

Lesson Plan	4ESO	Teacher Candidate(s): Supty Rani Saha & Qianqian Zhou Chen	Grade: 4 <sup>th</sup> ESO A	Equipment: Sport equipment or gym clothes.
		1. Supty Rani Saha		
		2. Qianqian Zhou Chen		
		Name Activity: BODY COMBAT CLASS		
			Students: All of the class	References:

## Lesson Plan Instructions

### Section 1: Contextual Information

Lesson Plan Component	Directions
Teacher Candidate/s	Supty Rani Saha & Qianqian Zhou Chen
Grade	A
Name Activity	Body Combat
Equipment	Sport clothes
References	FOR THE STEPS: <a href="https://www.youtube.com/watch?v=lujcE3FGL_U">https://www.youtube.com/watch?v=lujcE3FGL_U</a> & <a href="https://www.youtube.com/watch?v=mCk8fv-o4es">https://www.youtube.com/watch?v=mCk8fv-o4es</a> The music, we found it, in YOUTUBE, in general.

### Section 2: Lesson Activities

Lesson Plan Component	Directions
Column: time	Provide a range of estimated time for each task presented
Column: organization	
Column: observations	We'll put music, so we'll need speakers.
Instant Activity	We'll need 3 or 4 minutes for warm up.
Introduction	Hi! We're Qianqian & Supty, and today, we're going to show you our BODY COMBAT class.
Fitness Activity	In this workout and you'll punch and kick, burning up to 740 calories along the way. The benefits that BODY COMBAT has it's that it works your legs, tones your arms, back and shoulders and provides phenomenal core training. You'll destroy calories, develop coordination, agility and speed, and feel empowered.

Body of Lesson	
<ul style="list-style-type: none"> <li>• Tasks</li> </ul>	Describe the task with enough detail so someone else could teach it. In the first row of the task (a), explain how you will get the students engaged in the activity In the second row (b) you will describe the task in detail.
<ul style="list-style-type: none"> <li>• Cues</li> </ul>	List cues used for the task.
<ul style="list-style-type: none"> <li>• Variations</li> </ul>	Add modifications to make the tasks easier and harder according to the skill level of the students (examples: change the time, distance, challenges, 3 of people, etc.).
Lesson closure	How you end the lesson
Evaluation of lesson	
<ul style="list-style-type: none"> <li>• Post-planning</li> </ul>	Analysis of student performance. What did the students learn in this lesson?
<ul style="list-style-type: none"> <li>• Teacher reflection</li> </ul>	Teacher reflection includes what worked, what didn't, why, and what to change.

## EXERCISE SEQUENCE:

Hi! We're Qianqian & Supty, and today, we're going to show you our BODY COMBAT class.

In this workout and you'll punch and kick, burning up to 740 calories along the way.

The benefits that BODY COMBAT has it's that it works your legs, tones your arms, back and shoulders and provides phenomenal core training. You'll destroy calories, develop coordination, agility and speed, and feel empowered.

First of all, we should start with WARM-UP:

- 1- We're going to do this exercise called ARM SWINGS (x10 times at the center) & (x20 in each side)
- 2- Now we'll jump in each side, (LEFT & RIGHT), 2 times without crossing our legs. (x10 times in total), and we'll incorporate the punch pose, in the moment that we find correct.
- 3- And now, let's do some punches from bottom to top, for warm up the shoulders, moving the upper body. (x30 times)
- 4- Now, we're going to place this movement, but in front of us, but, in every 2 punches, we should make one in a side. (x10 this sequence)
- 5- We're going to do the previous exercise, but first with a squat, and then, we'll make the same, but instead of 1 punch in the side, we're going to make 2 punches in the same direction (x5)

We start with the activity:

- 6- Now, we will going to do footing, first, backwards, and for make higher the intensity, we'll do it frontwards (until we say stop)
- 7- Make 5 squats
- 8- Now, jump in the left side, and the touch the floor with the right hand, and then do the same, but vice versa (x20 times)
- 9- Kick first with the left leg, and then with the right leg with the hands in the punch position. (x15 times with each leg)
- 10- Make a whole round with your hips, one after the other. (x15 in total)

- 11- Make some power lunges, but if you can't you can make some reverse lunges (x20)
- 12- Now, we're going to put our left leg forward, and the right leg back, with the heels, not touching in the floor. With knees in a soft position and with the hands in the guard pose. Now we'll make something called, bounce step or a boxer shuffle, and all that we will do, is bounce back and forward. (Until we say to stop)
- 13- Now we'll make a combo, first we will punch forward with each arm, punch in a side, then, get down, and finally, make the boxer shuffle. (x25 times)
- 14- Then, punch in the right side, in the left side, then, punch down with each arm, starting with the left one. (x5 times the sequence)
- 15- Make the previous exercise, but incorporating the boxer shuffle. (x15 times the sequence)
- 16- Now, make some lunges (x10)
- 17- And for increase the lunges, we'll make power lunges. (x10)
- 18- Now we'll do something that is complicated, put yourself in a push-up pose, but you won't make a push-up, you'll have to put your left leg forward, your right leg forward, and then put them behind, one after the other. (x5)
- 19- Now, we'll high our knees, trying to touch our breast, with both legs, but softly, one after the other, with the hands in this position (we we'll make a demonstration) until we can't kick, but we'll go from low intensity to high intensity.

Finishing of the activity:

- 20- We'll make punches, moving our upper body, without stop, until we don't say stop
- 21- And finally, we'll going to do some stretching exercises:

- Arm swings (center)
- Shoulder stretching (left)
- Triceps stretching (left)
- Shoulder stretching (right)
- Triceps stretching (right)
- Neck stretching (left)
- Neck stretching (right)
- Quadriceps stretching (left)
- Quadriceps stretching (right)
- Ankle stretching (right & left)

Until we don't say to stop