

INSTRUCTOR'S GUIDE

Your Daily After-School Schedule

DECEMBER, WEEK 1

"Friendship is never anything but sharing."

-Elie Wiesel

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: Precious Coin & Generosity

Mahatma Gandhi was on an expedition to collect funds from various cities and villages for Charkha Sangh. He went to several palaces and reached Orissa. He had organized a meeting in Orissa.
He requested to offer funds for the Sangh and gave a speech. After the speech, a very old woman with a bent back, tattered clothing, white hair, and dry and wizened skin got up. She was trying to reach the stage and requested the volunteers to allow her to reach Gandhi Ji. However, the volunteers stopped her; yet she fought with them and reached Gandhi Ji.
She touched the feet of Gandhi Ji. Then she took out a copper coin kept in the folds of her sari and placed the copper coin at his feet. The old lady left the stage.
Gandhi Ji very carefully took the coin and placed it safely. The in-charge of the Sangh asked Gandhi Ji for the copper coins, but he refused to give them over.
"I keep checks worth thousands of rupees for the Charkha Sangh," the in-charge said laughingly. "Yet you won't trust me with a copper coin."
Gandhi Ji said, "This copper coin is worth much more than those thousands." Gandhi Ji said. "If a man has several lakhs and he gives away a thousand or two, it doesn't mean much."
Yes, the coin was just the only thing that the poor old woman possessed. She did not even have proper clothes and seemed that she could not afford food, yet still gave everything she had.
It was the greatest offer ever made. That is why Mahatma held the coin very preciously.

Moral of the Story: We may have tons of wealth, but that doesn't make us generous. Offering a helping hand when we have nothing or very little makes it all the more valuable.

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?

3:55 – 4:15 Physical Activity

Humming

Objective: Students will develop listening skills, reflexes, and strength.

Materials: None.

1. Have your class sit in a group and select a student to hum a Christmas song that is familiar.
2. If anyone knows what the song is, they may raise their hand and wait to be called on by the player doing the humming. If the person is right, they get to hum the next song. If the student is wrong, they must do 15 free kicks. Any other student may raise their hand and guess what the song is.

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. 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

Blind Man's Bluff

Objective: Students will develop aerobic conditioning, coordination, and focus.

Materials: One deck of playing cards for each group of four students.

1. Break your students up into groups of four and have them sit on the floor, meditation-style.
2. Hand out the cards to each set of students. Each student gets 13 cards. The first player plays any number of cards that are matching. The following player can play a card of the same value, or one higher or one lower. If you accuse someone of cheating and they are not, you must pick up the pile of cards. If they are cheating, they must pick up the pile of cards. The next person in the order gets to choose whichever cards they would like to start the round.
3. When you have five minutes left, ask your students what it felt like to not know if the students they were playing the game with were cheating. Tell them that it's important that you be honest with people at all times because it is the right thing to do. It's hard to feel good about winning when you know that you cheated. Well, maybe not so much in Blind Man's Bluff!

3:50 – 4:15 Physical Activity

Capture the Flag

Objective: Students will improve their thinking skills, teamwork, and increase their quickness and agility.

Materials: Two towels, two chairs, tape or rope.

1. Have your students sit in a circle, meditation-style.
2. Divide your group into two teams.
3. Divide your playing area in half by laying down a line made of tape or rope.
4. Designate a prison in each team's area (a small taped square in a corner of the room if possible) and try to make each team's area symmetrical, if possible.
5. Finally, you need two scarves, bandanas, or small towels to act as flags. The object of the game is to capture the opposing team's flag, which should be hanging over a chair in the other corner away from the prison. As long as a student stays on his side of the dividing line, he may not be tagged. However, when a student crosses the mid-line into enemy territory, he may be tagged. A tagged player is brought to the opposing team's prison. A player can be released from prison if a teammate is able to cross the mid-line, get to the prison, and tag the player before she is tagged. Once a prisoner is successfully tagged, both players are allowed to cross back to their side of the room without being tagged.
6. The game ends when one team captures the flag of the opposing team. When the game is over, have each team member thank their teammates for helping them achieve their success at capture the flag.

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 Acknowledge?

Objective: Students will develop social skills.

Materials: Paper and pencils.

1. Give a sheet of paper and a pencil to each student.
2. Explain what the word "acknowledge" means, and then ask them to write three things they'd like to acknowledge for getting involved in martial arts (i.e. what three things helped them join).
3. Give an example of three things that helped you join and love martial arts.
4. Tell the students to keep the list and to put it on the wall in their rooms.

3:50 – 4:15 Physical Activity

Tunnel Race

Objective: Students will develop cooperation and quickness.

Materials: None.

1. Divide your class into groups of no more than 15 (groups must have an odd number). Select one player to be It. Divide the remaining players (an even number) into two circles. Direct one circle to to stand around the other. The people in the inner circle should face the outer circle people.
2. The players in each circle should then take the hands of the people they are facing so that the entire circle forms a tunnel of pairs. The player who was selected to be It walks through the tunnel, tags any pair, and then steps into one of spaces. Then, the two tagged players each run in opposite directions until they return to their original spots. The first person to return must slip into the remaining space. The last person to get there will be It for the next round.

4:15 – 5 Martial Arts Class

5 – 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/Restroom Break

3:30 – 3:50 Learning Activity

Instructor Appreciation

Objective: Students will develop self-esteem and learn the concept of inner-reflection and appreciation as the year draws to a close.

Materials: None.

1. Instruct students to sit down on the floor in a circle, meditation-style.
2. Discuss the idea of appreciation with your group. Point out that no one is perfect; there is something about each one of us that someone could appreciate. Announce something that you appreciate about the students. Emphasize that each person must feel comfortable in order to share a genuine comment. Select a student to go next to say what they appreciate about you or another student, then continue around the circle until each person has had a chance to share.
3. To close the activity, analyze the responses. Were there any similar answers? Different responses between boys and girls? Did age seem to make a difference?

3:50 – 4:15 Physical Activity

Three Deep

Objective: Students will develop their speed and agility.

Materials: None.

1. Have the students form two circles, one inside the other. For the outer-circle, the students need an arm's-length distance between each other. The inner circle lines up so that each player is directly in front of a player in the outer circle. Both circles should be facing inward.
2. Select two students to step out of the circles. One will be the chaser and the other will be the runner. Within the immediate inner and outer areas of the circle, the chaser pursues the runner and attempts to tag him. The runner escapes by taking a position directly in front of any two players, thus forming a three-deep combination. The last of the three students (the player in the outer circle) now becomes the runner, and he can escape in the same manner as the first runner. If the chaser succeeds in tagging the runner, their roles are reversed.
3. Continue play as long as time permits.

4:15 – 5 Martial Arts Class

5 – Pick-Up Worksheet/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

Frame It

Objective: Students will learn that different things have different names depending on your perspective.

Materials: None.

1. Instruct students to sit in a circle, meditation-style.
2. Explain to your students that perspective is like a camera lens: When you look through a camera, it frames a specific thing. For example, if you are looking at a bowl of fruit, you can frame the apple, orange, banana, or pear. In Frame It, your students are going to try to identify what the object or location is based on the items you call out.
3. Think of a place or object, like a bicycle. Then, you will give your students clues like "a tire" and "gears." Your students can guess at any time what the object or place is. If your students guess "car", you can tell them no, and that they must gain more perspective on what it is before they guess. Continue giving them clues until they guess correctly.
4. Continue with a few different objects or places.
5. When you have about five minutes remaining, explain to your students that sometimes, to know the right thing to do or the right way to respond to a situation is to get more perspective. Sometimes, you aren't getting the whole picture, and you need to get more information before you can make a decision about a situation.
6. Congratulate your students for expanding their perspectives!

3:50 – 4:15 Physical Activity

Chain Reaction

Objective: Students will focus on passing proper technique to their classmates.

Materials: None.

1. Instruct your students to stand in two rows facing each other.
2. Explain to them that in sparring, they must focus on their target. When sparring against another person, you must focus on the area you are interested in striking.
3. Explain that this activity will be very similar to falling dominoes. When you set up a row of dominoes and knock one over, they all fall over, one at a time. In this activity, your students are going to start a chain reaction by performing a martial arts sparring technique.
4. Have the first student in line execute a strike on the student across from him or her. For example, have the first student perform a straight punch to the midsection of the student across from himself. The next student will perform a straight punch to the midsection of the person across from *herself*.
5. Continue down the line until you get to the end of the line. Have the last student to perform the drill be the first to begin a new drill in the opposite direction (e.g., a hook punch).
6. Change the drill each round and have your students focus on their targets as they perform the drill.

4:15 – 5 Martial Arts Class

5 – Pick-Up Worksheets/Homework

WEEK 1: 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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