Goal of Lesson 3
- To learn the importance of cardiovascular exercise, to study the hamstring muscle and to practice basic martial arts kicks.

Lesson 3 Learning Objectives
- After participating in Lesson 3, students will:
  - Understand the importance of cardiovascular exercise.
  - Be able to correctly exercise using a jump rope.
  - Be able to locate the hamstring muscle.
  - Be able to perform push-ups correctly.
  - Be able to perform one of several types of crunches correctly.
  - Be able to perform 20 crunches.
  - Be able to recite one classroom rule of the Martial Arts Fitness program.
  - Be able to demonstrate how to hold a kicking shield safely.
  - Be able to demonstrate snap and thrust kicks.

Length of Class
50 Minutes

“A good exercise for the heart is to bend down and help another up.”

Class Activities

3.1 Stretching and Warm-Up Exercises 8 minutes

3.2 Physical Exercises 8 minutes

3.3 Health Topic/Team-Building Activity 14 minutes

3.4 Martial Arts Lesson 14 minutes

3.5 Cool-Down and Class Review 6 minutes

Key Terms
- Cardiovascular
- Cat stance
- Hamstring muscle
- Crane stance
- Push-ups
- Crunch
- Snap kick
- Thrust kick
Black Tiger Academy’s Martial Arts Fitness
Teaching and inspiring students to pursue lifelong fitness and wellness.

☐ Teacher Preparation
  □ Have music ready for cardiovascular exercises.
  □ Understand cardiovascular exercise.
  □ Know how to teach push-ups correctly, including “modified” push-ups.
  □ Get to know the jump rope! Know different jump rope techniques.
  □ Review kicks from lesson 2.

Required Materials and Equipment
  ▪ A jump rope for each student. (If you do not have enough jump ropes for each student, they can share, taking a rest between activities.)
  ▪ Kicking shield

Optional Materials
  ▪ Handouts, pictures and additional material on hamstring muscle.
  ▪ Handouts on how to use a jump rope properly.
  ▪ Handouts and materials on how to perform crunches properly.
  ▪ Handouts and materials on how to perform push-ups properly.
  ▪ Classroom etiquette handouts.

Did You Know?
  ▪ Jump rope activity can be traced back to 1600 A.D. when the Egyptians used vines for jumping.

💡 Tips/Suggestions
  ▪ Deliver a new classroom etiquette lesson each day.
  ▪ Set up jump rope competitions to make the cardio component of the lesson more fun.

Organizing Students in the Classroom Space
  ▪ Make sure you have lots of room when jumping rope.
  ▪ 🎵 Upbeat music helps with jump roping. Consider playing:
    o “Jump” by Van Halen
    o “Jump (for My Love)” by the Pointer Sisters
Black Tiger Academy’s Martial Arts Fitness
Teaching and inspiring students to pursue lifelong fitness and wellness.

Class Activities

3.1 Stretching and Warm-Up exercises 8 minutes
- Begin class with a short period of low-intensity cardio exercises to warm the body; jumping jacks, windmills, moving around the room or moving in place.
- Introduce the hamstring muscle and demonstrate ways to stretch it.
- Following the hamstring stretch, lead a general stretch of the body to facilitate blood flow to the large muscle groups and to have students prepare their bodies for exercising.

3.2 Physical Exercises 8 minutes
- Demonstrate how to exercise the hamstring muscle.
- Demonstrate how to properly perform a push-up, including modified push-ups.
- Demonstrate how to perform one type of crunch and have students perform 20.
- Introduce the jump rope and demonstrate how to use it. Include samples of jump rope exercises. Begin talking about cardiovascular exercise. Have students practice jump roping to music.

3.3 Health Topic/Team-Building Activity 14 minutes
- See attached Activity Spotlight — “Relays”

3.4 Martial Arts Lesson 14 minutes
- Review cat stance
- Review snap and thrust kick.
- Have students demonstrate how to hold a kicking shield safely and properly.
- With a partner, have students practice snap and thrust kicks on a shield.
  - Have students move across the room while kicking the shield. Begin with instructor and/or designated students holding the shield and backing up while the student is kicking.

3.5 Cool-Down and Class Review 6 minutes
- Stretch all the major muscle groups that you have used during class.
- Review the key points of today’s lesson:
  - Hamstring muscle
  - Snap and thrust kicks
  - Cardiovascular exercise/the importance of cardiovascular health.
Activity Spotlight
Relays

Purpose: To help students raise their heart rate while learning about cardiovascular health and while having fun!

Group Size: As many as you like. Participants should be divided into equal teams, with teams competing against each other.

Estimated Time: 10 to 15 minutes.

Props/Materials: Miscellaneous Race Props: Balloons, bean bags, spoons, dried beans, books, medicine balls, jump ropes

Obstacle Course Props: Orange cones or chairs, hula hoops or rope loops laid out in “circles” (to jump in), medicine balls, basket balls, jump ropes, hockey sticks, bean bags, etc.

Instructions:
1. Miscellaneous Relay Races
   Team members run back and forth between a designated start and finish line and tag the next team member when they have finished the course. Team members sit down when they are finished to help the instructor see when the race is finished. Possible relays include:
   o Running forwards
   o Running backwards
   o Running to end while jumping rope
   o Jumping with two feet
   o Hopping on one foot
   o Balancing a book on the head - use 1 book per team.
   o Balancing a bean bag on foot - place bean bag on foot while walking
   o Carrying a balloon between the knees (Tip: Have some spare balloons in case any of them break!)
   o Carrying dried beans on a spoon
   o Crab walk
   o Medicine ball carry
Black Tiger Academy’s Martial Arts Fitness
Teaching and inspiring students to pursue lifelong fitness and wellness.

- Medicine ball toss (Student tosses ball to himself or herself while completing the leg of the course).
- Cross the course using a series of lunges
- Be creative!

2. **Obstacle Course**

Create an obstacle course out of the materials listed on the Props/Materials list. Teams race each other relay-style to see which team can complete the course first. Below is an example of a typical obstacle course:

- Weave through a set of orange cones
- Pick up a jump rope and jump 10 times
- Tunnel under the chairs
- Jump into the hula hoops
- Toss the medicine ball
- Drop down and do push-ups, dips, sit ups, etc.
- Toss three bean bags into a hula hoop target
- Dribble a basketball back through the pylons
- Use a hockey stick and take 3 shots on a goal
- Do jumping jacks

**Variations:**

- Use different props
- Divide the teams into boy/girl teams.
- Time each student rather than compete as teams
- If you are outside, use relays that use water (carrying the water in a cup across the course, etc.)

**Notes:**

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________