

Class 2 - Teamwork

Active warm-up – 7-minutes

- Arms: Shoulder taps
- Legs: Beginner squats
- Abs: Sit ups
- Core: Bridge with side taps

Mat chat – 3-minutes (Includes water break)

- Today we are going to work on TEAMWORK.
- TEAMWORK means working together, helping each other and having great sportsmanship.
- Here are three TEAMWORK tips that you will learn today:
 1. Working together cooperatively without fighting or arguing.
 2. Helping each other accomplish a goal.
 3. Having sportsmanship when playing by not cheating, whining, or bragging.

Skill-building drills – 15-minutes

1. **Back and Forth:** In this drill the students are going to practice their kicks back and forth while learning how to take turns quickly.
 - **Teaching SKILLZ: EXTRINSIC MOTIVATION** - Challenge the students not to make a mistake so they don't have to start over again with their partner.
 - **Brain SKILLZ: DIVIDED ATTENTION** – The students will multi-task by counting and kicking at the same time while alternating with their partner.
2. **Instructor Switch:** The students will build their teamwork skills by calling out Martial Arts moves for the instructor to perform. This will help the students build confidence and good leadership skills.
 - **Teaching SKILLZ: CHOICES** - The student gets to choose which moves to call out for their instructor, therefore building more confidence in their social skills.
 - **Brain SKILLZ: LONG-TERM MEMORY** – The student will have to recall martial arts moves for their instructor to perform, therefore building their memory of those movements.

Skill stripe test – 10-minutes

- See testing charts

Active stretches: 5-minutes

- Arm circles
- Cross over toe touches
- Side lunges
- Ski stretches

Game – 3-minutes

- 4-corners

End of class announcements – 2-minutes