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Operation: Indoor Fun

Sponsored by:

- Oradell Board of Education
- Oradell Kids Foundation
- Oradell PTA
- Oradell Public School's Student Government

Martial Arts: A Fun Way To Get Fit!

Can I join?

As Operation: Indoor Fun enters its 2nd week, the popularity of martial arts has increased tremendously. It was a "choice" activity for students in grades 2 through 6, however many of the younger students didn't completely understand what Soo Lee's program was all about. As students walked by the gym on the way to other activities, one phrase kept resurfacing...."Can I join?"

Absolutely! Many student schedules have been tweaked or changed to accommodate martial arts. Generously sponsored by **Oradell's Board of Education**, the program impacts a large percentage of OPS' student population.



(A 2nd grader smashes a board in two!)

"Anybody Can Do It"

Each Kindergarten and 1st grade class visits martial arts multiple times a week. With the assistance of upper grade helpers, students engage in warm up exercises, coordination drills, and circuit training.

Moira and Angela from Ms. Golden's 1st grade class said, "We have fun defending ourselves and kicking. But we don't do it to other people." A portion of Lee's program does involve learning self-defense tactics at a primary level. "We like it because anybody can do it if you're in the school."

Learning Cool Techniques

Upper grade students experienced a beginning Tae Kwon Do course. Although circuit training is included in their daily routine, students practice high kicking and fast hand techniques. This helps develop stamina, flexibility, balance, and power!

Anthony, a 5th grade student in Ms. Power's class, exclaimed, "We were able to practice skills we could actually use. It was really cool learning techniques of Tae Kwon Do and my favorite part was chopping the board."



(A 5th grader about to strike!)

Aligning to the Curriculum

As the winter weather continues to keep students indoors, kids are still able to exercise and keep physically active. Soo Lee, the owner of Master Lee's Tae Kwon Do Center in Oradell, understands the importance of keeping kids moving. Her program aligns with New Jersey's core curriculum content standards as it develops fine motor skills, spatial awareness, and self-control. More importantly, it's a lot of fun!



(Ki Yaaa!)