

Learning Intention: How can you perform a kick and knee strike in Martial Arts, and exercise for 30 seconds?

Resources:

Online MMT video

I can attempt a knee strike

I can perform a knee strike with some correct technique

I can perform a knee strike and a kick

I can perform a knee strike with some correct technique

I can perform a knee strike and a kick, and exercise continuously for 30 seconds

I can perform both strikes and complete all the exercises for 30 seconds

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:

- Left foot forward, right foot back
- Important to keep your hands up to protect yourself
- Keep your chin down
- Left hand forward, right hand guarding the right side of your face

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:

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

4)Upper Cut

Children to practice this a several times (see video)

Today's New Skill - Kicks

1. Front Kick off the front leg:

- a. Kick front leg up
- c. Flick your foot
- c. At the same time your same arm comes down to your side

Make it easier:

Just concentrate on the kicks do not worry about the arms.

2. Rear kick - from the leg at the back when standing in your stance.

- a. Kick your rear leg up
- b. Flick your foot
- c. At the same time your same arm comes down to your side

3. Practice 6 kicks - alternate front and rear

Warm up:

Get into your stance:

10 x Jab cross

10 x upper cut

10 x opposite elbow to opposite knee

10 x front and back claps

Repeat x 3

See video

Challenge Time: 30 seconds exercise and 30 seconds rest

1. Jab cross, upper cut + 2 pogo jumps
2. 10 x star jumps, 10 x spotty dogs
3. X-touches (15 seconds inside and 15 seconds outside)
4. Lunge forward and backwards
5. Balance 5 seconds one foot then swap 5 seconds on the other- switch every 5 seconds
6. Sprint on the spot 15 seconds, Bugs crawl 15 seconds

REPEAT AGAIN

(see video)

Extension :

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) Kicks
- 2) Knees

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 kicks and knees

COOL DOWN

Follow coach kelly's cool down.

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

PLENARY

What did you enjoy about today's lesson?

What are the key points of a kick

What are the key points of a knee strike?

How did you ensure that you kept exercising for 30 seconds?