

Objective

By the end of this lesson, the student will have learned basic concepts in English, History, Math, Physical Education, Science, and Social Studies, all while exploring the exciting world of gymnastics and ninjas. The student will be able to express their thoughts in writing, understand historical figures in gymnastics, perform simple math related to their activities, and develop physical skills through fun exercises.

Materials and Prep

- Paper and pencil for writing
- Open space for physical activities
- Timer (can use a phone or watch)
- Basic knowledge of famous gymnasts and ninjas

Activities

- **Gymnastics Word Hunt:** Create a list of gymnastics-related words (like "balance," "tumble," "vault"). The student will search for these words in a book or around the house and write down where they found them.
- **Ninja History Time:** Discuss famous ninjas in history, like the legendary Shinobi. The student can create a short story about a ninja's adventure.
- **Math with Movement:** Set up a simple obstacle course. The student will count how many times they can complete it in 1 minute and then write down the number. They can also add their time to their friend's time if they have one.
- **Physical Ninja Training:** Practice simple gymnastic moves like forward rolls and cartwheels. The student can pretend they are ninjas training for a mission!
- **Science of Movement:** Discuss how muscles work when we exercise. The student can try stretching and see how their muscles feel before and after the activity.
- **Social Studies: Ninja Cultures:** Learn about the culture of ninjas in Japan. The student can draw a picture of a ninja and write a few sentences about what they learned.

Talking Points

- "Did you know that gymnastics helps improve balance and strength? What gymnastics move do you want to learn today?"
- "Ninjas were not just fighters; they were also spies! What do you think a ninja would do to stay hidden?"
- "Let's count how many times you can do this obstacle course. How can we use math to keep track of your progress?"
- "When you do a cartwheel, which muscles do you think are working the hardest? Let's see if we can feel them!"
- "In Japan, ninjas had special training. What do you think was the most important skill a ninja needed?"
- "How do you think gymnasts prepare for their competitions? What do you think they eat or practice?"
- "What would your ninja name be? Let's come up with a fun story about your ninja adventures!"
- "What do you think is the coolest thing about being a gymnast or a ninja? Let's draw it!"