

## Lesson Plan Week of May 7th 2018 V2

### 4 corner Bean Bag Race

- **Set up:** At each corner of the mats put 4 different colored bean bags. In the center of the mats put a hoop.
- **Drill:** 4 students will start at the hoop and sensei will call out a color. The students run to their corner grab the correct color bean bag and run back to the center hoop. Repeat the drill 4 times so there are multiple winners

### Target Ball Catch

- **Set up:** For each side you will need 3 target pads and 1 foam ball. Start with a student standing on 1 target pad on the mat.
- **Drill:** Student stands on 1 target pad and catches a foam ball tossed to them by the instructor. Students get 2 tries to catch the ball. Each time the student catches the ball put another target pad on the stack and toss the ball to them again.

### Ninja Dash Bean bag Race

- **Set up: Divide the students into 2 groups.** On each set of mats put 2 sets of blocks with cross bars, after the bars place a dot on the floor with a bean bag for each student in the group. At the end of the mat place a hoop on the mat.
- **Drill:** Each student will Ninja crawl under the cross bars run to the dot and toss a bean bag into a hoop at the end of the mat then run back to the end of their line. ***The object of the race is to have more bean bags in the hoop than the other team not to be done 1<sup>st</sup>!***

### Balloon Chase and Punch

- **Set up:** At one end of the mats put a starting dot and at the other end the instructors will stand holding a balloon.
- **Drill:** When Sensei says Hajame the instructors will hit the balloon into the air. The students will run from the starting dot and try to punch the balloon before it hits the ground. Then the instructor will toss the balloon into the air again and the student tries to run back to the starting dot before the balloon hits the floor. Do 2 rounds.

### Color Techniques

- **Set up:** at one end of the mats put 3 starting dots and at the other end spread out 4 different sets of 3 hoops of the same color.
- **Drill:** Select 3 students and have them stand on the starting dots. Sensei will call out a color and a technique. Students run to the correct color hoop and perform the technique that was called out. Do the sequence 4 times so all the different color hoops get used and they perform 1 block, punch, strike and a kick.

### Obstacle Course Team Work:

- **Set up** two identical obstacle courses: 4 Hoops to jump into, 2 cones with bars to jump over, 4 river rocks lined up to walk over, and 4 cones to weave in and out of. Pair each student with a partner and then divide the pairs into two teams.
- **Drill:** Students navigate the course while holding each other's shoulders. At the end they switch positions. Also explain that they will be racing another pair, which means they must work together, but quickly.

**Force Field Game:** Set mats in 2 lines with about three feet between them. Divide the class in half; put each student on a dot on opposite sides and tell them there is a Force Field in the middle that they cannot cross while doing battle. Students pick a super hero that they want to be and an enemy to battle. When the battle begins students kick and punch against the Force field with all their might for 5 seconds