**SAMPLE LESSON PLAN (5-12 age group)**

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

* Guided breathing
* Stretches
  + Legs in front, touch your feet
  + Butterfly
  + Arm across
  + Wrist circles
  + Turn head left and right

**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)
  + Walk across balance beam
  + Jumping onto a crash mat
* Vertical jumping practice e.g. onto a crash mat. (5 turns each).

**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 do I want you to do when I say Matte?
  + What is a Gi?
* Breakfall from sitting in a group. (2\*5).

**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”
* O-goshi practice (one hand on sleeve, one around back, and turn). Practicing on instructor/helper. (3 turns each)
* Three steps forward into O-goshi. (3 turns each).

**Cool-down** (5 minutes)

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