



INSTRUCTOR'S GUIDE

Your Daily After School Schedule

NOVEMBER, WEEK 5

*"A thankful heart is not only the greatest virtue,
but the parent of all the other virtues."*

–Cicero

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.
4. Hold staff meeting to go over teaching and marketing strategies for the week.

Arrival – 3:30 Snack/Change Clothes

3:30 – 3:50 Learning Activity

Read the story.

Weekly Story: The Lion and the Mouse

A Lion lay asleep in the forest, his great head resting on his paws. A timid little Mouse came upon him unexpectedly, and in her fright and haste to get away, ran across the Lion's nose. Roused from his nap, the Lion laid his huge paw angrily on the tiny creature to kill her.

"Spare me!" begged the poor Mouse. "Please let me go and someday I will surely repay you."

The Lion was much amused to think that a Mouse could ever help him. But he was generous and finally let the Mouse go. Some days later, while stalking his prey in the forest, the Lion was caught in the toils of a hunter's net. Unable to free himself, he filled the forest with his angry roaring. The Mouse knew the voice and quickly found the Lion struggling in the net. Running to one of the great ropes that bound him, she gnawed it until it parted, and soon the Lion was free.

"You laughed when I said I would repay you," said the Mouse. "Now you see that even a Mouse can help a Lion."

Moral of the Story: A kindness is never wasted.

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**Freeze!**

Objective: Students will develop creative movement and imagination.

Materials: None.

1. Choose a student to be the first leader.
2. When the leader says go, all students begin moving around the room any way they want (observing commonsense safety precautions).
3. At any time the leader can yell “freeze!” Then, they announce an object for everyone to imitate. For example, the leader might announce, “You are a motorcycle.”
4. The students move around the room pretending they’re motorcycles for one minute.
5. The leader then chooses a student to become the new leader, who chooses something new.
6. Play until time runs out.

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**

3:30 – 3:50 **Learning Activity**

Three Cheers

Objective: Students will develop compassion, positivity, and empathy.

Materials: None.

1. Have students sit in a circle, meditation style.
2. Explain that inspiration is very important to winning. In sports, there is such a thing as home court advantage because players are inspired by performing in front of their home team.
3. Divide students into three groups.
4. Have each group come up with a cheer that describes their martial arts school and how awesome it is. Give them ten minutes.
5. When time's up, have each group present their cheer.
6. You can refine these cheers and use each of them at your next exhibition, demonstration, or open house!

3:50 – 4:15 Physical Activity**Scarecrow**

Objective: Students will learn the importance of determination.

Materials: One box of paperclips for each set of partners.

1. Divide students up into partners. Assign one partner in each group to be the “scarecrow” and the other to be the “farmer.” The paperclips represent “wheat.”
2. Line the partners up on one side of the room and make a pile of “wheat” on the other side for each pair.
3. When you say go, the scarecrow puts their arms out to their sides, parallel to the floor.
4. The farmer runs and gathers the “wheat” one piece at a time, brings it back, and drops it behind the scarecrow.
5. If a scarecrow allows drops their arms, their partner has to stop gathering wheat.
6. The pair with the most wheat behind their scarecrow wins the round.
7. Have each set of partners switch roles and play the game again.
8. Ask students how they felt keeping their arms up.
9. Explain that it takes determination to achieve your goals, even ones that seem easy on the surface.

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. Look for new brochure locations.

Arrival – 3:30 Snack/Change Clothes

3:30 – 3:50 Learning Activity

Find My Number

Objective: Students will develop mental math and critical listening skills.

Materials: Big sheet of paper or dry-erase board, marker.

1. Make a list of large, printed numbers on a big sheet of paper for everyone to see: 13, 4, 8, 5, 10.
2. Divide students into groups of no more than 15, then have them sit in a circle, meditation style.
3. Going around the circle, call on students to answer the questions below, which are related to the numbers.
4. If the student solves the problem, move on to the next player to the left. If they're incorrect, the student to their left must solve the same problem. Do NOT repeat the problem; this'll help students to concentrate.

Question:

- a.) The difference between which two numbers is 8?
- b.) The sum of which two numbers is 13?
- c.) The difference between which two numbers is 6?
- d.) The sum of which three numbers is 22?
- e.) Which numbers make a sum of 30?

Answer:

- 13-5
8+5
10-4
13+5+4
13+8 +5+4

6. Use the following numbers with the next set of questions: 12, 6, 3, 11, 4

- f.) The sum of which two numbers is 16?
- g.) The difference between which two numbers is 9?
- h.) The sum of which two numbers is 17?
- i.) The sum of which three numbers is 20?
- j.) The difference between which two numbers is 5?

- 12+4
12-3
11+6
11+6+ 3
11-6

3:50 – 4:15 Physical Activity**Two Steps Forward**

Objective: Students will develop patience and strategy.

Materials: Deck of cards, tape.

1. Create a tape trail along the playing area.
2. Have students line up along the starting line facing you.
3. Explain to them that it's easy to be determined when you're making progress and everything's going fine, but the challenge is staying determined when things take a turn for the worse. Remind them that the true battle is with yourself, not with others. They should keep this in mind while playing.
4. Show students your deck of cards. Explain that each student will draw a card from the deck.
5. If they draw a card belonging to a black suit (spades, clubs), they move forward by the number on the card; e.g. 6 of spades moves forward six steps. If the card belongs to a red suit (diamonds, hearts), they move back the corresponding number of steps.
6. Take out the cards of every suit from 2–5. These will be the cards you use for this game.
7. Show your students three cards: one black, two red.
8. Turn them over and mix them up.
9. Have the first student point to a card.
10. Turn that card over. If it's black, they advance; if it's red, they go backwards.
11. Continue shuffling the cards and give every student a chance to play.
12. The first student to the finish line is the winner.
13. When the game's over, explain to your students that being determined means not giving up. Ask them whether the person that got an early lead ended up being the person that won. If you give up when you think you're going to lose, you end up guaranteeing you won't win. Sometimes, the person in last place has the determination to win, and when the opportunity comes up, they take it. Even if you get behind, don't give up.

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**

3:30 – 3:50 **Learning Activity**

Back to the Future

Objective: Students will develop critical thinking and written communication skills.

Materials: Paper, pencils.

1. Have students sit at tables.
2. Pass out a sheet of white lined paper and a pencil to each student.
3. Ask the following question: if you could enter a time machine and travel either forward or backward in time to any location, where and when would you go?
4. The emphasis for this activity is for students to explain why they chose the location they did. Tell the students they'll have 15 minutes to write their stories.
5. Circulate around the room, offering assistance in spelling and other common student questions.
6. Allow students to share their responses.

3:50 – 4:15 Physical Activity**Battlefield Ninja Spies**

Objective: Students will develop strategy and cooperation.

Materials: Tape, 25 pieces of paper (8.5" x 11"); marker.

1. Write the words that appear in the table below (don't include the words in parentheses) on your sheets of paper.
2. Create a 5'x5' square grid in the center of the room and arrange the words in them.
3. Divide students into two equal teams (TEAM 1 & TEAM 2).
4. Assign team captains by asking students a skill-testing martial arts question. The first person on each team to answer correctly will become that team's captain.
5. Space students out on the grid like a checkerboard, as shown below:

Positive (TEAM 1)	Healthy	Fantastic (TEAM 1)	Happy	Excited (TEAM 1)
Commit	Friendly (TEAM 1)	Honest	Fun (TEAM 1)	Determined
Fair	Prepare	Playful	Caring	Humble
Helpful	Smart (TEAM 2)	Wise	Brave (TEAM 2)	Generous
Super (TEAM 2)	Genius	Great (TEAM 2)	Special	Kind (TEAM 2)

6. Explain to them that being prepared means choosing your moves carefully so you can achieve your goals. In this game, each of your students is a battlefield ninja and the team captains are the generals. Each ninja moves on the command of their general.
7. Each ninja must get to the opposite team's base without getting "hit." Hits count for one point and are made by leapfrogging over a player when they're one square away from you. There are no backwards or sideways moves, only straight and diagonal.
8. Each general controls his ninjas by giving a command. For example, TEAM 1's general says, "[John!] Be [Prepared]!" [John] then moves to the "Prepared" square. The general from TEAM 2 can command his ninja on the "Smart" square to be "Friendly," and score by leapfrogging TEAM 1.
9. Record each team's points.
10. The team with the most points when they reach the other side wins.

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

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

3:30 – 3:50 Learning Activity

Brain Busters!

Objective: Students will practice listening and review some of your curriculum.

Materials: Paper, pen.

1. Prepare 20 to 25 trivia questions with the answers on a piece of paper. The questions can be about anything you want. For example, you may use martial arts terms or vocabulary words in the language of your art, or even "show me" questions ("show me an outside crescent kick"), or on any other topic you choose—sports, movies, music, etc. This game is easily played again by changing the questions.
2. Divide students into groups of no more than 15 students (they don't need to be even). Each group will play the game individually.
3. Have them line up side by side with an arm's length distance between them across the long side of your training area.
4. Stand across the room, calls a student's name, and ask them a trivia question.
5. If they respond correctly, they take one long step forward toward you. If they answer incorrectly, nothing happens to them, but you call on someone else to answer the question. **DO NOT REPEAT THE QUESTION.** Force students to listen to the question only once.
6. Play continues with you calling on students to answer the trivia questions.
7. The first person to reach the far side of the room wins.

3:50 – 4:15 Physical Activity**Treasure Quest**

Objective: Students will develop their agility, and listening and quick-thinking skills.

Materials: Tape, five chairs, three kicking targets, kicking pad.

1. Create a starting line on the floor with tape.
2. Set up an obstacle course with five chairs and three kicking targets from one end of the room to the other.
3. Separate students into groups by skill level, then have them line up behind the starting line, single file.
4. Explain to them that they've entered an ancient crypt to find a hidden treasure. Their goal is to find the treasure and escape the crypt, but the crypt is booby trapped, so they have to leave the crypt carefully or they'll be stuck inside forever! To get out alive, they must follow the special instructions you'll be giving them.
5. Give students a list of things they need to do at each stage of the obstacle course to disarm each of the different booby traps. For younger students who'll have a harder time memorizing your instructions, allow them to ask you to repeat your instructions by saying, "Sorry, Sir, sorry, Sir; please repeat!"
6. When you say go, students will zig-zag through the chairs, which are "land mines," and do three jumping jacks.
7. They must jump over the moat (kicking targets stacked up about shin height), tug on their ears three times and say, "I got it, I'm listening!"
8. They fight the crypt guardian (one of your instructors with a kicking pad held in front of them). You'll give them the three secret moves required to beat the crypt guardian (you can say something like, "Five front kicks, five side kicks, five straight punches!").
9. Once they defeat the crypt guardian, they run past him and get their treasure (touch the wall).
10. Since the entire crypt is booby trapped, they must bear crawl (walk on hands and feet without letting their knees touch the ground) all the way back to the starting line.
11. When all of your students have completed the challenge, congratulate them all on listening so closely!

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