

MMT LESSON 3

KS2

Learning Intention: How can you perform, get a personal best and attempt to beat coach Kelly?

Year 3

I can attempt to beat my own score

I can beat one or two of my own scores

I can beat most of my scores

Year 4

I can beat one or two of my own scores

I can beat most of my scores, and attempt to beat Kelly's

I can beat all my own scores and one of Kelly's

Resources:

Challenge record cards
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 a greeting and to pay respect

Quick Recap:

1. Jab
2. Cross
3. Upper Cut
4. Knee strike (front and rear)
5. Kicking - (remember to flick your foot)

See video for technique reminders

Warm up:

In stance:

- 30 seconds in stance, bouncing
- 10 star jumps
- 10 spotty dogs
- 10 opposite knees
- Clap forward and back wards
- 30 seconds in stance bouncing

Repeat x 2

Challenge Time: Beat Coach Kelly

When punching etc count in 2's:

Write your scores down on your challenge sheet.

1. Jab cross- How many in 30 seconds?

COACH KELLY'S SCORE 110

2. Kicks -How many in 30 seconds? (Attempt to complete 10 kicks on one leg 10 kicks on the other leg)

COACH KELLY'S SCORE 40

3. Upper cut - How many in 30 seconds?

COACH KELLY'S SCORE 110

4. Knees- How many in 30 seconds?

COACH KELLY'S SCORE 44

5. Squats- How many in 30 seconds?

COACH KELLY'S SCORE 27

6. Press up- How many in 30 seconds?

COACH KELLY'S SCORE 23

Can they beat Coach Kelly's score?

Beat yours and coach kelly's score :

1. Jab cross- How many in 30 seconds?

COACH KELLY'S SCORE 120 (PB)

2. Kicks -How many in 30 seconds? (Attempt to complete 10 kicks on one leg and 10 kicks on the other leg)

COACH KELLY'S SCORE 39 (Coach Kelly was wrong on the film)

3. Upper cut - How many in 30 seconds?

COACH KELLY'S SCORE 148 (PB)

4. Knees- How many in 30 seconds?

COACH KELLY'S SCORE 45 (PB)

5. Squats- How many in 30 seconds?

COACH KELLY'S SCORE 27

6. Press up- How many in 30 seconds?

COACH KELLY'S SCORE 26

Extension: Can you make a challenge up for your partner?

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?

Did you get a PB?

If you didn't how could you improve?