AMSKIDS
After School & Summer Camp Programs



INSTRUCTOR'S GUIDE

Your Daily After-School Schedule

DECEMBER, WEEK 2

"What draws people to be friends is that they see the same truth. They share it."

–C.S. Lewis

Part of the **AMSkids Program**

Day 1

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: Greedy Boy

There lived twin brothers called Sam and Tom. They are identical twins where even the mother of the twin boys found it too hard to differentiate between the two during the initial months of birth. However, they are like two poles when it comes to everything other than their appearance. They neither agree with anything, nor do they share even one single trait!

Sam has no friends, whereas for Tom, the world is friendship. Sam loves sweets and Tom loves to eat spicy foods. Sam is Mommy's pet and Tom is Daddy's pet. Where Sam is generous, Tom is greedy.

As they grew up, the father of the twin boys wanted to share his fortune equally. However, Tom did not agree and argued that whoever is more intelligent and strong should gain a higher share of wealth than the other. Sam agreed. Their father decided to organize a competition between the two. He ordered the two sons to walk as long as they could and to return home before the sunset. Whoever covers the longer distance and returns home before sunset will be offered a huge amount of wealth proportionate to the distance they covered. They didn't carry a watch to calculate time.

Both started to walk a long way on a sunny day. Sam walked slowly and steadily, while Tom longed to win over Sam and began running immediately.

The distance they covered until mid-noon would be equal to the distance they would reach home before sunset. It was now mid-noon and Sam decided to return back as he could reach home on time.

However, Tom yearned to earn more wealth, and did not turn back home, even after mid-noon. He walked two times longer in distance than what Sam covered, and then decided to return back as the evening falls. He rushed to return home as the sun turned orange in the evening. Unfortunately, he could not even make it halfway home as the moon rose.

He lost the race and was defeated by his greediness!

Moral of the Story: Greediness will make you lose everything.

Questions for Discussion:

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

3:50 – 4:15 Physical Activity

Sa Bum Nim Says

Objective: Students will learn ways to be respectful and develop their reflexes.

Materials: None.

1. Like Simon Says, give exercises for the students to do based on the commands.
2. They only stay in the game if they listen correctly and do the exercise right.
3. Instead of saying "Simon says," say "Sensei says," or "Sa Bun Nim," or "Sifu," etc.

4:15 – 5 Martial Arts Class

5 – Pick-Up Worksheets/Homework

Day 2

Today's Tasks

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

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

3:30 – 3:50 Learning Activity

Manners

Objective: Students will learn why manners are important to having self-control.

Materials: Light-colored construction, pencils, markers.

1. Manners are no laughing matter. As adults, we know that your ability to socialize with other people largely determines your successes in both your professional and personal life. This activity combines art with reflective thinking so that students present two sides to a situation.
2. Pass out a sheet of light-colored construction paper, a pencil, and some markers to each student. Instruct them to think of a bad habit. Suggestions include: Chewing with your mouth open, smoking, swearing, not exercising, bad diet, etc.
3. Once students have decided on a particular behavior, have them draw a before-and-after cartoon. In one cartoon, have a person demonstrating a bad manner. In the other cartoon, draw a more acceptable version of the bad manner. For example, a student could draw a movie theater audience with several people talking. In the second cartoon, he could draw a person politely asking them not to talk during the movie. The possibilities are endless.

3:50 – 4:15 Physical Activity

Loop Relay

Objective: Students will develop speed, coordination, and cooperation.

Materials: Piece of masking tape.

1. Divide your class into teams of six to 12 members. Teams must be even, or some members have to run twice. Divide each team in two and send them to opposite sides of the training room and face each other. Lay down a piece of tape halfway across the room.
2. When you say go, the first person in each line sprints out to the centerline to meet with their teammate, where they join their right hands. They proceed to do a complete spin (360 degrees), let go, and sprint back to their original starting point, where they tag the next person in line, who sprints out to meet his teammate, spins, and returns. When every member of the team has gone, spun with the right, and returned, the first person goes out again and spins, joining left hands.
3. The first team to complete the relay wins. Let the winners choose a "reasonable punishment" for the losers such as 20 push-ups, 20 sit-ups, etc.

4:15 – 5 Martial Arts Class

5 – Pick-Up Worksheets/Homework

Day 3

Today's Tasks

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

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

3:30 – 3:50 **Learning Activity**

What Do You Value?

Objective: Students will develop their thoughts and feelings towards what they value in their lives.

Materials: Paper and pencils.

1. Explain to the students that "value" means something that is important to them. It can be something physical like their friends, or something invisible like their imagination or bravery.
2. Instruct the students to write down five things they value most in their lives.
3. Have them write the five things down. Then, have them share the list and keep it so they can post it on the refrigerator at home.

3:50 – 4:15 Physical Activity

Turtle Tag

Objective: Students will develop their coordination and stamina.

Materials: Three kicking targets (maybe the same or different colors).

1. Create a large, rectangular area on your training room floor (you may use the sparring rings) to serve as the boundaries for the game.
2. Choose one player to be It. She chases after her classmates and attempts to tag one of them. If she successfully tags someone, that student becomes It and continues the chase. Students can avoid being tagged by dropping down on the floor, rolling over on their backs, and wiggling their arms and legs like turtles.
3. After several students have been It, the game will probably slow down from exhaustion. Add a second It to the game so two people are trying to tag classmates.

4:15 – 5 Martial Arts Class

5 – Pick-Up Worksheets/Homework

Day 4

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/Restroom Break

3:30 – 3:50 Learning Activity

Santa's Bag

Objective: Students will learn how to be thoughtful about their giving.

Materials: None.

1. Instruct your students to sit in a circle, meditation-style.
2. Explain to your students that a big part of giving is giving people what they need and being thoughtful about their needs and wants. Part of that comes from knowing what people want. In this activity, students are going to practice knowing what others want.
3. Go around the circle and have each student say something they would like to get in the near future. Your first student will say what he wants and the second student will then say what she and the first student want, and so on. Each student will say, "In Santa's Bag, Student 1 has a (name of item) and Student 2 has a (name of item)," and so on.
4. The first student to forget what one of the students wants will be out and the game will start over.
5. Continue playing as long as time permits.
6. When time is up, congratulate your students on doing such a great job taking the time to be thoughtful about what others want.

3:50 – 4:15 Physical Activity

Two-Square

Objective: Students will develop hand-eye coordination, quick reflexes, and team spirit.

Materials: Masking tape, playground ball.

1. Prior to doing this activity, lay down tape on the floor to make a "court" for each group of ten students. Use the tape to make each court of two squares with sides of about four feet, sharing one side. Next, divide your class into teams of five. Match up teams of the same age and ability to face each other on the opposite sides of a court.
2. Players should line up one behind the other, facing the center of the court (the shared side of the squares.) Each group will need a playground ball. The first player in each line steps forward.
3. Select a student to serve first. The server hits the ball underhanded into the far square. The player on the other side must hit the ball back into the other square underhanded. Once the ball is in play, it must be hit in the air (before it bounces) or after one bounce. If a foul occurs, that player is eliminated and goes to the end of his line, and the other team earns a point. The next player steps forward and receives the serve.

There are three ways to make a foul:

a) Hitting the ball in any manner other than underhanded
b) Ball landing out of bounds or on the centerline
c) Holding, catching, or palming the ball

4. Play as time permits.

4:15 – 5 Martial Arts Class

5 – Pick-Up Worksheets/Homework

Day 5

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/Restroom Break**

3:30 – 3:50 **Learning Activity**

Good Deeds, Indeed

Objective: Students will learn to understand the importance of doing good deeds.

Materials: None.

1. Divide your class into groups of no more than 15 (groups do not need to be even). Instruct the students to sit on the floor in a circle, meditation-style. To launch the activity, share the phrase, "The best things in life are free."
2. Ask each student to share a good deed they have done recently that was free (literally costing no money). The following are some examples to get the group started: Compliment a person on something he has done; share something of yours with someone else; listen to a friend's troubles; offer to help with a problem or chore; spend time with someone who is lonely; introduce two of your friends to each other.

3:50 – 4:15 Physical Activity

Balance Beams

Objective: This activity continues to introduce and develop various balancing movements.

Materials: None.

Students should select a partner and find a space in your training room area. Ask students to allow as much space as possible between each set of partners.

1. Handstand Support
Both partners begin by facing each other approximately five feet apart. One partner is the handstand person, the other is the supporter. The handstand person should lean and fall forward toward the supporter leading with their hands. In one continuous motion, the handstand person plants both hands on the floor and pushes up with both legs. When the handstand person's legs are almost vertical, the supporter will grab each leg by the ankle and help balance the handstand person. Clearly, it may take several tries before certain people can do it. Switch roles and repeat activity.

2. Leg Support
The first partner should lie down on the floor on their back. Slowly raise both legs together and bring the knees in towards the body until the legs are straight up and down (the back should be flat on the floor). The second partner stands over the other partner, facing the opposite direction. Slowly, the partner should sit down so that their bottom comes to rest on the partner's feet. To help support the upper partner, the lower partner should take hold of each foot and help steady them. How long can they stay in that position? Switch roles and repeat the activity.

3. Arm and Leg Support
The first partner should lie down on the floor on their back as in the previous exercise. Slowly raise their legs into the same position as in the previous exercise. The second partner should stand over the lower partner facing his feet. Slowly the upper partner should lean over and place their hands on the lower partner's feet. Next, the upper partner should place each foot onto each of the lower partner's hands. The lower person then pushes up with his hands so that the top partner has both his arms and legs and his back straight. How long can they stay in that position? Switch roles and repeat activity.

4:15 – 5 Martial Arts Class

5 – Pick-Up Worksheets/Homework

WEEK 2: Create Notes & Activity Reminders

DECEMBER

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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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