

Hi-YA WW! Incorporate Martial Arts into a General PE class.

Use martial arts in a variety of ways to warm-up a class or use as a standalone unit. Learn why martial arts are good for the brain and how to incorporate martial arts techniques into class warm-ups, circuit training, and relays.

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Classroom Management

Warm-up Activity

Attention Command – *Chah-reot*

Attendance / Note-cards

Divide class into groups

- Instructional Lines
- Exercise Lines

Formative Assessment

Advocacy Resources:



“Spark” By Dr. John Ratey

“Brain Rules” By Dr. John Medina

Jean Blaydes Madigan – ActionBasedLearning.com

Brain Activities

- Switch, Change, Rotate
- “Gotcha!”
- Thumb and Index Finger Change/Nose and Ear Change
- Neck/Chin Infinity Sign
- Hip Stretch / Elbow to Knee Stretch
- Crazy Eights
- Music Conductor
- Basketball Figure Eights – Passing/Dribbling – (Paper)
- Knife-hand Strike
- Passing Out Papers

National Physical Education Standards

Standard 1: Demonstrate Competency in motor skills and movement patterns needed to perform a variety of physical activities.

- (*Psychomotor Domain*)

Standard 2: Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

- (*Cognitive Domain*)

Standard 3: Participates regularly in physical activity.

- (*ALL Domains*)

Standard 4: Achieves and maintains a health enhancing level of physical fitness.

- (*Fitness Domain*)

Standard 5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

- (*Affective Domain*)

Standard 6: Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

- (*Affective Domain*)

Equipment

Swim Noodles - \$.50 - \$2.00

Focus Pads – \$14.95-\$29.95

Alligator Pads - \$15.00 - \$27.95

Wave Master – \$99.99- \$139.99

Boxer - Inexpensive Cardio Station - \$29.99

Body Shields \$59.00- \$79.00

Re-breakable Boards - \$30.00- \$40.00

Ki-Hap – Korean for the “YELL” that martial artists practice when executing their techniques.

- Forces the students to breath and use oxygen.
- Gives them extra power during their techniques.
- Builds confidence through vocalization.
- Relieves stress

Stances:

- Attention - *Chah-reot*
- Front
- Middle
- Sparring

Blocks:

- High
- Inner Forearm - (Muscle)
- Low

Strikes:

- Knife-hand Strike
- Punch (Jab)
- Front hand
- Reverse Punch (Cross)
- Back hand

Kicks: - (1, 2, 3, 4)

- Front
- Side

Warm-ups or Circuit Training Stations

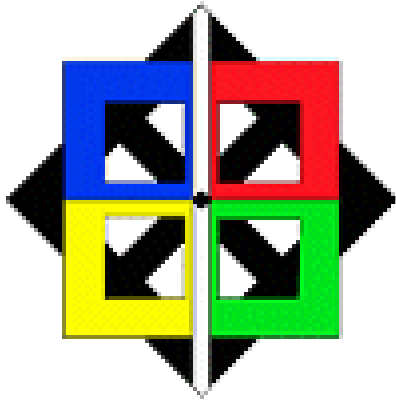
Practice individual Moves

Cardiovascular

Kick-Boxing – Music - “Eye of the Tiger” by Survivor

Relays

Segmented Form Practice



Total Form

**American Tae Kwon Do Association <http://www.ataonline.com/>
Songham Tae Kwon Do**

White Belt Form

18 moves

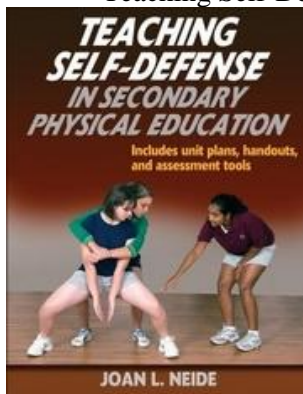
1. High Block
2. Reverse Punch (Cross)
3. #2 Front Kick
4. Low Block
5. Step and Punch (Jab)
6. Inner Forearm Block (Muscle Block)
7. #3 Side Kick with a Ki-hap
8. Knife-hand Strike
9. Step and Punch (Jab)

Repeat with the other side of the body

1. High Block
2. Reverse Punch
3. #2 Front Kick
4. Low Block
5. Step and Punch
6. Inner Forearm Block
7. #3 Side Kick with a Ki-hap
8. Knife-hand Strike
9. Step and Punch

Self Defense

- Teaching Self-Defense in Secondary Physical Education By Joan L. Neide Human Kinetics \$23.00

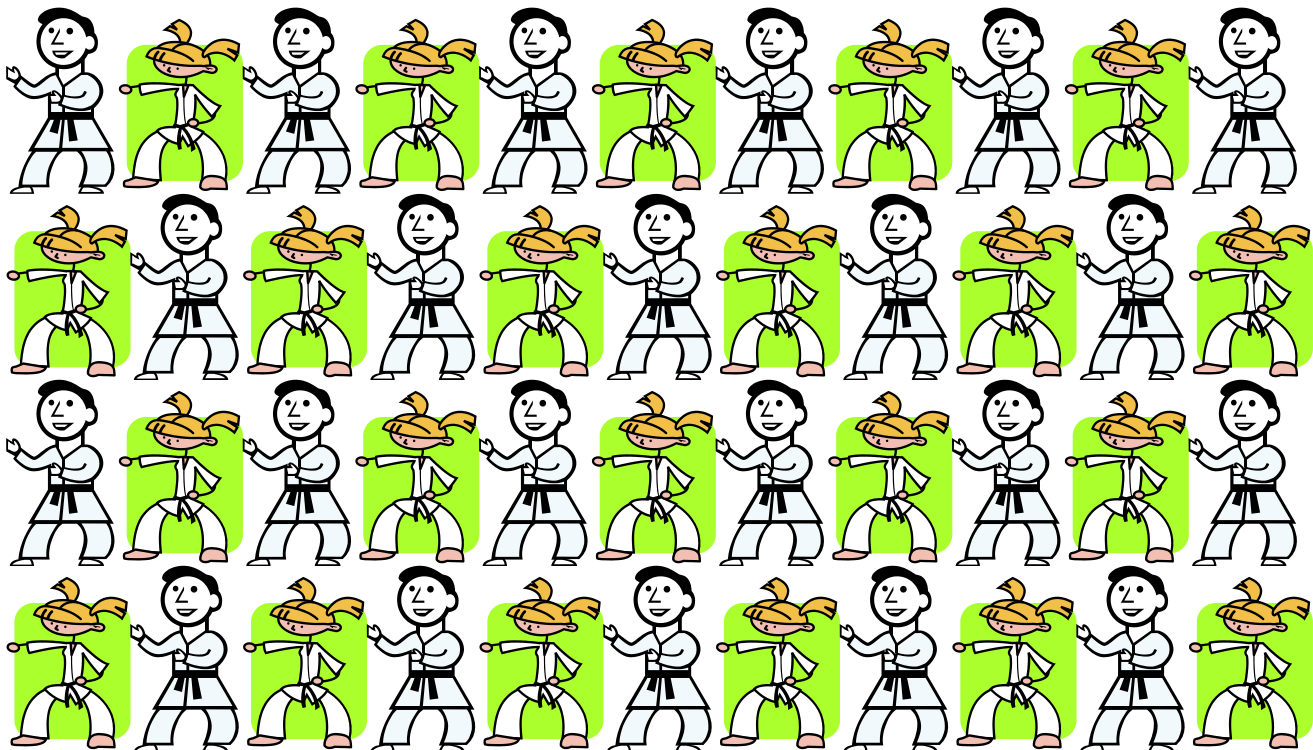


NAME _____

Period _____

Tae Kwon Do – White Belt Form
Form - Songham One – 9th Grade - 18 Moves

#	Technique	KI-Hap	Side	Stance	Section
1.	High Block		Left	Front	High
2.	Reverse Punch		Right	Front	Middle
3.	#2 Front Kick		Right	--	Middle
4.	Low Block		Right	Front	Low
5.	Step and Punch		Left	Front	Middle
6.	Inner Forearm Block		Right	Middle	High
7.	#3 Side Kick	Ki-Hap	Right	--	Middle
8.	Knife-hand Strike		Right	Middle	Middle
9.	Step and Punch		Left	Front	High
10.	High Block		Right	Front	High
11.	Reverse Punch		Left	Front	Middle
12.	#2 Front Kick		Left	--	Middle
13.	Low Block		Left	Front	Low
14.	Step and Punch		Right	Front	Middle
15.	Inner Forearm Block		Left	Middle	High
16.	#3 Side Kick	Ki-Hap	Left	--	Middle
17.	Knife-hand Strike		Left	Middle	Middle
18.	Punch		Right	Front	High



Place an X through the picture for every repetition that you practice the entire form.

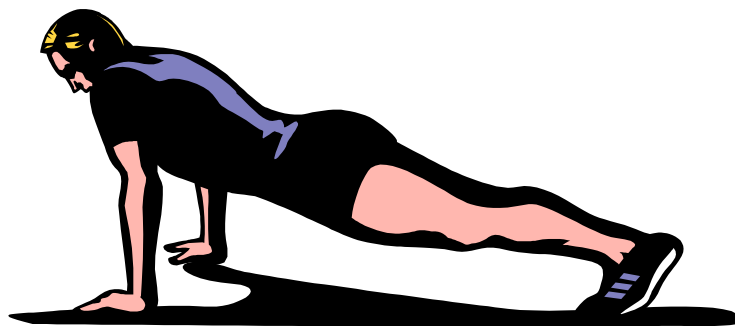
1. Jog



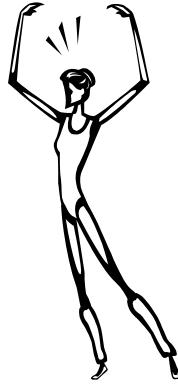
2. Skip



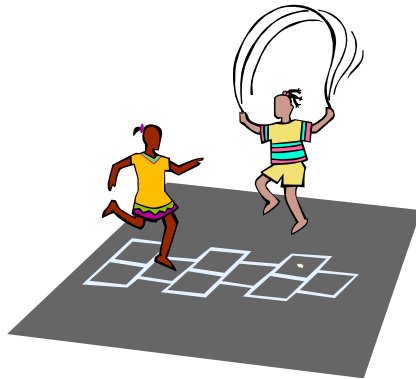
3. Push-Ups 10X



1. Slide



2. Power Skip



3. Curl-Ups **10X**



1. Walk Backwards



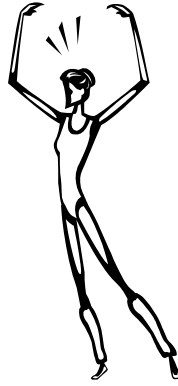
2. Gallop



3. Mountain Climbers 10X



1. Slide



2. Carioca



3. Prisoner Squats 10X

