

Lesson Plan Week of October 9th, 2017 V1

Hoop Run warm up:

- **Set up:** At the end of the mats place a cone and in the center the instructors will hold large hoops for students to run through.
- **Exercise:** Students will run in a circle around the cones and through the hoop. As they go raise the hoop so they have to jump to get through the hoop. After they get the idea of running through the hoop have them 1 at a time try to pass through the hoop as it rolls down the mats in front of them.

Fabric toss: Give each student a square cloth. Have them toss the fabric into the air and catch them before they hit the ground. Have them start with one hand and then the other. If they can catch the fabric then make it harder. Have one of the instructors throw the fabric into the air and tell the student to spin 360 degrees and catch the fabric. Have them turn in both directions.

Up and Over:

- **Set up:** Put 4 Orange blocks on the mats spaced about 3 feet apart.
- **Drill:** Students will move their body up and over the block 10 times. Have the student start with one foot on the block and the other on the floor. Demonstrate how to move up and over the block. Tell them to step over to the other side by moving the foot that was on the floor to the top of the block and then move 1 foot at a time to the floor on the other side of the block. **Make it a race as they get the rhythm of moving up and over.**

Punch and catch balloons:

- **Set Up:** On the mats place 2 tall yellow blocks. On top of the block place a balloon. Select 2 students for each set up.
- **Drill:** One student will perform a reverse punch hitting the balloon into the air. The second will try to catch the balloon before it hits the ground, then return the balloon to the block. Each punches 4 times.

Hoop Techniques Blocking Drills:

- **Set up:** At the far end of the room place hoops on the floor:
- **Drill:** When sensei says Hajame the students run and get inside a hoop. Standing in Heiko Dachi & in chambered position review single blocks: High Block, inside, outside, Low, High X and Low X (on each side) One Instructor demonstrates each block, while the other instructor uses Noodle, going to each student help them perform the blocks correctly.

Hammer Fist Races

- **Set up:** Divide the students into 2 teams. At the end of the mats place the yellow blocks, on top of the blocks place a balloon. In the middle put 2 set of cones with cross bars.
- **The Race:** Students will run down the mats go under or over the hurdle cones to the end where they will Hammer Fist the balloon trying to pop it. Students must put the balloon back on top of the block if it does not pop then return to the start and High 5 the next runner.

Ending Game: Backwards Ninja Freeze