

Sensei Remo's Karate Lesson



Josh and Minato have been looking forward to having their karate teacher 'Sensei Remo' in to preschool for a while now!

At 9.30am he arrived and talked to the children about his experience with Karate and how special it was to him. He made sure that the children knew that this karate is to NEVER be practiced on friends or brother/sisters. He went on to say that it is to be learnt at karate lessons under the guidance of your teacher ('sensei' means teacher in Japanese) and the only time you are to use it is if you are in 'danger' (stranger danger) and for self defense.

The children all counted to 5 in Japanese as they learnt different 'blocks' and karate moves.

Senei also taught the children about having strong arms and a strong core/stomach. They did a few reps of push ups and crunches at the end of the class.

This lesson tied in well with our talks about healthy lifestyles and exercise and most of the children seemed to really enjoy it.





Learning tags:

Wellbeing learning outcome 3.2

Community Learning outcome 2.1

Identity learning outcome 1.1

Learning outcome 4.1

Story date: 9 Jun 2017. Added by: Stephanie Denton .