

Class 16 - Concentration

Ultimate warm-up – 7-minutes

- Arms: Super slides up and down the mat
- Legs: Plyos up and down the mat
- Abs: Stomach rolls up and down the mat
- Core: Reverse crab walks up and down the mat

Mat chat – 3-minutes (Includes water break)

- Today we are going to work on CONCENTRATION.
- CONCENTRATION means to have exclusive attention to the task at hand.
- Here are the three CONCENTRATION tips that you will learn today:
 1. CONCENTRATION with your eye contact.
 2. CONCENTRATION with your chambers.
 3. CONCENTRATION with your technique.

Skill-building drills – 15-minutes (Pick two)

1. **Tell a Story:** Students will work on their CONCENTRATION by working on their forms as well as their facial expressions during their form. This will challenge students social stage of development by getting them to show more character in front of their peers.
 - **Teaching SKILLZ: HEALTHY COMPETITION** – See which student was the best storyteller at the end of each round, and give that team a point. Look for their facial expressions and how they sound, but also their form and technique.
 - **Brain SKILLZ: DIVIDED ATTENTION** – The student must be able to focus on their facial expressions and voice, while staying focused on their form as well as to not lose technique or do the wrong moves.
2. **Math Basics:** Students will practice having good concentration by being able to do their techniques while also answering basic math problems.
 - **Teaching SKILLZ: NEUROBICS** – The instructor can give them more challenging math problems if addition is too easy, by having them subtract or multiply instead. Also, as a fun bonus round the instructor can say a category like “animals” or “Disney movie”, and the student will have to name something from that category to continue. This will connect the left and right hemispheres of the brain even further.
 - **Brain SKILLZ: DIVIDED ATTENTION** – The student must do as many moves as they can, while also answering the question the instructor gives them at random.

Skill stripe test – 10-minutes

- See testing charts

Partner stretches: 5-minutes

- Seesaw stretch
- Standing hamstring stretch
- Straddle belt pull
- Surfing stretch

Game –3-minutes

- Freeze tag

End of class announcements – 2-minutes