

Learning Intention: How can you challenge yourself in martial arts?

I can attempt to challenge myself

I can challenge myself when performing some of the skills

I can challenge myself when performing all of the skills

I can challenge myself when performing some of the skills

I can challenge myself when performing all of the skills

I can challenge myself and beat my own score getting a PB

Resources:

MMT videos

Resource cards

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- your guard:

Stance - Left foot forward, right foot back

- important to keep your hands up to protect yourself

- keep your chin down

2)The Jab - lead hand:

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

3)The cross - side where the foot is back (Back foot side):

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 a several times (see video)

Today's New Skill - Upper Cut

Upper cut:

- Dip body down and then stand up
- Punch goes no higher than the chin (of the other person)
- Punch is with an upwards motion and the arm bent

- 1) Front upper cut (hand at the front of body, in stance)
- 2) Rear upper cut (hand at the back of body, in stance)
- 3) Front and Rear - One after another x 6

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

"Upper cut" they perform an upper cut

"Star Jumps" etc....

See video

Challenge Time: Can you beat Coach Kelly?

1. Jab cross- How many in 30 seconds?

COACH KELLY'S SCORE: 55

2. Kicks -How many in 30 seconds? (15 Seconds on one leg, 15 seconds on the other leg)

COACH KELLY'S SCORE: 32

3. Upper cut - How many in 30 seconds?

COACH KELLY'S SCORE: 55

4. Knees- How many in 30 seconds?(15 Seconds on one side, 15 seconds on the other)

COACH KELLY'S SCORE: 39

5. TBE (Total Body Extensions) - How many in 30 seconds?

COACH KELLY'S SCORE: 18

6. Squats- How many in 30 seconds?

COACH KELLY'S SCORE: 17

Yr 2 Extension 1 :

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

In pairs, can you remember and practice:

1) Upper cuts

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.

Extension 2

Children can repeat the challenges- Can they beat their own score and get a PB (Personal Best)

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 about the Upper cut?
 How did you challenge yourself?