



INSTRUCTOR'S GUIDE

Your Daily After-School Schedule

NOVEMBER, WEEK 1

*"I would maintain that thanks are the highest form of thought;
and that gratitude is happiness doubled by wonder."*

–G.K. Chesterton

Part of the **AMSkids Program**

Today's Tasks

1. List daily priorities and make necessary contacts.
2. Pick up necessary supplies for the week.
3. Maintain brochure racks in local businesses.

Arrival – 3:30 Snack/Change Clothes/Restroom Break

3:30 – 3:50 Learning Activity

Read the story.

Weekly Story: The Farmer & His Sons

A farmer of old age left his will to his sons, which contained a secret of much importance. He called them 'round him and said, "My sons, I would have you know that in my vineyard, there lies a hidden treasure. Dig and you will find it."

As soon as their father passed, the sons took spade and fork and turned up the soil of the vineyard over and over again, in their search for the treasure which they were supposed to lie buried there. They found none, however. But the vines, after some thorough digging, produced a crop of great magnitude and value.

Moral of the Story: Treasure isn't always gold.

Questions for Discussion

1. What connection does the moral have to the actual story?
2. What is one way you can use the moral in martial arts class?
3. What is one way you can use the moral at school?
4. What is one way you can use the moral at home?

3:50 – 4:15 Physical Activity**Object Tag**

Objective: Students will develop their reflexes and reaction time.

Materials: Tape, pack of gum, or a colored piece of paper.

1. Create two goal lines out of tape at opposite ends of your training area. Each line should be approximately ten feet long. Divide the class into two teams. Obtain a small object that can be hidden inside a closed hand, like a colored piece of paper, a roll of Lifesavers, or a pack of gum.
2. One team will huddle up behind their goal line. In their huddle, they secretly give the small object to one person to carry. The other team is on the opposite side of the room behind their goal line, waiting. At your command, the team with the object breaks their huddle and sprints for the far end of the room. Each team member pretends he has the object. The other team approaches them from the opposite side attempting to tag the player with the “real” object. If a player gets tagged, she must stop and show her hands to reveal whether she has the object or not.
3. If the player with the object can successfully run across to the other side of the room without being tagged, his team scores a point. If he gets tagged, no point is scored and the other team then attempts to run across the room.

4:15 – 5:00 Martial Arts Class**5:00 – Pick-Up Worksheet/Homework**

Today's Tasks

1. List daily priorities and make necessary contacts.
2. Replace and maintain road signs.

Arrival – 3:30 Snack/Change Clothes/Bathroom Break

3:30 – 3:50 Learning Activity

Wish List

Objective: Students will learn to identify things they need help with.

Materials: Easel, bulletin board or poster board, marker.

1. Instruct your students to sit on the floor in a circle, meditation-style.
2. Explain to your students that being aware of what people do to help you is important, but it's also important for you to know what you need help with in order to attain success. Tell your students that no matter how good you are at the things you do, you could always use some help to improve yourself.
3. Go around the circle and have each student identify one thing they would like to do better in school, in A PLUS, or at home. Have the first student tell the group what they would like help improving. For example, your students might say they want to get better at long division. After the first person gives his answer, the second person must give her answer as well as the answer of the person before her, so the game is played like a memory game. When somebody forgets one of the people before her's turn, skip to the next person and have that person start at the beginning again. Keep trying until you get all the way around the circle without a mistake.

3:50 – 4:15 Physical Activity**Crows and Cranes**

Objective: Students will learn how to persevere.

Materials: None.

1. This game is played best in one large group. Create a safety zone at each end of the room about ten feet out from the walls. Line both teams up facing each other at a mid-line.
2. When you call out “Cranes,” the Cranes team must turn and run back to their safety area before being tagged by a member of the Crows, who are chasing them. If you call “Crows,” the same process is followed, only going in the other direction. Any tagged players join the opposite team. Since students do not know what team will be called, they will need to be standing right at the mid-line anticipating whether they will run or chase.
3. Play continues until one team has captured all the other team’s players.

4:15 – 5:00 Martial Arts Class/Demo Team Practice**5:00 – Pick-Up Worksheets/Homework**

Today's Tasks

1. List daily priorities and make necessary contacts.
2. Look for new brochure locations.

Arrival – 3:30 **Snack/Change Clothes/Bathroom Break**

3:30 – 3:50 **Physical Activity**

Jailbreak

Objective: Students will learn about teamwork and bravery.

Materials: None.

1. Instruct your students to sit on the floor, meditation-style.
2. Ask your students a skill-testing question related to martial arts. The first student to answer correctly will be your volunteer.
3. Explain to your students that freedom is very rarely given away. You have to work really hard to be free and stay free. Explain to your class that your volunteer is a mean Ogre who is trying to capture all of the kids and throw them in his dungeon. Because he is a mean Ogre, people are always scared of him and he can't go and buy clothes, so he has to make his own. He is capturing all the kids so they can work in his dungeon making him clothes to wear.
4. Have your students stand up where they are. When you say go, have them run away from the Ogre. When the Ogre catches one of them, he drags them off to the dungeon. The only way they can be freed is if one of the other students tags them out of the dungeon.
5. Continue playing for a few minutes before switching to a new Ogre and letting the original Ogre play the kid trying not to get caught.
6. When time is up, congratulate your students on doing such a great job avoiding the Ogre and maintaining their freedom.

3:50 – 4:15 Physical Activity**Word Wizards**

Objective: Students will learn how to spell martial arts-related words.

Materials: Index cards.

1. Divide your class into teams of five. Join two teams of five together to create larger groups of ten.
2. Prior to doing this activity, write down letters on index cards (or cut regular paper into smaller pieces) that spell martial arts-related words. For example, you could write a “b” on one card, an “e” on another, an “l” on another, and a “t” on the fourth to spell “belt.” Make letter cards for seven to ten different martial arts-related words.
3. To play the game, place as many chairs as you have teams about 15 feet away from a starting line. Place the letter cards on the chairs face down (each chair needs the same number of letter cards). Line up each team single-file like a traditional relay race. To start the game, call out a word AND announce how many letters the word contains. That many members from each team run down to the chair in front of their group. Each player selects one of the cards that will spell the word called out. For example, if you called out, “belt!” four players from each team would run down to their respective team’s chairs, each player selects a letter card, and all run back to their team.
4. When each group reaches the starting line they must turn and face you (you should be positioned behind the chairs), and place themselves in order so they spell the word “belt.”
5. The first team to be correctly lined up earns five points for their team. After the race is over, the four players (or however many) who just spelled the last word go to the end of their team’s line. Call out a new word and the number of letters it contains and the process repeats itself.
6. Play to a predetermined score, or as time permits.

4:15 – 5:00 Martial Arts Class**5:00 – Pick-Up Worksheets/Homework**

Today's Tasks

1. List daily priorities and make necessary contacts.
2. Visit schools, develop relationships with staff, and replenish brochures, flyers, etc.

Arrival – 3:30 Snack/Change Clothes/Bathroom Break

3:30 – 3:50 Learning Activity

Mystery Guest

Objective: Students will learn how to use their awareness to identify people they're talking to.

Materials: None.

1. Instruct your students to sit in a circle, meditation-style. Explain to them that they are having a dinner party with some very special guests but they all have very bad memories and eye sight, so they all forgot their glasses at home! When their special guest arrives, nobody can recognize him by looking at him, so the special guest must give them clues as to who he is. Explain that they must use the clues to develop their awareness of who the person is.
2. Pick your oldest student to be the first guest. The guest must give clues as to his identity without revealing who he is. Have your students pick a person that is popular among their peers. For an extra challenge, do not allow the special guest to describe himself by using gender, age, or clothing.
3. The student who guesses whom the guest is gets to become the next guest.

3:50 – 4:15 Physical Activity**Animal Trainer**

Objective: Students will develop their role-playing ability by imitating the actions of various animals.

Materials: None.

1. Divide the class into groups of no more than 15. Each group will stand in a circle about an arm's-width distance from each other. Select a student to be the Animal Trainer. She will go out to the middle of the circle.
2. The Animal Trainer chooses an animal to train. She then demonstrates how the animal behaves and walks. On the Animal Trainer's signal, the rest of the class begins walking clockwise around the circle imitating the actions and noises of the Animal Trainer. Stop the circle, select a new Animal Trainer, who goes into the middle, decides on an animal to train, and repeats the process.
3. Try to allow each student a turn to be the Animal Trainer.

4:15 – 5:00 Martial Arts Class/Demo Team Practice**5:00 – Pick-Up Worksheets/Homework**

Today's Tasks

1. List daily priorities and make necessary contacts.
2. Inventory supplies for daily operation, preview next week's activities, and create a shopping list.
3. Inventory pro-shop supplies such as uniforms and order more, if necessary.

Arrival – 3:30 Snack/Change Clothes/Bathroom Break

3:30 – 3:50 Learning Activity

Analogies

Objective: Students will develop their abilities to categorize, brainstorm, and practice oral communication skills.

Materials: None.

1. Instruct the students to sit on the floor in a circle, meditation-style. Using the headings below, select a student to narrow the category down so it is more focused. For example, a heading could be animals. A focused (or narrower) category could be safari animals, pets, farm animals, etc.
2. After the first student has narrowed the category, go around the circle asking each student to suggest a word that fits the focused category. Allow students to question other players about their choice. Encourage dialogue between students.
3. After going around the circle, announce another category, and select a different student to focus the category.

Categories:

- | | | | |
|------------------|---------------|-------------|----------|
| 1. Sports | 2. Cars | 3. Music | 4. Dogs |
| 5. North America | 6. Authors | 7. Painting | 8. Trees |
| 9. Africa | 10. Airplanes | | |

3:50 – 4:15 Physical Activity**Target Bowl**

Objective: Students will learn to control their power by adjusting the amount of force they use to hit their target.

Materials: 3 balls of different weight (e.g. volleyball, tennis ball, beach ball), tape.

1. Use the following point system:

100	100	100	100	100
50	50	50	50	50
25	25	25	25	25
10	10	10	10	10
5	5	5	5	5

2. Give your students three chances to hit the five-point targets with the three different balls.
3. Now, give your students three chances to hit the 100-point targets with the three different balls.
4. Now, have your students try it again, but on each attempt change the target (e.g. hit five, hit 50, hit ten).
5. After everyone has had a chance, congratulate them all for making such a great effort.

4:15 – 5:00 Martial Arts Class**5:00 – Pick-Up Worksheet/Homework**

NOVEMBER

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If you have any questions or concerns feel free to contact us.
We're always glad to address any concerns or comments you might have.

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