.
Each week you can add the exercises learned in the previous weeks.

1.5 COOL DOWN

All participants line up in preparation for bowing.
Children and parents should lie on their backs and take the deepest possible breath through their nose and let the air out through their mouths.
Repeat 3 to 5 times.
2.1 WARM-UP

2.1.1 Animal race

Across the width of the dojo, do the following races:
- The dog: movement on all fours (hands and knees),
- The snake: crawling on the stomach,
- The bear: movement on the hands and feet,
- The duck: walking from squatting position,
- The frog: frog jumps,
- The kangaroo: standing jumps with your feet together,
- etc.

You can involve the children in the choice of races, they can choose their favourite animal.

2.1.2 Circle

Form of a large circle with all the participants (Parents and children standing):
- The child must run away from their parent without being touched.
- The child must run in slalom around the people in the circle (run in front of the first person then runs behind the next person, alternating) until they return to their initial place.
- Afterwards, the next pairs can race.
- Reverse the roles, the parent runs away, and the child must try to touch them.

2.2 LEARNING

2.2.1 Judo Break-falls

Learn to cushion the fall by slapping the mat:
- Review of Class 1: Slapping the mat from lying and sitting position.
- The children will have to position themselves in a squatting position (the duck position) then gently roll onto their back and at the same time slap the mat.

It is important to mention to children that they have to tuck their chin so that their head does not hit the mat and slap with the palm of their hand.

At the same time as they slap the mat, they should point their feet and keep their legs straight at 45 degrees from the ground.
2.2.2 Ladder and roll

- Place two ladders on the ground.
- For the first ladder, children should pretend they are climbing a real ladder (hands and feet should touch the ground).
- At the end, the child will have to finish with a somersault
- Children will have to apply the fundamental principles of judo that they will have learned in the first class.
- The children continue on the second ladder.
- They will have to jump in each box with their feet together.
- At the end, there is a crash mat and the child will have to do the backward Judo Break-fall (with the principles learned in the previous exercise)

2.2.3 The warrior

- The child and parent are back to back.
- The goal is to turn around as quickly as possible and pin the other person on their back when the teacher claps.

→ To entertain the children, you can let each child clap their hands to decide when to start.

2.3 Motor skills circuit – Level 2

Set up a circuit of several exercises that can be done in a loop. Here are some examples of exercises:

- Go around the cones
- Jump using an exercise ladder
- Somersault (forward roll)
- Walk on a belt while maintaining balance
- Pass under a bar (by crawling on the stomach, or on the back) or over (by jumping, one leg after the other)
- Get on a bench and jump on a big blue mat (crash mat)
- Judo Break-falls
- Round offs
- Backward rolls
- Frog jumps

→ Do approximately 6-10 different exercises depending on the space and equipment you have.

→ Try to vary the exercises each week and increase the level of difficulty in order to continue to keep the children interested.

→ Each week you can add the exercises learned in the previous weeks.
2.4 FREE PLAY

2.5 COOL DOWN

- All participants line up in preparation for bowing.
- Children and parents should lie on their backs and take the deepest possible breath through their nose and let the air out through their mouths.
- Repeat 3 to 5 times.
3.1 WARM-UP

3.1.1 Animal race

Across the width of the dojo, do the following races:
- The dog: movement on all fours (hands and knees),
- The snake: crawling on the stomach,
- The bear: movement on the hands and feet,
- The duck: walking from squatting position,
- The frog: frog jumps,
- The kangaroo: standing jumps with your feet together,
- etc.

You can involve the children in the choice of races, they can choose their favourite animal.

3.2 LEARNING

3.2.1 Movements — Moving sideways

- Basic exercise:
  - The child and the parent are face to face, holding hands.
  - They will have to move at the same time to the side following the principle of moving sideways (the second leg must always touch the ground).
  - Do it on both sides.
- Mirror game:
  - The child and the parent are face-to-face.
  - The child should imitate the movements of the parent.
  - The parent can move in all directions.

Keep the basic principle that movements must be sideways.

3.2.2 Judo Break-falls — Backward fall

Learn to cushion the fall by slapping the mat:
- The children will have to position themselves in a squatting position (the duck position) then gently roll onto their back and at the same time slap the mat (as in the previous week).
- Repeat 2 to 3 times
- Children should do the same exercise, but from a standing position.
- Repeat 2 to 3 times
- Now the child should be able to do the backward fall while in movement.
- Place the children on the same line.
• All at the same time, they will have to take 2 steps back, fall backwards and then stand up again.
• When all the children have finished, repeat the exercise until they reach the end of the dojo.

⇒ It is important to mention to children that they have to tuck their chin so that their head does not hit the mat and slap with the palm of their hand.
⇒ At the same time as they slap the mat, they should point their feet and keep their legs straight at 45 degrees from the ground.

NOTE: Judo backward fall should be practised throughout the 8 classes. In order to continue the practice, you can add them during the motor skill circuit.

3.2.3 The King of the Belt

• Parent and child must have a small belt.
• The child, in a sitting position with their legs extended, should place the end of the belt behind the collar of their sweater.
• The child can only move with their hands, pivoting from left to right.
• The parent should try to catch the end of the belt by outwitting the child by moving to each side.
• Change roles when the mission is successful.

3.3 Motor Skills Circuit – Level 3

Set up a circuit of several exercises that can be done in a loop. Here are some examples of exercises:
• Go around the cones
• Jump using an exercise ladder
• Somersault (forward roll)
• Walk on a belt while maintaining balance
• Pass under a bar (by crawling on the stomach, or on the back) or over (by jumping, one leg after the other)
• Get on a bench and jump on a big blue mat (crash mat)
• Judo Break-falls
• Round offs
• Backward rolls
• Frog jumps

Do approximately 6-10 different exercises depending on the space and equipment you have.

Try to vary the exercises each week and increase the level of difficulty in order to continue to keep the children interested.

Each week you can add the exercises learned in the previous weeks.

3.4 FREE PLAY

Do approximately 6–10 different exercises depending on the space and equipment you have.

Try to vary the exercises each week and increase the level of difficulty in order to continue to keep the children interested.

Each week you can add the exercises learned in the previous weeks.

3.5 COOL DOWN

• All participants line up in preparation for bowing.
• Children and parents should lie on their backs and take the deepest possible breath through their nose and let the air out through their mouths.
• Repeat 3 to 5 times.


4.1 WARM-UP

4.1.1 Animal race

Across the width of the dojo, do the following races:

- The dog: movement on all fours (hands and knees),
- The snake: crawling on the stomach,
- The bear: movement on the hands and feet,
- The duck: walking from squatting position,
- The frog: frog jumps,
- The kangaroo: standing jumps with your feet together,
- etc.

You can involve the children in the choice of races, they can choose their favourite animal.

4.1.2 Movements — Moving sideways

- The child and the parent are face to face, holding hands.
- They will have to move at the same time to the side following the principle of moving sideways (the second leg must always touch the ground).
- Do it on both sides.

4.1.3 Race of the strongest horse

- You must have one belt per child-parent pair.
- The child positions themself on the starting line (the same as the previous classes/races)
- Fold the belt in half and position the middle of the belt on the child’s stomach.
- The parent (the knight), positioned behind the child, must hold both ends of the belt.
- The goal of the game is for the horse to get to the other side of the dojo while the knight tries to hold the horse back.
- With the belt, the knight puts up some resistance.
- When the horse has crossed the line, change roles.
- Repeat the same exercise, but with going backward.

4.2 LEARNING

4.2.1 Judo Break-falls — Forward roll

- Material required: a large Swiss ball.
- This exercise is done one participant at a time with the help of the teacher.
- The child has to hug the ball.
- On the side you want the child to roll, you’ll move their leg forward slightly.
- The child should tuck their chin on the ball and should not let go of the ball when it will roll.
- Slowly, you will roll the ball for the child to roll.
- When they touch the mat, they have to let go of the ball and slap the mat with the palm of their hand (like a judo forward roll).

L.2.2 Mune-Gatame
- Use terms the children can understand.
- Since there is a big difference in height between parent and child, the child should focus on the following three important points:
  - Gripping the arm,
  - The position of the head
  - The knee position

L.2.3 Fights
- Parent fights with child.
- The participants start on their knees.
- Duration: approximately 2 to 3 minutes.

L.3 MOTOR SKILLS CIRCUIT – LEVEL L

Set up a circuit of several exercises that can be done in a loop. Here are some examples of exercises:
- Go around the cones
- Jump using an exercise ladder
- Somersault (forward roll)
- Walk on a belt while maintaining balance
- Pass under a bar (by crawling on the stomach, or on the back) or over (by jumping, one leg after the other)
• Get on a bench and jump on a big blue mat (crash mat)
• Judo Break-falls
• Round offs
• Backward rolls
• Frog jumps

Do approximately 6-10 different exercises depending on the space and equipment you have.

Try to vary the exercises each week and increase the level of difficulty in order to continue to keep the children interested.

Each week you can add the exercises learned in the previous weeks.

4.4 FREE PLAY

Each week you can add the exercises learned in the previous weeks.

4.5 COOL DOWN

• All participants line up in preparation for bowing.
• Children and parents should lie on their backs and take the deepest possible breath through their nose and let the air out through their mouths.
• Repeat 3 to 5 times.
5.1 WARM-UP

5.1.1 Animal race

Across the width of the dojo, do the following races:
- The dog: movement on all fours (hands and knees),
- The snake: crawling on the stomach,
- The bear: movement on the hands and feet,
- The duck: walking from squatting position,
- The frog: frog jumps,
- The kangaroo: standing jumps with your feet together,
- etc.

→ You can involve the children in the choice of races, they can choose their favourite animal.

5.1.2 The race of the seriously ill

- The child lies on their back with their head on the starting line.
- The parent stands near the child’s head facing the same direction.
- Parent and child will have to hold each other’s wrists.
- The child will have to lift their feet and their head.
- The parent will have to cross the dojo by pulling the child and will have to bring them back to the starting line.
- You can also change the roles. The parent will then have to help the child by pushing themselves with their legs.

5.1.3 Front somersault two by two

- The parent is positioned on all fours (on the elbows so as not to be too high).
- The child will sit on one side of the parent and then have to put their tummy on the parent’s back.
- The child will have to put their hands on the ground, stick their chin and roll over the parent.
- The parent can help the child to roll by holding their head while they roll.
- The child should then go under the parent while staying on their back.

5.2 LEARNING

5.2.1 Kami-Shiho-Gatame review (Class 1)

- The child performs the technique on their parent, parents should play the game of escaping the hold by rolling onto their stomach and thereby rolling the child onto their back.
After rolling parents should already be in position to perform the technique.
Fight for a few minutes in the Kami-Shiho-Gatame position.
The person who is doing the technique will have to say Hajime and the other will have to turn over onto their stomach.

5.2.2 Fighting with a ball

- The child protects a ball with their body (in a four-legged position).
- The parent should try to take it away.
- When the parent succeeds, it is their turn to protect the ball.

5.3 Motor Skills Circuit – Level 5

Set up a circuit of several exercises that can be done in a loop. Here are some examples of exercises:
- Go around the cones
- Jump using an exercise ladder
- Somersault (forward roll)
- Walk on a belt while maintaining balance
- Pass under a bar (by crawling on the stomach, or on the back) or over (by jumping, one leg after the other)
- Get on a bench and jump on a big blue mat (crash mat)
- Judo Break-falls
- Round offs
- Backward rolls
- Frog jumps

Do approximately 6-10 different exercises depending on the space and equipment you have.
Try to vary the exercises each week and increase the level of difficulty in order to continue to keep the children interested.
Each week you can add the exercises learned in the previous weeks.
5.4 FREE PLAY

5.5 COOL DOWN

- All participants line up in preparation for bowing.
- Children and parents should lie on their backs and take the deepest possible breath through their nose and let the air out through their mouths.
- Repeat 3 to 5 times.
**6.1 WARM-UP**

**6.1.1 Animal race**

Across the width of the dojo, do the following races:
- The dog: movement on all fours (hands and knees),
- The snake: crawling on the stomach,
- The bear: movement on the hands and feet,
- The duck: walking from squatting position,
- The frog: frog jumps,
- The kangaroo: standing jumps with your feet together,
- etc.

You can involve the children in the choice of races, they can choose their favourite animal.

**6.1.2 The Snake Race**

- Make 2 teams (parent and child).
- Each team stands one behind the other.
- Each person should place both hands on the shoulders of the person in front and should open their legs wide.
- The last person in the line will have to crawl, between their team members’ legs, to the front.
- Once finished, they stand in front, in the same position as the rest of their team.
- Once in position, the last in line will have to do the same, and so on, until the team reaches the finish line.
- It is possible to do the same race, but with crawling on the back.

**6.2 LEARNING**

**6.2.1 Review Mune-Gatame (Class L)**

- Repeat the technique a few times
- In the Mune-Gatame position, fight for a few minutes.
- The person who is doing the technique will have to say Hajime and the other will have to turn over onto their stomach.

**6.2.2 Parent fights with child**

- Start on the knees.
- Duration: approximately 2 to 3 minutes.
6.2.3 Tug of war

- Each family should have a large belt.
- The parent should be against the child.
- Each participant will have to take the end of the belt and pick a line (side of a tatami mat).
- The goal will be to pull harder and get the other person’s toes past the other side of the line.

6.3 MOTOR SKILLS CIRCUIT – LEVEL 6

Set up a circuit of several exercises that can be done in a loop. Here are some examples of exercises:

- Go around the cones
- Jump using an exercise ladder
- Somersault (forward roll)
- Walk on a belt while maintaining balance
- Pass under a bar (by crawling on the stomach, or on the back) or over (by jumping, one leg after the other)
- Get on a bench and jump on a big blue mat (crash mat)
- Judo Break-falls
- Round offs
- Backward rolls
- Frog jumps

- Do approximately 6-10 different exercises depending on the space and equipment you have.
- Try to vary the exercises each week and increase the level of difficulty in order to continue to keep the children interested.
- Each week you can add the exercises learned in the previous weeks.

6.4 FREE PLAY

6.5 COOL DOWN

- All participants line up in preparation for bowing.
- Children and parents should lie on their backs and take the deepest possible breath through their nose and let the air out through their mouths.
- Repeat 3 to 5 times.
7.1 WARM-UP

7.1.1 Animal race

Across the width of the dojo, do the following races:
- The dog: movement on all fours (hands and knees),
- The snake: crawling on the stomach,
- The bear: movement on the hands and feet,
- The duck: walking from squatting position,
- The frog: frog jumps,
- The kangaroo: standing jumps with your feet together,
- etc.

→ You can involve the children in the choice of races, they can choose their favourite animal.

7.1.2 The Numbers Race

- Parents and children run around the dojo
- When a number is called, teams of that number should be formed.
  - For example: Teams of 4, all those who are not grouped into a team of 4 have a consequence (3 frog jumps).
- Repeat as many times as you please

7.2 LEARNING

7.2.1 Practice the Judo backward fall

- Do Judo backward fall repetitions
- Jumps can be integrated.
  - For example: Do 5 jumps backward, keep feet together, and on the last jump, the child must bend their legs and fall backwards.
7.2.2 **Backward roll (from a squatting position, duck position)**

- To help the child figure out how to do this, you can tell them to put their ear to their shoulder, go onto their back, and throw their legs towards their other shoulder.
- They must try to get back on their knees at the end of the roll.

7.2.3 **Tate-Shiho-Gatame**

- Repeat the technique a few times. Use terms that are easily understood by children.
- Fights in Tate-Shiho-Gatame position:
  - The person on the back should try to roll over onto their stomach.
  - The person doing the immobilization will have to say Hajime.

7.3 **Motor Skills Circuit - Level 7**

Set up a circuit of several exercises that can be done in a loop. Here are some examples of exercises:

- Go around the cones
- Jump using an exercise ladder
- Somersault (forward roll)
- Walk on a belt while maintaining balance
- Pass under a bar (by crawling on the stomach, or on the back) or over (by jumping, one leg after the other)
- Get on a bench and jump on a big blue mat (crash mat)
- Judo Break-falls
- Round offs
- Backward rolls
- Frog jumps

→ Do approximately 6-10 different exercises depending on the space and equipment you have.

→ Try to vary the exercises each week and increase the level of difficulty in order to continue to keep the children interested.

→ Each week you can add the exercises learned in the previous weeks.

7.4 **Games: Judo Related Games**

There are three important words to remember for this game.

- “Hajime” which means to walk
- “Matte” which means to stop
- “Ippon” which means to run
Objective: To be the first person to cross the finish line while respecting the game instructions announced by the teacher. If a person makes a mistake and runs instead of walking, they must go back to the beginning.

The person who wins can then take the teacher’s place and announce the instructions to be followed.

7.5 COOL DOWN

- All participants line up in preparation for bowing.
- Children and parents should lie on their backs and take the deepest possible breath through their nose and let the air out through their mouths.
- Repeat 3 to 5 times.
Class 8

8.1 WARM-UP

8.1.1 Animal race
Across the width of the dojo, do the following races:
- The dog: movement on all fours (hands and knees),
- The snake: crawling on the stomach,
- The bear: movement on the hands and feet,
- The duck: walking from squatting position,
- The frog: frog jumps,
- The kangaroo: standing jumps with your feet together,
- etc.

You can involve the children in the choice of races, they can choose their favourite animal.

8.1.2 The circles race
- One belt per family will be necessary.
- Form a circle on the floor with the belt.
- When the teacher says Hajime, the children will have to run in all directions.
- When the teacher says Matte, the children will have to find a circle.
- In the second round, the teacher can remove a belt.
- The family that does not find a circle has a consequence (for example: 3 burpees).

8.2 LEARNING

8.2.1 Backward roll (from a squatting position, duck position)
- To help the child figure out how to do this, you can tell them to put their ear to their shoulder, go onto their back, and throw their legs towards their other shoulder.
- They must try to get back on their knees at the end of the roll.

8.2.2 O-Uchi-Gari
- The parent will get on one knee and place the other leg in the 90-degree position.
- The child will have to hook the parent’s leg which is positioned at 90 degrees to make a semicircle with their leg.
- To work on this movement, it will be important to use the fundamental principles specific to the technique which will need to be simplified for a better understanding on the part of the children.
- It may be possible to ask the parent to do the technique so that the child can practise the backward fall.
8.3 MOTOR SKILLS CIRCUIT – LEVEL 8

Set up a circuit of several exercises that can be done in a loop. Here are some examples of exercises:

- Go around the cones
- Jump using an exercise ladder
- Somersault (forward roll)
- Walk on a belt while maintaining balance
- Pass under a bar (by crawling on the stomach, or on the back) or over (by jumping, one leg after the other)
- Get on a bench and jump on a big blue mat (crash mat)
- Judo Break-falls
- Round offs
- Backward rolls
- Frog jumps

Do approximately 6-10 different exercises depending on the space and equipment you have.

Try to vary the exercises each week and increase the level of difficulty in order to continue to keep the children interested.

Each week you can add the exercises learned in the previous weeks.

8.4 GAMES: THE WOLF

- There is a big bad wolf.
- The children are all behind a line and the wolf is in the middle.
- When the wolf shouts “Wolf,” the children will have to cross to the other side without being touched by the wolf.
- When a child is touched, they also become a wolf.
- Repeat until all the children are wolves. Or only one child is left then that child win.

8.5 COOL DOWN

- All participants line up in preparation for bowing.
- Children and parents should lie on their backs and take the deepest possible breath through their nose and let the air out through their mouths.
- Repeat 3 to 5 times.
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- **Cool down**
- **8 minutes**
- **Games**
- **9 minutes**
- **Motor skills**
- **10 minutes**
- **Learning**
- **10 minutes**
- **Warm-up**
  - Duration = 5 min.

**Summary of Classes 1 to 8**

- **Class 1**
  - Cool down
  - 5 minutes

- **Class 2**
  - Games
  - 8 minutes

- **Class 3**
  - Motor skills
  - 9 minutes

- **Class 4**
  - Learning
  - 10 minutes

- **Class 5**
  - Warm-up
  - 5 minutes

- **Class 6**
  - Summary of Classes 1 to 8

- **Class 7**
  - Summary of Classes 1 to 8

- **Class 8**
  - Summary of Classes 1 to 8