

Learning Intention: How can you remember a variety of combinations?

Year 3

I can try and remember some combinations when exercising

I can remember and complete most combinations when exercising

I can remember all combinations and ensure I do the active recovery

Resources:

Online MMT video

Year 4

I can remember and complete most combinations when exercising

I can remember all combination and ensure I do the active recovery

I can remember all combinations, ensure I do the active recovery and can make up some of my own combinations.

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 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 Check- shin bone/Tibia bone

Children to practice this several times (see video)

Today's new Skill:

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

Rear shin check- from the rear leg

See video.

Warm up:

Get into your stance:

- Bounce in stance - 30 seconds
- 10 jab crosses
- 10 punches to the ceiling
- 10 jab crosses
- 10 punches to the ceiling
- Shin check 30 seconds
- Squats
- 10 front kicks
- 10 rear kicks
- Bounce in stance - 30 seconds

Challenge Time: 30 seconds exercise and 30 seconds active recovery

1. 10 Star jumps, 10 upper cuts, 10 star jumps, 10 upper cuts - 30 seconds

2. Right kick - 30 seconds, Right knee 30 seconds

3. Jab, cross x 4, 2 lead left kicks, 2 x lead left knees - 30 seconds

4. Squat, knee - 30 seconds

5. Jab cross, uppercut, uppercut- repeat 30 seconds

6. Double jab (lead arm), rear kick x 2, rear knee x 2 - 30 seconds

6. Mountain Climbers x 6, X- Touches x 6 - 30 seconds

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

Make it harder: Keep moving between each one

REPEAT AGAIN

(See video)

Make it easier: Rest between each one

Extension :

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

1) Children 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 Shin checks

2) Children to make up some of their own exercise combinations that include the shin check.

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 to confirm that the lesson has finished.

PLENARY

What did you enjoy about today's lesson?

What is a shin check?

What was active recovery?