KOKORO KAI Lesson Plan

## Use this document to plan a lesson and record its success during review.

## Please print the final page once for each time the plan is used and add it into the lesson’s portfolio to allow progressive review as it evolves.

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**Intended Class Size:** *4-10*
**Target Grade:** 2nd *Kyu*
**Minimum Grade:** *4th Kyu*

**Plan Produced by:** *Richard Mann* **Additional Instructors Required?** ~~Yes~~ / *No***Target Duration:** *1h 30m***Type:** *Bukiwaza*

Notes:

* *Target Grade* is the grade you hope to most satisfy with this lesson. There may not always be such a target, but where you are teaching to a specific Grade, this should be marked.
* *Minimum Grade* is the minimum grade required to undertake the lesson. It may be that you are targeting Black Belts, but the content is such that there is nothing stopping everyone joining and enjoying the content (perhaps in simpler forms), but that the junior grade do not NEED to know it yet.

### Lesson Requirements

Please detail any specific requirements needed for this lesson below (mats, weapon, PPE, etc.).

Weapons: Jo.

No mats required.

### Warm-up

Please detail what warm-ups will be used to prepare the students for the lesson to follow.

The subject matter tonight will revolve around the use of Jo and so we will perform Jo Suburi 1, 10, and 12.

Duration: 25 minutes.

### Leeson Goals

Please detail the specifics of the lesson that you will run, which techniques will be taught and to what level (e.g. kihon, Awase or Ki no negare).

Please make reference to the Kokoro Kai syllabus (<https://www.aikidocornwall.uk/index.php/about/syllabus>) when outlining this plan and the grades required in the header of this document.

1. Yon no Kumijo (kihon for 30 minutes).
2. Yon no ni no Kumijo (kihon for 20 minutes).
3. Yon no Kumijo Henka – e.g. geidan gaieshi (for 10 minutes).

Lesson goals continued (please print as many pages of this as you require to cover your complete lesson plan)…

### Warm-down

Please detail what warm-down will be used to prepare the students for the lesson to end.

The standard lesson cool-down will be deployed including:

* Ashi-sabaki (foot movement drills)

Duration: 5 minutes

KOKORO KAI Lesson Review / Feedback

## Use this document to provide feedback / review of a lesson.

## Please print this page once for each time the plan is used and add it into the lesson’s portfolio to allow progressive review as it evolves.

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**Date of Lesson:** \_\_\_\_  */ \_\_\_\_ / \_\_\_\_\_\_\_\_*
**Attendance:** \_\_\_\_\_ students

**Lead Instructor:
Was the plan completed in full?** *Yes / No*

### Were there any accidents or injuries?

Please detail any and all accidents or injuries that occurred during the lesson, even if they were just ‘near misses’. It is important for us to identify if a plan is not meeting appropriate safety standards.

You can simply reference the accident report form filed with the club if the details are extensive.

### What went well?

Please detail anything that you felt went well during the class (try to keep this relevant to the lesson content).

### What did not go well?

Please detail anything that you felt could have gone better and what you did about it on the day. Did any students struggle with the content? Was time an issue? Anything at all...

### Was there any student feedback?

Please detail anything you became aware of with regards to the student’s attitude towards the lesson. Did they seem to enjoy it? Were they disinterested? Did someone offer verbal feedback?

### What would you change in this plan for next time?

Please detail anything you would do differently next time, so that we can consider adjusting this plan for future use.