



INSTRUCTOR'S GUIDE

Your Daily After-School Schedule

NOVEMBER, WEEK 2

"Let us rise up and be thankful, for if we didn't learn a lot at least we learned a little; and if we didn't learn a little, at least we didn't get sick; and if we got sick, at least we didn't die; so, let us all be thankful."

–Gautama Buddha

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 Fortune

A farmer was plowing one day on his farm when he turned up a pot of golden coins with his plow. He was overjoyed at his discovery, and from that time forth, made an offering daily at the shrine of the Goddess of the Earth. Fortune was displeased at this, and came to him and said, "My man, why do you give Earth the credit for the gift which I bestowed upon you? You never thought of thanking me for your good luck; but should you be unlucky enough to lose what you have gained, I know very well that I, Fortune, should then come in for all the blame."

Moral of the Story: Show gratitude where gratitude is due.

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**Washington Square**

Objective: Students will develop agility, focus, and coordination.

Materials: Playground ball.

1. Divide your class into teams of five. Join two teams together to form a larger group of ten.
2. Instruct each group to form a circle with legs spread should-width apart, feet touching the student's feet on either side. Toss a playground ball into the middle of the circle.
3. The object is for players to hit or throw the ball between the legs of another player. No one can move their legs during the game. When the ball goes through a player's legs, she is out of this round, the rest of the circle steps in closer, making sure their feet are touching each neighbor's foot, and the game continues.
4. Play continues until only a few players are left.
5. Declare the winners, have everybody join back in, and play a second round.

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. Replace and maintain road signs.

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

3:30 – 3:50 Learning Activity

New Year's Resolutions

Objective: Students will state a major goal that they're inspired to achieve this year and put it in a letter. When the end of the year comes, your school will mail it to the student to see if they've really accomplished it. After all, success leads to leadership.

Materials: Paper, pencils, and envelopes.

1. Have each student write one goal on a sheet of paper.
2. Collect each paper and put one in each envelope and write the student's name and address on it.
3. Put them in a safe place to mail in 11–12 months.

3:50 – 4:15 Physical Activity**The Line-Up Challenge**

Objective: Students will develop critical listening skills, communicating both verbally and non-verbally, and working cooperatively within a group.

Materials: Stopwatch or digital watch.

1. Instruct the group to sit down on the floor, meditation-style, side by side. Inform the group that you are going to announce the order in which the entire group must line up. Time the students with a stopwatch or digital watch. For the first round, challenge students to line up from youngest to oldest in a straight line. Emphasize that if two students are ten-years-old, they must determine who is younger by the month each was born. Give a signal for students to start, and begin timing them. When the group feels they are in the correct position, check the line by asking each student her birthday.
2. Have the students return to the floor, side by side. For the second round, instruct students to line up by height. Give the signal for the group to start, and begin timing. As before, walk along the line to check for accuracy in the line-up.
3. Ask students to sit back down on the floor for the third time, side by side. For the final round, pick one of the first two ways the group lined up, by age or by height. This time, when you give the signal to start, tell students they may not talk while lining themselves up.
4. Time the group. After the group finishes lining up, compare the time it took the first time with the time it took the second time with no talking. Which time was faster?
5. Ask the class if someone can explain the results.

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**Balance Challenge**

Objective: Students will develop balance, strength, and flexibility.

Materials: None.

1. Instruct your class to spread out around the room, leaving as much room as possible between themselves.
2. Explain the challenges.

Challenge 1: Balance Touch

Place a small object like a paper ball about one yard in front of the student. The student stands straight and balances on one leg. He then points to the object with his other foot and attempts to tap it. After tapping the object, the player tries to return to the beginning position of standing straight and balancing on one foot.

Challenge 2: Push Way Up

Students start in the push-up position. The goal is to bounce up and down, lifting both feet and hands off the ground at the same time. How many can they do in a row?

Challenge 3: Bouncing Ball

Keep the upper body straight while bending knees. From this position, the student jumps as high as she can while maintaining her straight upper body and bent knees. She then immediately jumps back up a little lower than the first jump; then jumps up again, a little lower than the jump before. She continues to jump up and down, each time going lower and lower until she is barely jumping off the ground like a rubber bouncing ball.

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**

Superhero

Objective: Students will learn how to identify what they think makes superheroes courageous.

Materials: None.

1. Instruct your students to sit in a circle, meditation style.
2. Explain to your students that big ideas require big abilities. There are many things that are beyond the abilities of human beings. Explain that they are going to imagine they are superheroes. They must think about what kind of goals they have that they can't reach right now, and what powers they would need to make their dream a reality.
3. Give your students five minutes to brainstorm A) what their dream is, and B) what superhero power would help them accomplish it. When they're finished, have them come up with a name for their superhero. For your level 2 and 3 students, have them come up with the history of their superhero, how they got their powers, etc.
4. One at a time, have each student share their dream and their superhero. After they share their superhero with the class, ask them if they think there might be another way they can achieve their dream without having superpowers.
5. After each student has had a chance to share, congratulate them all on being so creative and thinking big!

3:50 – 4:15 Physical Activity**Peg Pick-Up**

Objective: Students will develop their strength, balance, and coordination.

Materials: Jump rope or martial arts belt, rolled-up socks or tennis balls.

1. Pair students up by size and strength to make the activity fair for each student.
2. Pass out a rope (jump rope or martial arts belt) and two small objects (rolled up socks, tennis balls, shoes, etc.) to each pair of students.
3. Instruct the students to stretch the rope out between themselves until it is tight. Each student places an object about three feet directly behind the other.
4. When you say go, each student begins to pull the rope like a tug-of-war. The object of the game is to pick up the object directly behind them WITHOUT letting go of the rope.
5. The First player to pick up the object wins.
6. Play the best two out of three, then switch partners.

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 critical thinking skills and vocabulary.

Materials: None.

1. Divide your class into groups of no more than 15. Instruct students to sit on the floor in a circle, meditation-style.
2. Read the analogies listed below, one at a time.
3. Select a student to go first. The student must fill in the blank and complete the comparison. If the student is correct, read the next analogy to the student on the left. If the first student is incorrect, then the next student to the left must fill in the blank.
4. Do NOT repeat the analogy; this will help students concentrate.

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| 1. Big is to _____, as large is to small. | Little |
| 2. Hat is to head, as shoe is to _____ | Foot |
| 3. Bird is to nest, as _____ is to hive. | Bee |
| 4. Rug is to _____, as curtain is to window. | Floor |
| 5. _____ is to road, as boat is to lake. | Car |
| 6. Boy is to man, as _____ is to woman. | Girl |
| 7. _____ is to room, as gate is to yard. | Door |
| 8. Sleep is to tired, as _____ is to hungry. | Food |
| 9. Zoo is to animals, as library is to _____ | Books |
| 10. Floor is to _____, as ceiling is to top. | Bottom |
| 11. _____ is to grass, as blue is to sky. | Green |
| 12. Belt is to _____, as bracelet is to wrist. | Waist |
| 13. Car is to driver, as airplane is to _____ | Pilot |
| 14. Book is to _____, as television is to watch. | Read |

3:50 – 4:15 Physical Activity**Wheelbarrow Race Relay Challenge**

Objective: Students will develop arm strength, coordination, and teamwork skills.

Materials: None.

1. Divide the class into pairs, then arrange the pairs into groups. Group 1 will compete in the first race.
2. One team member walks across the floor on his hands in a push-up position, while his teammate holds his ankles off the ground and walks along behind him, as if he were pushing a wheelbarrow. Partner A is on his hands and B is standing.
3. The leader says go, and they race across the floor until B can touch the opposite wall. Then, B drops to his hands and A stands up and they race back. The first pair whose A partner touches the wall wins.
4. Let Group 2 compete next, and so on until all groups have gone the first round.
In the second round, take the top two or three teams from each group to make up the Tiger Group, and the slowest two or three teams in the Lion Group. Let each group compete again. If you have enough students, compete for a third round.
5. Once you know how fast each team is, make new teams that should be equally matched for relay races.
6. The relays work the same way: Partner A goes down, and Partner B comes back, then the next pair goes down and back, etc. In these relays, losers should do something other than push-ups, because their arms are already tired.
7. Adjust the teams to get a closer race and relay race again.

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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