

The Taekwondo curriculum started in Summer 2019 when Ladybarn secured funding to take 240 children to the World Championships at the Manchester Arena. The enthusiasm for the day was huge and a number of children asked to learn. Having recently secured my 4<sup>th</sup> Dan black belt, I was in a position to run the project independently and do it without external support or cost.

We started with the 60 Year 3 children from September 2019. I secured funding for their licences, Taekwondo suits and kicking paddles and the children have loved it. Unfortunately, due to Covid, the project has had to continue via Zoom lessons only since March, but a high number of children still attend the online sessions after school on a Friday and are working towards their next belt.

The benefits of this project are huge. It has elements of a number of different subjects, including P.E, Science, Philosophy for Children, Maths, Geography etc

Alongside the physical benefits, the biggest impact will be on the children's mind-set. A large focus of the classroom sessions has been on the core tenets of Taekwondo: courtesy, integrity, perseverance, self-control and indomitable spirit. Ultimately, the goal of this project is to develop better people. To do this, we need to have a strong emphasis on personal development. The behaviour from the Year 3 children last year was outstanding and Taekwondo was a key part of this.



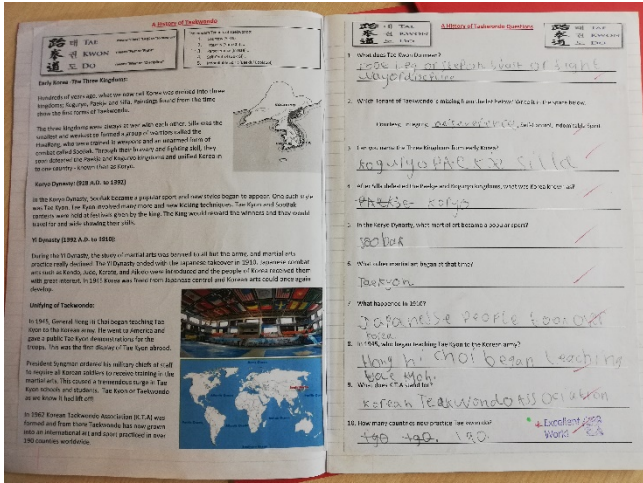
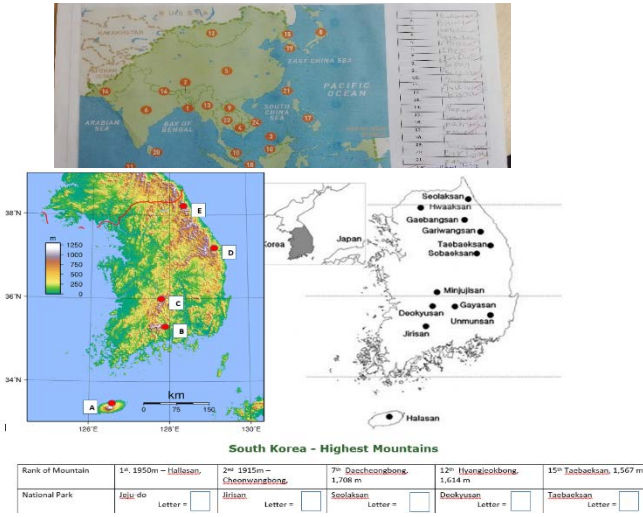

Within each term the project had the focus of the belt grading that the children were working towards a clear outcome and a tangible reward, but there was also an event each term to excite and engage the children. For their first term, it was the trip to the World Championships. This was then followed by Sport Relief where they had a 'kickathon' challenge which raised hundreds of pounds, before their visit to the GB Taekwondo Centre in March.

During lockdown, the children also continued their learning, as they would have done if they were in school; by writing letters to the athletes they met. The standard of the writing in these letters was excellent. The engagement from the athletes via the use of Instagram has been incredible.



| School Year  | Belts to progress  |   |   |  |
|--|--|---|---|--|
| Year Three<br><br>Project Year 1:<br>In the curriculum   | <div><div>10th</div><div>White Belt</div></div>  | <div><div>9th</div><div>White with Yellow Stripe</div></div>  | <div><div>8th</div><div>Yellow Belt</div></div>                               | <div><div>7th</div><div>Yellow with Green Stripe</div></div>                         |
|  | <div><div>9th</div><div>White with Yellow Stripe</div></div>   | <div><div>8th</div><div>Yellow Belt</div></div>   | <div><div>7th</div><div>Yellow with Green Stripe</div></div>                  | <div><div>6th</div><div>Green Belt</div></div>                                       |
|  | Taster session to be in the last half term of year two. Children to come back in September and have 6 weeks to their yellow tag.<br>Grade by end of autumn 1: Week 2 October | Grading to be done by the end of the autumn term<br><br>December week 3<br>Curriculum video shared for Christmas homework to start practising poomse. | First Poomse introduced<br><br>Grading to be end of Spring Term: March Week 2 | Grading to be in July week 2<br><br>Celebration and graduation from year 1 of study. |
| Year Four<br><br>Project Year 2:<br>After School Club    | <div><div>6th</div><div>Green Belt</div></div>   | <div><div>5th</div><div>Green with Blue Stripe</div></div>  | <div><div>4th</div><div>Blue Belt</div></div>                                 |  |
|  | <div><div>5th</div><div>Green with Blue Stripe</div></div>   | <div><div>4th</div><div>Blue Belt</div></div>   | <div><div>3th</div><div>Blue with Red Stripe</div></div>                      |  |
|  | Training for Autumn Term in after school club  | Training for Spring Term in after school club   | Training for Summer Term in after school club                                 |  |
| Year Five<br>Project Year 3:<br>Movement into local club | <div><div>3th</div><div>Blue with Red Stripe</div></div>   | <div><div>2nd</div><div>Red Belt</div></div>  | <div><div>1st</div><div>Red with Black Stripe</div></div>                     |  |
|  | Year Six<br>Established in local club –  | After school club back in school – discuss viability with team.   |   | 1 <sup>st</sup> Dan Black Belt   |

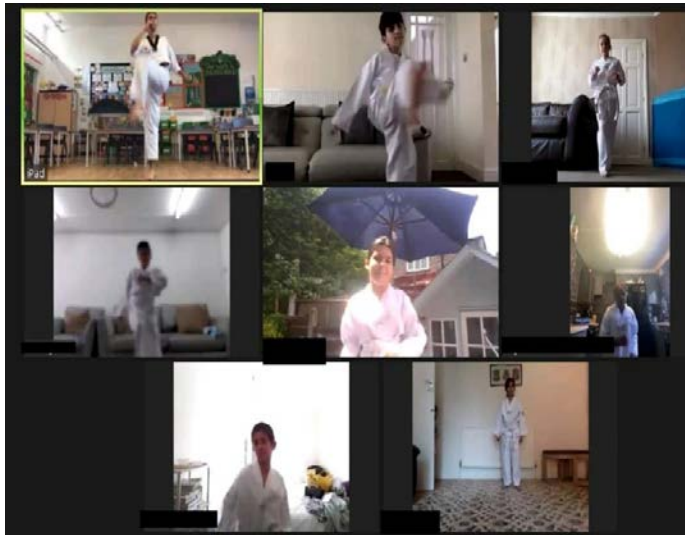
## Example block of learning.

|            |                   |   |  |
|------------|-------------------|---|--|
| Week one   | Classroom Lesson  | Recap on history of South Korea.<br><br>Children to have additional learning on the Korean flag. It's significance and symbolism.   |    |
|            | Practical Session | Long lesson fitness focus: introduce dynamics stretching and floor work for developing flexibility and kick strength practising kicking and punching techniques on the spot and moving forward  |  |
| Week two   | Classroom Lesson  | Recap on geography of South Korea.  |   |
|            | Practical Session | Growth Mindset lesson<br>What are you finding hard?<br>Introduce the concept of meditation and visualisation.<br>Children understanding that how they think will affect how they are and how they achieve.                              |  |
| Week three | Practical Session | Speed challenges and collecting data – including skipping and other cardio challenges like jumping jacks etc<br>Introduce the pads!<br>Session to be focused on getting a base line for key kicks – front kick, bi-chagi, downward kick |  |
|            | Classroom Lesson  | Complete their maths task with their own data that they have collected with their partner.<br>Measuring their power and speed of kicks.   |  |
| Week four  | Classroom Lesson  | Focus on the tenets of Taekwondo and model the spiral diagram for crating the mind maps.  |  |



|   |                   |  |  |
|---|-------------------|--|--|
|   | Practical Session | Following on from last week's lesson using the pads. Introduce double kicks – bi chagi, front kick etc<br>Targeting and speed.   |  |
| Week 5  | Classroom Lesson  | Discussion lesson on their work around the tenets – what have they learnt and how have they grown. Children to complete their tenets work. Introduce the GB athletes task as homework ahead of the Ten Acres trip. |  |
|   | Practical Session | All techniques needed for the yellow tag grading   |  |
|   | Classroom Lesson  | Children to complete their own progress card and set their next steps.<br>Give out certificates for effort and progress  |  |
|   | Practical Session | Yellow tag grading.  |  |
|   |                   |  |  |
| <p>Images above from the visit to the GB Centre following the visit in March.</p> <p>Next stage of this years project would have been the Yellow Belt to Green tag phase.</p> <p>Introduce the poomse – explain what they are.</p> <p>Children to complete some art work on the hangul and the learning behind the poomse - 국기원</p> |                   |  |  |

## Remote Learning During Covid



### Taekwondo in the Curriculum Project 2019-20

Dear Bianca,

My name is Anaya and I go to Ladybarn primary school. As part of our P.E curriculum, we have been learning taekwondo at school with my Head Teacher, Mr Caldwell. I also train outside of school at Jeon-sa Taekwondo. I am on my 5<sup>th</sup> kup blue tag. I like training because I get to learn new skills and make new friends but also it keeps me fit and healthy. My favourite technique is a right leg inside crescent. What is your favourite technique? How often do you train? I train twice a week with Jeon-sa and once a week at school.

I started when I was 5 years old and I was 8 when I started competing. I read you started competing when you were 15, but how old were you when you started training? What other sports did you enjoy when you were younger? I enjoy playing football.

My biggest achievement was to win gold at the 2019 British National Championships. I was really proud of myself. This may be a harder answer for you (as you've won so much!), but what would you say was your greatest achievement so far? What medal are you most proud of? Here is a photo of me with my gold medal.



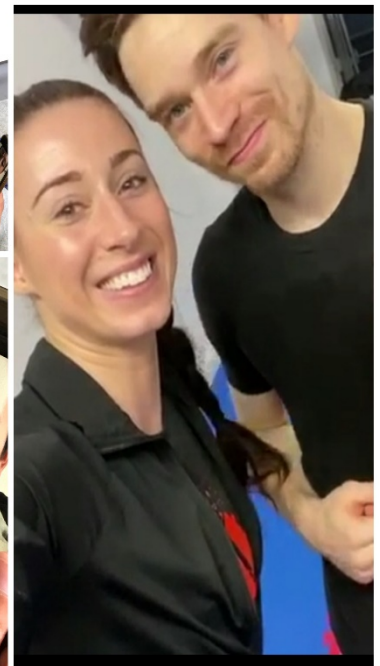
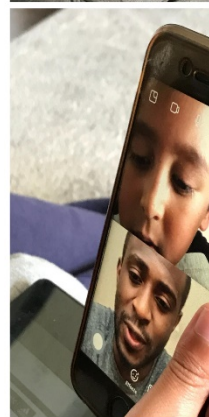
I would like to keep training and would love to follow in your footsteps and be on Team GB. What would you like to achieve in the future?

Thank you for having us at the National Training Centre recently and hope to one day visit again.

Good luck with your training,

From Anaya

Class 3E, Ladybarn Primary School



Some of the lockdown learning is shown above. The children have completed zoom sessions and written letters and had an online grading. It has been a huge effort to keep them motivated and involved, but the outcome has been worth it! There are more images on the Instagram page @taekwondoschoolsproject