Goal of Lesson 9

- To learn how to exercise the deltoid muscles, to learn about food labels and to practice kicking combinations.

Lesson 9 Learning Objectives

After participating in Lesson 9, students will:

- Be able to locate the deltoid muscle and perform an exercise for strengthening it.
- Be able to perform 10 push-ups, correctly.
- Be able to perform 80 crunches, including four different types.
- Be able to identify at least 3 parts of a food nutrition label.
- Be able to recite four classroom rules of the Martial Arts Fitness program.
- Be able to execute a round house kick correctly.

Length of Class

50 Minutes

Class Activities

| 9.1 | Stretching and Warm-Up Exercises | 8 minutes |
| 9.2 | Physical Exercises | 8 minutes |
| 9.3 | Health Topic/Team-Building Activity | 14 minutes |
| 9.4 | Martial Arts Lesson | 14 minutes |
| 9.5 | Cool-Down and Class Review | 6 minutes |

Key Terms:

- Deltoids
- Calories
- Serving
- Saturated fat
- Protein
- Cholesterol
- Sodium
- Carbohydrate
- Fiber
- Calcium

Education is the most powerful weapon which you can use to change the world. — "Nelson Mandela"
Black Tiger Academy’s Martial Arts Fitness
Teaching and inspiring students to pursue lifelong fitness and wellness.

 Teacher Preparation
  □ Review nutrition labels.
  □ Prepare materials for “Crack the Code” (See Activity Spotlight).
  □ Research new ways to do crunches.
  □ Prepare kick combination drills.
  □ Practice upward blocks

Required Materials and Equipment
  ▪ Materials for “Crack the Code” (See Activity Spotlight)
  ▪ Resistance bands
  ▪ Foam blocker
  ▪ Kicking shield
  ▪ Jump rope for each student.

Optional Materials
  ▪ Handouts, pictures and additional material on deltoid muscles.
  ▪ Handouts on how to perform crunches and push-ups properly.
  ▪ Handouts on how to perform the mini salute correctly.
  ▪ Classroom etiquette handouts.
  ▪ Handouts on reading nutrition labels.

 Tips/Suggestions
  ▪ Ask students to bring in nutrition labels from foods they eat.
  ▪ Collect labels for demonstration and exploration.

 Valuable Information for Students
  ▪ A diet high in calories and low in key nutrients can lead to obesity and increase a person’s risk for cancer, stroke and osteoporosis (a condition characterized by weak and breakable bones).
Organizing Students in the Classroom Space

- Review techniques for holding shields and kicking targets.
- Ask the students in the group who have shown good leadership skills and/or a strong, positive influence on peers to hold the shields and kicking targets, and line the other students up and observe them performing kicks. This way, you can watch the students do the kicks and correct as necessary.

Class Activities

9.1 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.
- Follow with a general stretch of the body to facilitate blood flow to the large muscle groups and prepare the body for exercise.

9.2 Physical Exercises 8 minutes
- Demonstrate how to perform four types of crunches and instruct students to perform a total of 80. (i.e. 20, 20, 20 and 20).
- Demonstrate how to properly perform a push-up, including modified push-ups, and complete 10.
- Ask students to lead deltoid exercises with hand weights.

9.3 Health Topic/Team-Building Activity 14 minutes
- See attached Activity Spotlight — “Crack the Code”

9.4 Martial Arts Lesson 14 minutes
- Practice round-house kicks, first with the instructor, then with a partner.
- Put together kick combinations using kicks learned to date.
  - Snap/round house
  - Thrust/round house
  - Use both the shield and the kicking targets for variety.
- As time permits, practice cat and crane stances, and kicks to shields.

9.5 Cool-Down and Class Review 6 minutes
- Stretch all the major muscle groups that you have used during class.
- Stretch each muscle group for 20 to 30 seconds, 2 to 3 times.
- Review the key points of today’s lesson:
  - Nutrition labels and related key words and concepts.
Activity Spotlight
Crack the Code

Purpose: To help students learn to understand nutrition labels.

Group Size: Two or more students.

Estimated Time: 10 to 15 minutes.

Props/materials: Blank “nutrition facts” labels for students to fill in.
Large format label on the board or projected via LCD for students to view during instruction.
Copy real nutrition labels from snack foods, candy, beverages, etc.
Erase one of the following facts from each label before making copies for the students:
- Servings per container
- Calories per serving
- Sugars

Copy the altered nutrition labels and make one for each student.

Instructions:
1. Identify and describe each piece of nutritional information found on a nutrition label, particularly:
   - Serving size
   - Servings per Container
   - Calories
   - Total Fat
   - Saturated Fat
   - Trans Fat
   - Cholesterol
   - Sodium
   - Total Carbohydrate
   - Dietary Fiber
   - Sugars
   - Protein

2. Give each student a blank label, and have them follow along using an example that you have prepared on a flip chart or other visual aid.
   - Ask them to fill in the amounts on their blank label as you move through the prepared label.
   - Point out what each of these terms mean.
3. Next, give each student copies of the altered labels.
   - Ask them to try and figure out what should be placed in the erased areas. For example, there are three servings in a “grab bag” of “cheese puff” snacks, like “Cheetos.” Many students do not realize that the bag is meant to be shared with two others! With the servings per container missing, what does a student fill in?
   - Try and make this an “eye-opening” exercise using snack items that the students consume on a regular basis.

Variations:
- Have the students work in partners or teams

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