

Learning Intention: How can you perform a shin check?

Resources:

**Online MMT video**

I can attempt a shin check

I can perform a shin check with some balance and control

I can perform a shin check with good balance and control

I can perform a shin check with some balance and control

I can perform a shin check with good balance and control

I can perform a shin check, keeping my guard up, keeping good balance and control

## Starter:

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

Bow: Hands together leand forward to bow - say' Oss

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

## Recap from last lesson

- 1)The stance (Guard)
- 2)The Jab - lead hand,lead leg
- 3)The cross - side where the foot is back
- 4)Upper Cut- dip and stand (chin height)
- 5) Kicks (front and rear) - flick your foot
- 6) Knees (front and rear)

Children to practice this a few times (see video)

## Today's New Skill - Shin check

1. Shin check - Knee up to elbow

Left shin- points towards 11.50 on the clock

Right shin- points towards 12.10

**Make it easier:**

Put the clock times up for the children.

**Front shin check - from the front leg- practice 5 times**

**Rear shin check from the rear leg - practice 5 times**

**See video.**

## Warm up:

**Get into your stance:**

- **Bounce in stance - 30 seconds**
- **Shin check lead, shin check rear 30 seconds**
- **Squat pulses for 6, lunge forward for 6**
- **March on the spot for 30 seconds**
- **Jab cross for 30 seconds**
- **Arm circles - backwards x 6**
- **Arm circles - forwards x 6**

## Challenge Time: Need Challenge Cards- Can you beat Coach Kelly

1. Double Thrusters. How many in 30 seconds? Record each of your scores.  
**COACH KELLY'S SCORE: 23**
2. Hops -How many in 30 seconds? (10 On one leg, 10 on the other leg (keep changing)).  
**COACH KELLY'S SCORE: 30**
3. Rear kick, rear knee- How many in 30 seconds?  
**COACH KELLY'S SCORE: 23**
4. Side Lunge left, side lunge right- How many in 30 seconds?  
**COACH KELLY'S SCORE: 14**
5. Mountain climbers - How many in 30 seconds?  
**COACH KELLY'S SCORE: 22**
6. Front Kick, Front knee- How many in 30 seconds?  
**COACH KELLY'S SCORE: 24**
7. Plank Star jumps- How many in 30 seconds?  
**COACH KELLY'S SCORE: 27**

**Use resource card to record you scores!**

**Extension :**

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

1) In pairs can you remember and practice:

a) Shin check

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

2. How many shin checks can you do in 30 seconds?  
Can you try it again and beat your own score?

**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 today's lesson?

What is a shin check?

What was active recovery?