

Topic How to escape a wrist hold - self defence	
Learning Outcome(s) Start with the end in mind. By the end of this mini-lesson, participants will be able to apply how to escape a wrist hold techniques	
Introduction Opening: How will you capture our attention? Belonging and Norms: What instructions will you give to set the tone? Pre-Assessment: How will you check prior knowledge and readiness to learn? Have you ever been interested in martial art? Have you had any experience with self defense? Today I'm going to share with you how to escape a wrist hold. I was bullied as a kid by a girl who was bigger than me. She yanked my wrist so hard that I couldn't get off. It was impossible to escape from it, but now I know it is possible if we know the techniques! Practice makes permanent :)	
Activities <i>How will you make your lesson interactive? How will you apply VARK?</i> First, we are going to watch 3 minutes self-defence technique together. Secondly, we are going to practice, and the printout will be provided with pictures and links for you to practice at home if you are interested. How to escape a wrist hold self-defense - youTube	<input type="checkbox"/> Brainstorming / discussion <input checked="" type="checkbox"/> Demonstration <input type="checkbox"/> Fill in the blank <input type="checkbox"/> Game <input type="checkbox"/> Graphic organizer <input checked="" type="checkbox"/> Handout <input type="checkbox"/> Mind map <input checked="" type="checkbox"/> Movement <input type="checkbox"/> Poll / quiz <input type="checkbox"/> Props <input type="checkbox"/> Put photos / steps in order <input type="checkbox"/> Role play / Case study <input checked="" type="checkbox"/> Storytelling <input type="checkbox"/> Visuals <input checked="" type="checkbox"/> "What happens next?" <input type="checkbox"/> Writing / drawing / colouring <input type="checkbox"/> Other
Assessment <i>How will you know that the outcomes have been achieved?</i> Visual checked to ensure people understand what they are doing Participants had a chance to practice and asked questions They showed interested while worked with a partner	
Reflection & Application <i>How do learners use their new-found knowledge? What are their next steps?</i> They are going to practice at home with the family/ friends:)	