

ABC Kick Box

Let's all jump up and kick box the alphabet. (Dukes up, shoulders back, elbows in and make small circles with fists.)

Jab with your right hand and say the letter;

Then punch across with your left as you make the sound.

Back on your left foot to begin.

A - /a/

B - /b/

C...Z

Speed bag and make little circles. (Up, down, left, right.)

Upper cut. (Punch down and up.)

Hook. (Forearm across body.)

This time we're going to say the alphabet backwards starting with Z.

We'll jab with our left hand and say the letter;

Then punch across with the right as you make the sound.

Back on your right foot to begin.

Z - /z/

Y - /y/

X...A

Activities: Rule number one in martial arts – never fight! Use your words.

We do kick boxing to exercise, practice coordination, and help us concentrate.

Role play being angry and what you can do.

Invite a martial arts expert in to share with your class.

Punch out names, word wall words, vocabulary words, etc.