



INSTRUCTOR'S GUIDE

Your Daily After-School Schedule

NOVEMBER, WEEK 3

*"When we find someone who is brave, fun, intelligent,
and loving, we have to thank the universe."*

-Maya Angelou

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 Moose at the Pool

A thirsty moose went down to a pool to drink. As he bent over the surface he saw his own reflection in the water, and was struck with admiration for his fine spreading antlers; but at the same time, he felt nothing but disgust for the weakness and slenderness of his legs. While he stood there looking at himself, he was seen by a ferocious monster; but in the chase which ensued, he soon drew away from his pursuer, and kept his lead as long as the ground over which he ran was open and free of trees. But coming presently to a wood, he was caught by his antlers in the branches and got stuck. "Woe is me!" he cried. "I despised my legs, which might have saved my life: but I gloried in my horns and they have proved my end."

Moral of the Story: What is worth most is often valued least.

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?

3:55 – 4:15 Physical Activity**Fire Up the Fireball**

Objective: Students will develop their leadership qualities and encouragement skills.

Materials: Soft plush or rubber ball.

Scatter the students out around the room and have them begin tossing the ball around softly to each other. Each time they catch it, they must shout a positive and encouraging word and pass it on before five seconds is up. If they fail to do so or drop the “fireball,” they’re out and must sit.

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

Brain Bowl

Objective: Students will develop their knowledge of martial arts.

Materials: Mixing bowl, paper.

1. Write a series of martial arts-related questions that pertain to the latest techniques and philosophies you've been working on. Fold the paper so you can't see the questions and put them into the mixing bowl.
2. Instruct your students to form two lines at one end of the gym, facing you. Set the bowl in the middle of the room.
3. Explain that they are going to be playing Brain Bowl, a trivia game that will test their smarts. They will have to answer a series of trivia questions as fast as they can while trying to finish before the other group.
4. Instruct the first two students in each line to stand up. Explain that they must run to the bowl, pick out a question, and read it out loud to their team. After the question has been read out loud, each team has until the reader from the other team gets back to his group to answer the question. For example: The Group 1 reader runs back to his group; Group 2 must answer their question by the time he gets to his group. If one or the other group fails to answer their question in time, they don't get a point. The reader of the question then returns to the back of the line and the next student runs to the bowl, reads a question, then runs back.
5. When all of the questions are finished, tally up the points and congratulate your winners.

3:50 – 4:15 Physical Activity**Body Slam**

Objective: Students will learn how to help others succeed by supporting a partner in team sports.

Materials: Some kind of laundry hamper or garbage bin that can be used as a basketball hoop, a basketball or ball of similar size that will bounce.

1. Instruct your students to sit in a semi-circle in front of your basket.
2. Show your students the ball they will be attempting to dunk.
3. Explain to your students that desire is the root of all success. Desire is the starting point for achieving your goals.
4. The next activity is all about desire. Explain to your students that in Body Slam, they will be pushing their desire to the limits. Your students are gladiators competing in a gladiator tournament. Each student will get a chance to slam three balls before time runs out.
5. Ask your students a skill-testing question related to martial arts. The first student to answer correctly gets to be your first gladiator in competition.
6. Show your students the boundaries of play surrounding the basket. You can use cones or tape to mark out a space approximately ten feet by ten feet.
7. Hand each of your other students a target pad and have them stand in front of the basket. Inform your first competitor that their goal is to get past the blockers and dunk the ball three times. They will have 30 seconds each to accomplish this.
8. On your command, have your first student start.
9. Continue until all students have gone.
10. When time is up, congratulate your students on doing such a great job having the desire to achieve their goal. Discuss why they need the desire to get through the blockers, and for older students, discuss how the blockers represent obstacles that come between us and our goals.

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 Learning Activity

Giveaway Lists

Objective: Students will learn the art of service and charity.

Materials: Paper, pencils.

1. Give each student a piece of paper and a pencil.
2. Instruct them to draw five items (toys, clothes, etc.) that they don't use anymore.
3. Ask them to draw a picture of each item and to ask their parents if they can donate them.
4. Have them write a charity name and address on a blank envelope.
5. Now, when they go home, their parents can arrange a pick-up or deliver the items themselves.

3:50 – 4:15 Physical Activity**Kickball Quiz**

Objective: Students will learn and reinforce important lessons while enjoying a fun physical activity.

Materials: 4 Bases (can use backpacks).

1. Take your students out to a local park. While we strongly recommend taking your students outside for an hour every day; if you cannot take your students to the park, your gym will work fine.
2. Lay the bases out on the four corners of a square like a baseball diamond.
3. Explain to your students that today they will be playing Kickball Quiz. Explain that you are going to ask them to answer questions based on things you've been teaching them in your martial arts class this month.
4. Divide your students into two teams. Explain the rules of kickball: One team will be "at bat," and the other will be in the field, on the bases, and pitching. Each player on the team that is at bat, gets three attempts to hit the ball. Once the team at bat accumulates three strikes, they're out. The difference between Kickball Quiz and regular kickball is that the process of being tagged out is different.: When an at-bat student kicks a ball pitched by the pitcher, they must attempt to run the bases. The first player on the opposing team to catch the ball stops the runner at the last base they tagged. The student who is the base player at that location must ask the runner a skill-testing question-related to the martial arts. If the student who is running the bases answers correctly, she gets to hold her position at the base she last touched. If she answers incorrectly, that's a strike and the next player comes up to bat. Once three players are struck out, that ends the inning. Remind base players to read the correct answer out loud; this will help everybody remember for their next at-bat.

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**

How Are These Things Alike?

Objective: Students will develop logic and deductive reasoning skills.

Materials: None.

1. Divide your class into groups of no more than 15 (groups do not need to be even). Instruct students to sit on the floor in a circle, meditation-style.
2. Select a student to go first. Read one of the pairs of words below. Ask the student to say how the two words are alike. We have supplied some possible responses, but any reasonable response should be accepted.
3. Continue around the circle until each student has had a chance.

1. Sweater/blanket	(both used for warmth; used by people)
2. Puppy/baby	(both are offspring; both cry or whimper)
3. Rain/tears	(both are clear; both trickle or run)
4. Scissors/lawnmower	(both have blades; must move to make them work)
5. Newspaper/book (	both convey messages; both use words)
6. Barn/motel	(provide shelter; similar shapes; have inhabitants)
7. Saw/comb	(both have teeth; pointed edges)
8. Wind/water	(both can be used as energy sources; destructive)
9. Volcano/fireworks	(both can be dangerous; both shoot)
10. Fish/soap	(both can float; go in water)
11. Candle/pencil	(both get shorter with use; elongated shapes)
12. Kite/sailboat	(both moved by the wind; used for recreation)
13. Bread/oatmeal	(both are grains; eaten for breakfast)
14. River/rainstorm	(both move; can be helpful)
15. Eagle/lion	(both are symbols of power; predators)

3:50 – 4:15 Physical Activity**Shuttle Run**

Objective: Students will learn how to push their boundaries by thinking big.

Materials: 30 Beanbags or similarly sized items, stopwatch or clock.

1. Instruct your students to line up on one wall.
2. Explain that in order to push your limitations, you must think big.
3. Explain to your students that they are going to be doing a shuttle run. Ask your students a skill-testing question related to the martial arts. The first student to answer correctly gets to be your volunteer. Have your volunteer demonstrate a shuttle run. Create a pile of beanbags on the opposite side of the room. When you say go, have your volunteer run to the other side of the room, pick up one beanbag, run back to the starting point and drop the beanbag.
4. Ask your students how many beanbags they think they can grab in 30 seconds. Encourage them to think big. This time, explain that instead of having to carry one beanbag per trip, they can carry as many as they would like. Encourage them to use their imaginations on how to carry them and explain that they can use anything in the room to help them.
5. One at a time, have your students stand up and say, "I am running the relay today, I'm going to think big in every way. I can grab (number of beanbags) in 30 seconds!" Start the clock and see how many they actually get. Put the beanbags back on the pile and have the next student try.
6. Once every student has had a chance, congratulate them on thinking big and trying to get as many beanbags as possible. Remind them that in this exercise, it doesn't matter if they reached their goal. What matters is that they think big. Explain that thinking big requires you to use your imagination to achieve goals bigger than you thought you could accomplish.

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**

Buzz!

Objective: Students will develop their math skills.

Materials: None.

1. Divide your class into two groups by age: Put the five–eight-year-olds in one group and the nine and older into another group. Instruct both groups to sit on the floor in a circle, meditation-style. Try to spread the two groups apart from each other so the noise won't bother each other.
2. For the older group, choose a number to be the "Buzz" number. Seven often is the chosen number. Select a student to begin. She begins counting at one. The next person (clockwise) continues counting by ones, so they would say two. This continues around the circle. Any time a number comes up that contains a seven, the person must say "Buzz" in place of the number. For example, seven, 17, 27, etc. However, there is a second rule: Any number that is a multiple of seven must also be replaced by the word "Buzz." Multiples of seven are: 7, 14, 21, 28, 35, 42, 49, 56, 63, 70, 77, 84, 91, etc.
3. In summary, any number containing a seven or a multiple of seven must be replaced with the word "Buzz." If a student makes a mistake, the group must start back over at zero. After several rounds change the "Buzz" number.

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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