



SHARING

WEEK 2: CHARACTER DRILL ON SHARING

AGE-SPECIFIC CHARACTER DRILL FOR AGES 3 - 5

DRILL: TARGET HOLDING

"It is important to have manners when you are sharing with others. For example, you should always say "please" and "thank you." Today, we are going to share the responsibility of holding targets for our partners while showing good manners."

Steps:

1. Pair each student up with a partner.
2. Show the class how to properly ask for the target by saying "may I please hold the target?" and then how to say "thank you" when they receive the target.
3. Pick one pair to go first.
4. Have one student hold the target for front kicks. The student must ask the instructor "may I please hold the target?" and then they must say "thank you" when the instructor hands the target to them.
5. Have the other person kick the target ten times while the holder counts each kick out loud.
6. Next, have the kicker say "may I please hold the target?" and as the holder hands the target to the kicker, the kicker will then say "thank you."
7. The new holder will now hold the target and count for the new kicker.
8. Repeat the process until every student has a turn.



SHARING

WEEK 2: CHARACTER DRILL ON SHARING

AGE-SPECIFIC CHARACTER DRILL FOR AGES 8+

DRILL: FOLLOW THE LEADER

"One great way to share your time and knowledge with others is through games. Today we are going to play follow the leader in which the leader will share their favorite exercise with the rest of the class."

Steps:

1. Split the class into several groups with no more than four per group.
2. For each group, pick one person to be the leader.
3. The leader will lead the rest of the group through their favorite exercise, while paying close attention to sharing as much knowledge and support while they are leading.
4. Sample exercises can include:
 - a. Active or Static exercises
 - b. Fun variations of push-ups
 - c. Fun stretches
5. Continue until each person in the group has a turn to be the leader.
6. Remember, the goal is for the leader to share tips on how to do the exercise properly as well as share support for the rest of the group while they exercise. A student that simply counts and does not show any attention to detail should be taught how to share more time and energy when they lead their exercise.