

Learning Intention: How can you perform a hook and use it with other combinations?

Year 3

I can perform a hook attempting to keep the L-shape

I can perform a hook keeping an L- shape when performing other combinations

I can perform a hook with good technique and use with other combinations

Year 4

I can perform a hook keeping an L- shape

I can perform a hook with good technique and use with other combinations

I can hook with good control and fluency when performing with a variety of combinations

Resources:

**Online MMT video**

## 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 greeting and to pay respect

## 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 checks

Children to practice this several times (see video)

## Today's New Skill - Hook

1. Hook - imagine arm is like a hook, an L- shape. Remember to get back into your guard

Front hook - L-shape

- Pivot on your front foot

Rear hook -L-shape

-Pivot on your back foot

**See video.**

## Warm up:

**Get into your stance:**

- **Bounce in stance - 30 seconds**
- **Rotate arms forward - 15 seconds**
- Rotate arms backwards - 15 seconds**
- **High knees - 30 seconds**
- **Heel kicks - 30 seconds**
- **Elbow to knee- 30 seconds**
- **Knee up then out to the side- 15 seconds swap sides**
- **Bounce in stance - 30 seconds**

## Challenge Time: 30 seconds exercise and 30 seconds off

1. Jab, cross, hook, back in stance (reset) - 30 seconds
2. Jab cross, hook, front kick x 2 - 30 seconds
3. Jab cross, hook, 2 x lead kick right, 2 x lead kick left - repeat for 30 seconds
4. Jab cross, hook, 2 x lead kick right, 2 x lead kick left, 2 x front knees
5. Jab cross, hook, 2 x lead kick right, 2 x lead kick left, 2 x rear knee, 2 x lead knee
6. Jab cross, hook, 2 x rear kick right, 2 x lead kick left, 2 x rear knee, 2 x lead knee, 2 x squats

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

**Make it harder:** Keep moving between each one

**Make it easier:** Rest between each one

REPEAT AGAIN

(See video)

## Extension :

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

In pairs can you remember and practice:

1) Hook -front and rear hooks

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 hooks?

2) Children to make up some of their own exercise combinations, that include everything they have learned so far:

Jab, cross, kicks, knees, upper cuts, shin checks, hooks

## 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?

How did you perform a hook?

What was active recovery?