

Learning Intention: How can you perform all your skills you have learned in Mini Muay Thai?

I can get into my stance

I can perform a jab cross with control

I can perform an Upper cut, dipping down and coming up

I can perform kicks and knees, with some balance

I can perform a shin check, knees and kicks with good balance and control

I can perform a right and left hook, keeping my L-shape

Resources:

**Online MMT video**

## 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 pay respect

## Recap from last lesson

1)The stance

2)The Jab - lead hand

3)The cross - side where the foot is back

4)Upper Cut

5) Kicks

6) Knees

7) Shin checks

Children to practice these several times (see video)

## Today's New Skill - Hook

1. Hook - imagine arm is like a hook, an L- shape. Remember to get back into your guard

Front hook - L-shape

-Pivot on your front foot

Rear hook- L-shape

-Pivot on your back foot

**See video.**

## Warm up:

Stand in guard- jumping forwards and backwards- pretend the floor is hot

Kelly or Teacher says (like Simon says):

"Jab" they perform a jab

"Spotty Dogs" they perform an upper cut

"Hook" etc....

## Challenge Time: 30 seconds exercise and 30 seconds off

1. Jab, cross, hook, back in stance (reset)- 30 seconds

2. Jab cross, hook, front kick x 2- 30 seconds

3. Left leg hold out to the side (5's), right leg hold out to the side (5's)- repeat for 30 seconds

4. Jab, rear kick - 30 seconds

5. Squat, shin check right, squat shin check left- 30 seconds

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

REPEAT AGAIN

**Make it harder:** Keep moving between each one

(see video)

**Make it easier:** rest between each one

**Extension :**

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

In pairs can you remember and practice:

1) Shin checks

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 shin checks?

**COOL DOWN**

Follow coach kelly's cool down.

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

**PLENARY**

What did you enjoy about todays lesson?

How did you perform a hook?

What was active recovery?