



Personal Fitness Virtual Learning

7/8 Martial Arts

May 14, 2020



7/8 Grade Personal Fitness & Wellness

Lesson: [May 14th, 2020]

Learning Target:

**Participates in a variety of lifetime dual and individual sports, martial arts or aquatic activities
(S3.M5.7)**

Daily Essential Question/Objective: I will be able to participate in martial arts workouts safely.



Take AVID notes over the following.

- Martial Arts is mainly of the Japanese origin as a form of self-defense or attack. There are several different types of martial arts including taekwondo, karate, and jiu jitsu, as well as MMA (mixed martial arts).
 - Taekwondo- Korean art of self-defense. Training involves learning a system of blocks, kicks, punches, and open-handed strikes, as well as varying forms of take-downs, throws, and joint locks. This help develop strength, speed, balance, flexibility, and stamina. Taekwondo emphasis on kicking techniques.
 - Karate- stresses the striking technique, such as punching, kicking, knee and elbow strikes, and open-hand techniques such as knife-hand (karate chop).
 - Jiu Jitsu- a Japanese martial art for defeating an arm and armored opponent in which one uses no weapon or only a short weapon. Pins, joints lockers, and throws are using the attackers energy against them. There are 5 main areas of training: blocking, fulcrum throw, non-fulcrum throw, escaping, and striking.
 - MMA- is a full contact sports that allows a variety of fighting styles to be used such as martial and non-martial arts techniques. There are striking and grappling techniques, which can be standing or on the ground.

Take AVID notes over the videos.



Review notes

Now, you will reread through your notes.

- Highlight any words or phrases. Must highlight at least 5 times between aerobic and anaerobic notes.
- Call a friend, text, or facetime a friend who did the same assignment and circle any words or phrases that you and your friend highlighted.
- Write a summary of what you learned.



Warm up:

Complete the warm up video before your workout.



- **Complete the workout video**



Cool Down

