

## Retain more of Your Preschool Students and Parents with These Fun Fitness Drills

Developing a positive attitude for a lifetime of physical fitness should be an important part of your preschool program. Once parents realize that your program promotes healthy physical activity, they are more likely to continue their children's training. Parents will also appreciate how these drills burn preschool-age children's extra energy. When children (and parents) learn the benefits of physical fitness at an early age, they'll be better future students and healthier throughout their lives.

Show parents this report during enrollment conferences for their preschoolers, as an example of your excellent program and to highlight the physical fitness benefits of martial arts.

Many of these drills utilize the movements of various animals to help make them more fun for preschoolers.

### Lion Push-Ups Drill

Step 1: Ask your preschoolers to form a big circle.

Step 2: Ask them to lay on their stomachs, with their heads pointed toward the middle of the circle.

Step 3: Instruct them to place their "lion paws" on the ground, positioning their hands for push-ups.

Step 4: As you count, your preschoolers perform push-ups, while roaring loud like a lion.

#### *Instructor Tips*

- Join your students and do push-ups with a lion roar.
- Use this push-up drill in addition to your fitness class for the best results.
- The number of push-ups your preschoolers will be able to do depends on their age or belt rank. You can determine the correct number for each category of students when you do this drill the first time.
- Remember, most three- to five-year-olds won't be able to do decent push-ups. Learning the concept is more important at these ages.

### Frog Squat Jump Drill

Step 1: Ask your preschoolers to form a big circle.

Step 2: Ask them to put their hands on their heads and bend their knees as low as they can, while keeping their backs straight.

Step 3: As you count, your preschoolers jump as high as they can, while making a croaking-frog sound.



#### *Instructor Tips*

- Join your students in this drill. Your jumping and frog croaking will make them laugh and the drill more fun.
- Consider a special prize for the student, in each category, that jumps the highest.
- The number of squat jumps your preschoolers will be able to do depends on their age or belt rank. You can determine the correct number for each category of students when you do this drill the first time.

# BLACK BELT **TEACHING**

Teaching Strategies for the Owner and Instructor

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## Cat Sit-Ups Drill

Step 1: Ask your preschoolers to form a big circle.

Step 2: Ask them to lay on their backs with their feet toward the center of the circle.

Step 3: As you count, your preschoolers do a sit-up, while meowing like a cat.

### *Instructor Tips*

- Join your students and do sit-ups with a cat meow.
- Use this sit-up drill in addition to your fitness class for the best results.
- The number of sit-ups your preschoolers will be able to do depends on their age or belt rank. You can determine the correct number for each category of students when you do this drill the first time.
- Remember, most three- to five-year-olds won't be able to do decent sit-ups. Learning the concept is more important at these ages.

## Marathon Drill

Step 1: Place markers near the four corners of your classroom, so there is enough space to run around the outside of the markers.

Step 2: Ask your preschoolers to form a straight line behind you.

Step 3: Jog around the four sides of your classroom, outside the markers.

Step 4: As you jog, give the command "lion." Your students must stop and do five lion push-ups.

Step 5: Start jogging again and give the command "frog." Your students must stop and do five frog squat-jumps.

Step 6: Start jogging again and give the command "cat." Your students must stop and do five cat sit-ups.

Step 7: Repeat this drill twice.

### *Instructor Tips*

- Perform these exercises with your students during this drill.
- This is a great cardiovascular drill for children. Parents will appreciate burning that extra energy before going home.

## Ninja-Ninja Turtle Game

Step 1: Ask your preschoolers to form a big circle.

Step 2: Choose the student who is sitting best to be the first ninja.

Step 3: The first ninja walks around the outside of the circle and touches each student on the head and says, "ninja."

Step 4: The first ninja chooses a student to chase him or her around the circle by saying "turtle," when tapped on the head.

Step 5: The "turtle" student chases the first ninja around the circle and tries to tag him or her before sitting in the "turtle's" original position.

Step 6: If the "turtle" student doesn't tag the first ninja, then the "turtle" becomes the next ninja and starts with Step 3.

Step 7: If the "turtle" student is able to tag the first ninja before he or she sits in the empty space in the circle, then the ninja is eliminated from the game and must sit in the middle of the circle, known as the mush pot. The "turtle" student sits in his or her original position. Choose another student to be the ninja, and continue the game.

### *Instructor Tips*

- Make sure each student has an opportunity to be a ninja.
- Encourage all your students to cheer the ninjas and turtles during the chase.
- This drill is identical to the popular duck-duck-goose game.

At the end of your fitness class, reward each student with a black stripe, indicating that they have passed the fitness requirement for that belt. At testing time, you can select one or more of these drills to demonstrate for the judges.

Each drill is designed to accommodate all ranks and styles. The higher rank the student, the more difficult the drills and the higher standards you should set for their performance.