

Learning Intention: How can you perform punches in Mini Muay Thai?

Year 3

I can get into the basic stance

I can get into a stance and keep my hands up while attempting the jab cross

I can perform a jab cross while standing in the correct stance

Year 4

I can get into a stance and keep my hands up while attempting the jab cross

I can perform a jab cross while standing in the correct stance

I can perform a jab cross with good balance, when standing in the correct stance

Resources:

MMT videos

Starter:

Always start the session with a bow- this shows respect, and that you are ready to listen

Bow: Hands together lean forward to bow - say "Oss"

Oss: is used to start the MMT as a greeting and to pay respect

Stance Recap

1)The stance is the basic position you get into for all your punches, kicks, knees etc

Stance- Left foot forward, right foot back

- Important to keep your hands up to protect yourself
- Keep your chin down

Jab and cross

1)The Jab is a type of punch - It is from the hand that is at the front (same hand and same leg)

Jab - Left foot forward, right foot back
- Left arm forward, right arm back

or

Jab - Right foot forward, left foot back
- Right arm forward, left arm back

2)The cross- is the punch that comes from the back e.g. the foot that is back, your same hand will be back

Cross - Left foot forward, right foot back
- Left arm forward, right arm back

or

Cross - Right foot forward, left foot back
- Right arm forward, left arm back

Children to practice this several times (see video)

Warm up

Get into your stance:

- Bounce in stance - 30 seconds
- Star jumps x 10
- Spotty dogs x 10
- Heel kicks x 10
- Jog on spot for 10 seconds

Repeat 4 times.

Challenge Time: 30 seconds exercise and 30 seconds active recovery

1. Stance- jab cross x 4, step 2 to the right, jab cross x 4, step 2 to the left - for 30 seconds
2. 10 x star jumps, 10 x kicks (alternate legs) - repeat for 30 seconds
3. Reach up and knee alternate legs - repeat for 30 seconds (keep your balance)
4. Pogo jumps x 10, Squat x 5- repeat 30 seconds
5. 2 x hops on right leg, 2 x hops on left leg, 2 times froggy jumps - repeat for 30 seconds
6. Jumping jacks x 6, Mountain climbers x 6 - 30 seconds
7. Sprint as fast as you can for 10 seconds, Jab cross 10 seconds- repeat

REPEAT AGAIN

(See video)

Active recovery: Is where you keep moving between each of the exercises!

Make it harder: Keep moving between each one

Make it easier: Rest between each one

Extension:

IMPORTANT: Please note, if you are completing this extension as part of the lesson - Do this before the cool down on the video.

In pairs, teach each other the (choose one each):

1) Stance

2) Jab Cross

Teacher to ask pairs to demonstrate these- children can be mini coaches to each other. What are they doing well, how can they improve?

Q&A: Key points of the stance and Jab cross.

COOL DOWN

Follow coach kelly's cool down.

Remember, finish with a bow "Oss" showing respect to each other to confirm that the lesson has finished.

PLENARY

What did you enjoy about today's lesson?
What is important with the Jab cross?