

Learning Intention: How can you be active between your sets (exercises)?

Resources:

MMT videos

Year 3

I can attempt to keep active between 1 or 2 exercises (active recovery)

I can keep active between 3 or more exercises (active recovery)

I can keep active between 5 or more exercises (active recovery)

Year 4

I can keep active between 3 or more exercises (active recovery)

I can keep active between 5 or more exercises (active recovery)

I can keep active between all exercises (active recovery)

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

Quick Recap

1. Jab

2. Cross

3. Upper Cut - Recap of upper cut from KS1. Lead upper cut and rear upper cut.

Practice these several times

Warm up

Get into your stance:

- Bounce in stance - 30 seconds

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....

Challenge Time: 30 seconds exercise and 30 seconds active recovery

1. 10 x Jab cross, 10 x upper cuts - repeat for 30 seconds
2. Knee and kick (rear knee, rear kick), Knee and kick (front knee, front kick)
- repeat for 30 seconds
3. 10 x star jumps, 10 x knees - repeat for 30 seconds
4. Back lunge, reset, knee - repeat 30 seconds
5. 1x Burpee, 10 seconds sprint - repeat for 30 seconds
6. 1 press up, 1 double thruster - 30 seconds
7. Side planks, face one way, turn, side plank the other way- repeat

REPEAT AGAIN

(See video)

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

Make it harder: Keep moving between each one

Make it easier: Rest between each one

Mini Coach

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

1) In pairs, choose your own combinations of techniques: Jab cross, upper cut, and exercises.

Teach another pair your combinations

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

COOL DOWN

Follow coach Kelly's cool down. Or as a year 6 extension can the children make up their own cool down.

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

PLENARY

What did you enjoy about today's lesson?
What is active recovery?