

Prior Learning & this unit: If children completed the self defence unit in year 3 or 4...they were introduced to the fundamentals of Self defence. They looked at the relevance of zones and correct stance when defending themselves. They practiced the basic strikes, knees and kicks to be used in a self defence situation. Children were also introduced to some escape techniques and then participated in some basic self defence scenarios.

Key Skills

Physical Me

Power	Kick
Speed	Flexibility
Co-ordination	Strength
Strike	Balance

Value Me:

- Courtesy
- Respect
- Self control
- Integrity
- Perseverance
- Indomitable spirit

Social Me

- Co-operation
- Collaborate
- Communicate
- Being kind

Thinking Me

- How can I improve my performance?
- Decision making in the zones
- What I need to do in different scenarios



Key Vocabulary

Stance

Straight Punch

High block

Elbow strike

Palm strike

Knee strike

Escape

Scenario

Zones

Key Knowledge

Self Defence Defending yourself from harm

Tenets- Martial Arts principles e.g Courtesy, Respect, Integrity, Perseverance, Self control, Indomitable spirit.

Combinations- A combination of strikes made up of hand and foot techniques

Etiquette - The code of polite behavior in self defence/martial arts

Etiquette

Safety first! Be careful and kind to your training partner- less Power, more technique.

Wear correct protection e.g. gloves when working on a bag

Never use any techniques you learn unless you need to

Be sensible when using equipment

Respect all in the training area -classroom