

# AikiPE Scope and Sequence

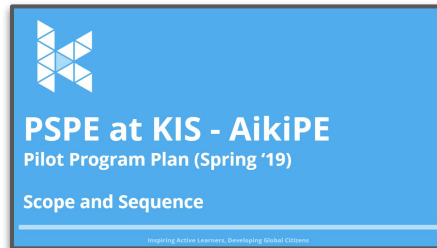
## Curricular Development and Support by Mugenjuku International NPO



**“Aikido is a way to be happy in your life.”**  
~ Jacques Payet Shihan

Aikido Mugenjuku Instructors are dedicated to facilitating authentic *Budo* experiences and environments which promote healthy and balanced living regardless of age, ability, prior experience or skill. We seek to empower students with habits of awareness and cooperation so we may all better meet the dynamic adversities and opportunities of life.

## Award Winning Implementation at Kyoto International School



# Why Aikido



## What is Aikido?

- Aikido is a non-competitive martial art dedicated to fostering “Harmony in Conflict”
- Through training, students discover unity and strength in body, spirit, and mind.

## What is Aiki PE?

- Authentic Budo training (Student growth centered | Non-competitive & Non-Sport)
- Mastery-focused teaching at adaptable to any individuals pace
- Emphasis on personal development through a process of continuous improvement
- Individual and cooperative healthy habit-forming activities
- Net-Positive growth  
(free from artificial divisiveness or a sense of winning at the expense of others having lost)

# Common Learner Outcomes



- Improved strength, balance, and flexibility
- Development of safe falling practices which minimize the severity of common injuries of the bumps and falls of childhood
- Instillation of routines and habits of courtesy and respect towards peers, adults, and the environment
- Development of healthy internal relationship with difficult feelings like fear and anger
- Faster recovery in meeting setbacks and mistakes
- Increased extensions of kindness and encouragement to others
- Increased academic participation for some students who regularly seem disengaged or unmotivated in other physical education or curricular environments

# AikiPE Program Ethos



Physical education in school should be more than just student participation in sports and games. Its purpose should be to develop a combination of transferable skills promoting physical, intellectual, emotional and social development; to encourage present and future choices that contribute to long-term healthy living; and to understand the cultural significance of physical activities for individuals and communities.

# Learning and Activity Domains



## **Body Control and Spatial Awareness**

- Learners will engage in the development of core muscular strength through whole-body motions to accomplish varied tasks and objectives
- Learners will operate within an environment necessitating proximity awareness and collision prevention skills in relation to fellow participants, obstacles, and objects

## **Gymnastics & Tumbling**

- Learners will acquire safe landing techniques designed to protect vital areas of the body (Head/Chest) when falling and changing elevations through experiential learning

## **Teamwork/Cooperation**

- Learners will engage in paired and group strength/coordination building exercises
- Learners will develop a capacity to promote personal and peer achievement in collaborative and cooperative ways

## **Health-Related Activities**

- Learners will engage in a variety of aerobic and stretching exercises to improve cardiovascular and muscular performance
- Fun and collaborative exercises will promote learner awareness of the importance and joy in maintaining a physically active lifestyle

# Lesson Structure

Greetings and Welcoming Arrival

Warm up - Core Drill (10 min)

Skills development (15 min)

Application Activities (15 min)

Cool-Down & Cleanup (5 Min)

# AikiPE: 11 Week Term

## Introduction to Aikido - Building a Foundation for Practice

<u>First Week</u> Introduction to Balanced and Strong Static Structures	<u>2 Weeks</u> Maintaining Structure in Movement	<u>7 Weeks</u> Advanced Body Movements <i>Kihon Dosa</i> - Basic movements for strengthening and coordination <i>Enbu</i> (Demonstration of skills) Preparation		<u>2 Weeks</u> Review and Mock Shinsa	Performance Tasks
<b>Dojo Culture</b> - Attention - Hygiene - Teamwork - Fast Response  <b>Body Skills:</b> - <i>Kiotsuke</i> (Readiness)  - <i>Kamae</i> (Posture)  - <i>Seiza</i> (Sitting)  <b>Pre-Assessment</b>	<b>Pre-Assessment Continued</b>  <b>Body Skills:</b> <i>Shakoho</i> (Sliding Method)  <i>Shikoho</i> (Kneeling Method)  <i>Koho Ukemi</i> (Back Break Fall)	<b>Advanced Ukemi (Break-Falls) (1 Day)</b> - <i>Yoko Ukemi</i> (Side-Fall) - <i>Mae Ukemi</i> (Front-Fall) - <i>Ushiro &amp; Zempo Kaiten</i> (Rolling Falls)  <b>Kihon Dosa (6 Days)</b> - <i>Tai No Henko</i> (1&2) - <i>Hiriki No Yosei</i> (1&2) - <i>Shumatsu Dosa</i> (1&2)	<b>Enbu Preparation</b> - Team and group rehearsals - Cooperative movement  <b>5 Cs of Dojo Culture</b> - Compassion    - Self-Control - Courage        - Cooperation - Courtesy	<b>Mock Shinsa (Test) &amp; Skills Performance</b>  <b>Demonstration Rehearsal</b>  <b>Dojo Cleaning and Care</b>	<b>School Enbu (Demonstration)</b>  <b>Students and Teacher Reflections</b>  <b>Post Assessments</b>
Establishment Routines and Build Core Strength		Core Enrichment & Skill Development		Refinement and Demonstration	

# AikiPE: (IB) Movement Curriculum



	<b>Skills</b>	<b>Specific Activities and Strategies for Development and Demonstration</b>			
<b>Non Locomotor</b>	Balancing Bending Twisting Lifting	Kiotsuke	Kamae	Seiza	Kihon Dosa in Static Positions
<b>Locomotor</b>	Rolling/Spinning Agility Jumping Hopping Running	Ukemi and Protection of Vital Areas	Kihon Dosa Movements	Shakoho	Shikoho
<b>Coordination</b>	Striking Bouncing Throwing Catching Kicking	Collision Avoidance and Evasion	Breath and Movement Pairing	Cooperative Strengthening and Stretching Activities	Tai Sabaki
<b>Fitness</b>	Endurance Strength Body Regulation	Body Core and Center-Line Conditioning	Stretching and Circulatory Improvement	Breathing Awareness and Development	Taiso



# AikiPE: (IB) Movement Skills Assessment



	Skills	Extending	Demonstrating	Developing	Emerging
<b>Non Locomotor</b>	Balancing Bending Twisting Lifting	Uses all non locomotor skills efficiently to provide advantage in game, and play, situations.	Consolidates all non locomotor skills effectively in game, and play, situations	Consolidates some non locomotor skills in game, and play, situations	Attempts some non locomotor skills in game, and play, situations
<b>Locomotor</b>	Rolling/Spinning Agility Jumping Hopping Running	Uses all locomotor skills efficiently to provide advantage in game, and play, situations.	Consolidates all locomotor skills effectively in game, and play, situations	Consolidates some locomotor skills in game, and play, situations	Attempts some locomotor skills in game, and play, situations
<b>Coordination</b>	Striking Bouncing Throwing Catching Kicking	Uses multiple coordinated actions efficiently to provide a competitive advantage in game, and play, situations	Consolidates all coordinated actions in game, and play, situations	Consolidates some coordinated actions in game, and play, situations	Attempts some coordinated actions in game, and play, situations
<b>Fitness</b>	Endurance Strength Body Regulation	Has the endurance and strength required to participate in activities across a range of disciplines	Has the endurance and strength required to participate in regular activities	Developing the endurance and strength required to participate in regular activities	Participates in regular activities for a period of time.

Movement Skills Descriptors		
Locomotion	Agility	Coordination
Locomotion is the skills that allow us to move forwards and backwards in sporting and physical activities.	Agility is the skills sets that allow us to move laterally, up and down and reacting to situations appropriately.	Coordination skills allow us to avoid others, passing and receiving objects during game play and to implement strategies.

## Student Self Assessment : Student

Personal Goal:

In what ways did AikiPE assist you in achieving your PE goal(s)?

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Skills:

In what ways did the following skills develop through Aikido training?

Balancing  
Bending  
Twisting  
Lifting

Rolling/Spinning  
Agility  
Jumping  
Hopping  
Running

Striking  
Bouncing  
Throwing  
Catching  
Kicking

Endurance  
Strength

# International Certifications of Rank & Achievement



Participating students have the opportunity to test for an internationally certified rank within the Yoshinkan Aikido System of Martial Arts



## Aiki English - Youth Syllabus

<p>10th~9th Rank</p> <ol style="list-style-type: none"> <li>Sitting Method</li> <li>Bowing Method</li> <li>Kneeling Method</li> <li>Forward-Rolling Fall</li> <li>Backward-Rolling Fall</li> <li>Body Change (1) (2)</li> </ol>	<p>4th ~ 3rd Rank</p> <ol style="list-style-type: none"> <li>Right Stance</li> <li>Left Stance</li> <li>Forward-Rolling Fall</li> <li>Body Change (1) (2)</li> <li>Elbow Power (1) (2)</li> <li>Sitting Technique, Front-Strike, First Control Pin (1) *</li> <li>One Hand Grab, Second Control Pin (2)</li> <li>Front Strike, Third Control Pin (1)</li> <li>Two Hand Grab, Heaven and Earth Throw (1)</li> <li>Front-Strike, Front-Entering Throw (2)</li> </ol>	<p>Choice Techniques</p> <p><b>Four-Direction Throw</b> One Hand Grab (1) (2) Two Hand Grab (1) (2)</p> <p><b>First Control</b> Front Strike (1) * (2) * Side Strike (1) (2)</p> <p><b>Second Control</b> One Hand Grab (1) * (2) *</p> <p><b>Third Control</b> Front Strike (1) * (2) * Side Strike (1) (2)</p> <p><b>Fourth Control</b> Front Strike (1) (2)</p> <p><b>Side-Entering Throw</b> One Hand Grab (1) (2)</p> <p><b>Front-Entering Throw</b> Side Strike (1) (2)</p> <p><b>Elbow Lock</b> Shoulder Grab (1) (2)</p> <p><b>Heaven-and-Earth Throw</b> Two Hand Grab (1) (2)</p> <p><b>Return the Wrist</b> Front Strike (1) (2)</p> <p><b>Freestyle Techniques</b> Front Strike One Hand Grab Two hand Grab from Behind</p>
<p>8th Rank</p> <ol style="list-style-type: none"> <li>Sitting Method</li> <li>Bowing Method</li> <li>Kneeling Method</li> <li>Forward-Rolling Fall</li> <li>Backward-Rolling Fall</li> <li>Body Change (1) (2)</li> <li>Elbow Power (1) (2)</li> </ol> <p><u>7th Rank</u></p> <ol style="list-style-type: none"> <li>Ending Movement (1) (2)</li> <li>One Hand Grab, Four-Direction Throw (1) (2)</li> </ol>	<p>2nd ~ 1st Rank</p> <ol style="list-style-type: none"> <li>Right Stance</li> <li>Left Stance</li> <li>Forward Rolling Fall</li> <li>Body Change (1) (2)</li> <li>Elbow Power (1) (2)</li> <li>Ending Movement (1) (2)</li> <li>One Hand Grab, Second Control Pin (1)</li> <li>Front Strike, Third Control Pin (2)</li> <li>Front Strike, Return the Wrist (2)</li> <li>One Hand Grab, Elbow-Striking Breath Throw (2)</li> </ol>	<p><b>First Grade</b></p> <ol style="list-style-type: none"> <li>Right Stance</li> <li>Left Stance</li> <li>Forward Rolling Fall</li> <li>Body Change (1) (2)</li> <li>Elbow Power (1) (2)</li> <li>Ending Movement (1) (2)</li> <li>Half-Standing Stance, Two Hand Grab, Four-Direction Throw</li> <li>Front Strike, Second Control Pin (1)</li> <li>Chosen Technique</li> <li>Chosen Technique</li> <li>Front Strike Freestyle Techniques</li> </ol>
<p>6th~5th Rank</p> <ol style="list-style-type: none"> <li>Sitting Method</li> <li>Bowing Method</li> <li>Kneeling Method</li> <li>Forward-Rolling Fall</li> <li>Backward-Rolling Fall</li> <li>Continuous Basic Movements</li> <li>Front Strike, First Control Pin (1) (2)</li> <li>One Hand Grab, Side-Entering Throw (1)</li> </ol>	<p><b>Second Grade</b></p> <ol style="list-style-type: none"> <li>7 &amp; 8. Two Hand Grab from Behind, First Control Pin (1) (2)</li> <li>9 &amp; 10. Two Hand Grab from Behind, Third Control Pin (1) (2)</li> <li>Chosen Technique</li> <li>Chosen Technique</li> <li>Knife-Taking Freestyle Techniques</li> <li>Chosen Freestyle Techniques</li> </ol>	
<p>* Means techniques may be performed from either <i>standing</i> or <i>sitting</i> positions</p> <p>* All Children's Basic Movements are performed individually and on the right side only.</p> <p>** Students may join adult training from age 12 and must graduate the children's program by age 13</p> <p>*** A Children's <i>First Grade</i> achievement may be recognized up to an adult's <i>4th Rank</i> achievement</p>		

