

Class 1 - Kicking

Static Warm-up – 5-minutes

- ◆ Arms: Hold seal position
- ◆ Legs: Hold jack-in-the-box
- ◆ Abs: Hold feet out the water
- ◆ Core: Hold Spiderman's

Mat chat – 3-minutes (Includes water break)

- ◆ Today we are going to work on KICKING.
- ◆ Who can tell me what KICKING means?
- ◆ Here are the three KICKING tips that I want everyone to practice today:

1. Keep your hands up.
2. Bend your knee before and after you kick.
3. Watch where you are kicking.

Skill-building drills – 7-minutes

1. **Follow My Lead:** Students will practice having good KICKING by demonstrating their ability to watch the instructor and try and remember the pattern that was shown to them.
 - ◊ **Teaching SKILLZ: HEALTHY COMPETITION** – Make it a competition to see who can do 5 combinations in a row correctly.
 - ◊ **Brain SKILLZ: SPEED OF PROCESSING** – The student will quickly process the combinations and perform them correctly.
2. **Don't Drop the Cone:** In this drill the students will learn how to develop balance while kicking by balancing a cone on their head as they kick the target. This is a great way to teach them how to keep their head up while kicking.
 - ◊ **Teaching SKILLZ: EXTRINSIC MOTIVATION** - If the student doesn't drop the cone, then the instructor will do 3 push-ups.
 - ◊ **Brain SKILLZ: DIVIDED ATTENTION** – The student will focus on kicking while also not dropping the cone.

Skill stripe test – 5-minutes

- ◆ See testing charts

Passive Stretching: 5-minutes

- ◆ Side bends
- ◆ Pat your back
- ◆ Kneeling reach forward
- ◆ Kneeling reach backward

Game –3-minutes

- ◆ Ninja-ninja turtle

End of class announcements – 2-minute

