

Objective

By the end of this lesson, the student will have a basic understanding of Ninja classes and be able to perform a few introductory moves.

Materials and Prep

- Comfortable clothing
- An open space to move around

Activities

- **Warm-up:** Begin the lesson with a quick warm-up to get the student's body ready for the activities. This can include stretches, jumping jacks, or jogging in place.
- **Basic Stances:** Teach the student a few basic stances used in Ninja classes. Demonstrate and explain the horse stance, front stance, and cat stance. Have the student practice each stance and hold them for a few seconds.
- **Shadow Boxing:** Introduce the concept of shadow boxing, where the student will practice basic punches and kicks without a partner. Teach them proper form for a jab, cross, front kick, and roundhouse kick. Have the student practice these moves in the air, focusing on technique and balance.
- **Obstacle Course:** Set up a small obstacle course using household items like cushions, chairs, and cones. Have the student navigate through the course using their Ninja moves and stances. Time them and encourage them to improve their speed with each attempt.
- **Cool-down:** Finish the lesson with a cool-down to stretch and relax the muscles. Guide the student through a few gentle stretches, such as touching their toes, reaching for the sky, and stretching their arms across their chest.

Talking Points

- **Stances:** "Stances are important in Ninja classes because they help us maintain balance and stability while performing moves. The horse stance is like sitting on an invisible chair, the front stance is like taking a big step forward, and the cat stance is like getting ready to pounce."
- **Shadow Boxing:** "Shadow boxing is a way for us to practice our punches and kicks without a partner. It helps us improve our technique and build strength. Remember to keep your guard up and use your whole body when throwing punches and kicks."
- **Obstacle Course:** "Obstacle courses are a fun way to test our Ninja skills. They help us improve our agility, speed, and problem-solving abilities. Try to navigate through the course as quickly as you can while maintaining control over your movements."
- **Cool-down:** "Cooling down after physical activity is important to help our bodies recover and prevent muscle soreness. Stretching helps improve flexibility and relaxes our muscles. Take slow, deep breaths while stretching to help your body relax."