

Objective

By the end of this lesson, Jackson will have a better understanding of basic Taekwondo movements and terminology, as well as an appreciation for the discipline and respect that comes with martial arts training.

Materials and Prep

- Open space for practicing movements
- Comfortable clothing suitable for exercise
- Water bottle for hydration
- Optional: A mirror to practice movements and stances

Before the lesson, make sure you have a safe area to practice where there are no obstacles. It's also important to remind Jackson to stay hydrated throughout the activities.

Activities

• Warm-Up Stretching

Begin with a fun stretching routine to warm up the muscles. Include movements like arm circles, leg stretches, and gentle twists. This helps prevent injuries and prepares the body for activity.

• Basic Taekwondo Stances

Introduce Jackson to the basic stances in Taekwondo, such as the horse stance and front stance. Have him practice holding each stance for 10 seconds while focusing on balance and posture.

• Simple Kicks

Teach Jackson how to perform simple kicks like the front kick and side kick. Use clear instructions and demonstrate each kick. Encourage him to practice slowly at first, then gradually increase speed as he becomes comfortable.

• Fun Taekwondo Game

End the lesson with a fun game that incorporates the moves learned. For example, create an obstacle course where he has to demonstrate a kick at each station or perform a specific stance when he reaches a certain point.

Talking Points

- "Taekwondo is not just about kicking and punching; it teaches us discipline and respect!"
- "Can you show me your best horse stance? Remember to keep your knees bent and your back straight!"
- "When we practice kicks, it's important to control our movements. Let's try to kick slowly first!"
- "How does it feel to hold a stance? It's like a strong tree standing tall!"
- "Remember to breathe while you're practicing. It helps you stay calm and focused!"
- "Martial arts is about helping each other. If you see someone struggling, how can you help them?"
- "What was your favorite part of today's lesson? Every little bit you learn is a step towards becoming a great martial artist!"

- "Let's celebrate our hard work with a fun game! Learning can be exciting!"