

Duration September 18 to December 13

## **MARTIAL ARTS**

### STUDENT LEARNING OUTCOMES

#### **PK-2 Grades**

- **Physical Development:**
  - Develop basic motor skills (balance, coordination, agility).
  - Improve flexibility and strength.
  - Learn to fall safely.
- **Cognitive Development:**
  - Follow simple instructions and routines.
  - Recognize and identify colors, shapes, and numbers.
  - Develop problem-solving skills through game-based activities.
- **Social-Emotional Development:**
  - Build self-confidence and self-esteem.
  - Learn to respect others and follow rules.
  - Develop teamwork and cooperation.

#### **3-5 Grades**

- **Physical Development:**
  - Refine basic motor skills and learn more complex techniques.
  - Increase flexibility, strength, and endurance.
  - Develop self-defense skills.
- **Cognitive Development:**
  - Understand basic martial arts concepts and terminology.
  - Learn to analyze and problem-solve in martial arts situations.
  - Develop critical thinking skills.
- **Social-Emotional Development:**
  - Enhance self-discipline and self-control.
  - Cultivate a positive attitude towards physical activity.
  - Develop leadership and responsibility.

#### **6-8 Grades**

- **Physical Development:**
  - Master more advanced martial arts techniques and combinations.
  - Improve speed, power, and precision.
  - Participate in sparring and competition.
- **Cognitive Development:**
  - Understand the history and philosophy of martial arts.

- Apply martial arts principles to real-life situations.
- Develop strategic thinking and decision-making skills.
- **Social-Emotional Development:**
  - Build resilience and perseverance.
  - Foster a sense of community and belonging.
  - Develop leadership and mentorship skills.

## 9-12 Grades

- **Physical Development:**
  - Achieve a high level of proficiency in martial arts.
  - Develop specialized skills in a particular style or discipline.
  - Compete at a high level in tournaments.
- **Cognitive Development:**
  - Understand the advanced concepts and techniques of martial arts.
  - Apply martial arts principles to personal and professional goals.
  - Develop critical thinking and problem-solving skills.
- **Social-Emotional Development:**
  - Cultivate a strong sense of self-identity and purpose.
  - Develop leadership and mentorship roles within the community.
  - Foster a lifelong commitment to physical activity and martial arts.