**SAMPLE LESSON PLAN (12+ age group)**

**Warm Up:** (~5 minutes)

* Guided breathing
* Stretches
  + Legs in front
  + Butterfly
  + Arm across
  + Wrist
  + Head

**Motor skill building activities:** (~10 minutes)

* Obstacle course (5 times through each person)
  + Agility ladder (one step in each square)
  + Hoops (skipping or jumping in between)
  + Backwards roll down wedge
  + Breakfall onto crash mat
* Strength building
  + Pushups (can be on knees)
  + Sit-ups (can be crunches)
  + Squats
  + Star-jumps

**Judo questions and breakfall practice** (~10 minutes)

* Judo questions. Use as much prompting as necessary to help the student get to the answer (e.g. make a stop hand gesture, point at the Judo uniform). Get the student to repeat the word after they get it.
  + What country is Judo from?
  + How do you say stop in Judo?
* Breakfall from sitting in a group. 1\*5.
* Breakfall from standing in a group. 1\*5
* Throw a ball in a circle, whoever throws the ball then breakfalls (~2 goes each person).

**Judo skills** (~15 minutes)

* Basic roll-over from turtle on instructor/helper. 3 turns each.
  + “Hand on collar and belt, I push my partner over and put my stomach on their stomach”
* Jump over instructor (who is lying on their stomach, instructor goes into turtle, student does previous roll-over. \*3 turns each.
* O-goshi practice (one hand on sleeve, one around back, and turn). Practicing on instructor. 5 turns each.

**Cool-down** (5 minutes)

* Guided breathing
* Stretches
  + Legs in front
  + Butterfly
  + Arm across
  + Wrist
  + Head
* Bow and shake hands with partners.