

SIX WEEK LESSON GUIDE

LESSON	WARM-UP, BASICS AND TRAINING	LEARNING INTENTION AND AUSTRALIAN CURRICULUM ALIGNMENT	SUCCESS CRITERIA By the end of this session, students should be able to:
1	<ul style="list-style-type: none"> › Running forward, sideways and back › Run, stop and jump options › Game: Tag › Horse riding punch › Basic stances / kicks › Stretching and/or breathing 	<ul style="list-style-type: none"> › Explore how success, challenge and failure strengthen identities (ACPPS033) › Practise and refine fundamental movement skills in a variety of movement sequences and situations (ACPMP043) › Practise and apply movement concepts and strategies (ACPMP045) › Combine elements of effort, space, time, objects and people when performing movement sequences (ACPMP047) 	<ul style="list-style-type: none"> › Form a fist and punch correctly › Perform a forward stance, low section block and a middle section punch › Perform a low section block whilst moving backwards › Perform a middle section punch whilst moving forward › Perform front, side & back kick combinations
2	<ul style="list-style-type: none"> › Cone running options › Partner drills / stretching › Stuck in the mud › Horse riding punch › Forward stance, low section block and punch › Patterns › Basic kicking techniques › Moving forward and kicking › Stretching and/or breathing 	<ul style="list-style-type: none"> › Explore how success, challenge and failure strengthen identities (ACPPS033) › Practise and refine fundamental movement skills in a variety of movement sequences and situations (ACPMP043) › Practise and apply movement concepts and strategies (ACPMP045) › Combine elements of effort, space, time, objects and people when performing movement sequences (ACPMP047) 	<ul style="list-style-type: none"> › Perform a pattern of 7 moves › Perform a horse-riding punch (single and double) › Perform a low section block, middle section punch whilst moving › Perform a right four directional punch and a flying side kick
3	<ul style="list-style-type: none"> › Cone shuttles and relays › Bullrush › Punch and blocking combination › Right 4 directional punch pattern › Review new punching and kicking techniques › Stretching and/or breathing 	<ul style="list-style-type: none"> › Describe and apply strategies that can be used in situations that make students feel uncomfortable or unsafe (ACPPS035) › Practise and refine fundamental movement skills in a variety of movement sequences and situations (ACPMP043) › Practise and apply movement concepts and strategies (ACPMP045) › Combine elements of effort, space, time, objects and people when performing movement sequences (ACPMP047) 	<ul style="list-style-type: none"> › Perform a low section block/raising block/ middle section punch whilst moving › Perform a combination punch/low block then a raising block/punch › Perform a right four directional punch › Perform a jumping front, side and back kick

SIX WEEK LESSON GUIDE CONTINUED

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4	<ul style="list-style-type: none"> › Cone course x 5 › Review punch and block › Simon Says › Overview of kicking basics › Patterns as a group › Flying sidekicks › Stretching and/or breathing 	<ul style="list-style-type: none"> › Identify and practise strategies to promote health, safety and wellbeing (ACPPS036) › Practise and refine fundamental movement skills in a variety of movement sequences and situations (ACPMP043) › Practise and apply movement concepts and strategies (ACPMP045) › Combine elements of effort, space, time, objects and people when performing movement sequences (ACPMP047) 	<ul style="list-style-type: none"> › Perform front and side kicks › Perform knife hand strikes › Perform right and left four directional punches › Perform a flying side kick
5	<ul style="list-style-type: none"> › Circuit training › Review punch, kick and blocks › Mirroring › Punch, blocking and patterns › Tournament: memorising a pattern › Stretching and/or breathing 	<ul style="list-style-type: none"> › Identify and practise strategies to promote health, safety and wellbeing (ACPPS036) › Practise and refine fundamental movement skills in a variety of movement sequences and situations (ACPMP043) › Practise and apply movement concepts and strategies (ACPMP045) › Combine elements of effort, space, time, objects and people when performing movement sequences (ACPMP047) 	<ul style="list-style-type: none"> › Perform a horse-riding punch (single and double) › Perform a low Section Block (moving) › Perform a middle Section Punch (moving) › Perform a right four directional punch
6	<ul style="list-style-type: none"> › 5 x stations of 5 exercises x 2 rounds › Crawling tag › Kicks and punches with partner › State a technique - students perform › Stretching and/or breathing 	<ul style="list-style-type: none"> › Explore how success, challenge and failure strengthen identities (ACPPS033) › Practise and refine fundamental movement skills in a variety of movement sequences and situations (ACPMP043) › Practise and apply movement concepts and strategies (ACPMP045) › Combine elements of effort, space, time, objects and people when performing movement sequences (ACPMP047) 	<ul style="list-style-type: none"> › Perform a variety of kicks at a shield or shadow boxing › React to instructions and perform a variety of kicks and punches