Unit 2 Mighty movers (boxercise)

Learning objectives:
- To learn footwork movement patterns showing co-ordination.
- To demonstrate correct technique for a jab.

Learning outcomes:
- Learn the value of doing boxercise.
- Apply the techniques learned to a routine set to music.

Prior learning:
- None required.

Vocabulary:
- Jab, boxercise.

Equipment:
- Music.

Champions resources:
- Champions movie: *boxercise*.

Warm-up:

Ask the children to jog on the spot (three repetitions of 10 seconds). Ask them to use an imaginary skipping rope and skip on the spot (three repetitions of 10 seconds). Finally, ask them to run as fast as they can on the spot for 10 seconds.

Stretches

Knee lunge: Place the left leg in front of the right, bent. The right leg should be straight. Hold for one second. Repeat with right leg in front. The children should keep the body upright and both heels on the floor. Their weight should be on the front foot.

Quadriceps stretch: The children should hold one foot at the ankle, pull back towards their bottom and push their hips forward. Perform on each leg for 10 seconds.

Triceps stretch: The children should raise one arm behind their shoulder and put their hand between their shoulder blades. Using the other hand, push the arm at the elbow and hold for 10 seconds. Repeat with the other arm.

Hold the arms outstretched to the side. Move the arms to make small circles, gradually getting bigger.

Skills learning and development:

Explain that this unit uses controlled and precise movements and that they must all be aware of their personal space.

To find out which is their lead leg, ask children to move around the room in a gallop style, alternating leading with each leg to see if they prefer one to the other.

Ask them to move in an 'L' shape: sideways, forwards then backwards. They should hold their hands in the boxing-ready position, clenched in front of the body.

Ask them to move round in a circle in the same way, with their preferred foot in front of the other. The hands should be in the ready position.

Introduce the 'jab' move. With their hands in a fist shape, they should push up and across the body. Start with the right hand and then move to the left until the children are confident in performing the move. Provide help where needed. Encourage the children to watch each other and help with technique or give praise if correct.

Application and practice:

Play the music and model left and right jabs to the beat, e.g. four jabs to the left, four to the right and repeat. Add in foot movement if the children are secure. Alternate between left and right jabs, starting with eight, then four, two and one.

Reflect and review:

Ask:
- *How do you feel when performing the move?*
- *Which part of your body is working the hardest when performing?*
- *Why is it important to ensure your movements are kept controlled during exercise?*

Support

Allow the children to omit footwork from the jabbing routine.

Extend

Challenge the children to include footwork in the jabbing routine.

Unit 2 Mighty movers (boxercise)

Learning objectives:
- To understand the value of boxercise moves.
- To learn how to build an aerobic exercise routine including skilled moves.

Learning outcomes:
- Apply the correct technique for the cross jab – co-ordination.
- Link skills with control and precision.

Prior learning:
- Jab, footwork pathways.

Vocabulary:
- Jab, cross jab, boxing twist, toe touch.

Equipment:
- Music.

Champions resources:
- Champions movie: *boxercise*.

Warm-up:

Musical statues

Encourage the children to run around the room to music. When the music stops, they should freeze in a boxercise hands-ready position.

Skills learning and development:

Recap on the L-shape footwork pattern from Lesson 1.

In pairs, get the children to move backwards from one side of the room to the other and back on their hands and feet, travelling backwards. Their bottoms should be high in the air. The children take it in turns.

Demonstrate the boxing twist – a two-footed twist from side to side. Allow time for the children to practise.

In pairs, ask the children to perform the jab from Lesson 1 followed by the boxing twist.

Introduce the cross jab. With the hands in a fist shape, push sideways across the body with a controlled stop. In pairs, encourage the children to practise with the right arm first, then the left. The children should watch and coach their partner in the correct technique. Challenge them to try the cross jab with a toe touch, a left arm jab with left toe touch, then repeat on the right.

Application and practice:

Play the music and model the cross jab to the beat. Get the children to follow.

Put the moves learned so far into a sequence: begin with the jab routine from Lesson 1, followed by four cross jabs to the left, then the right and repeat. Alternate between four cross jabs to the left and right starting with eight, then four, then two.

Reflect and review:

Ask:
- *Why is it important to keep these movements under control?*
- *What is happening to the heart rate during exercise?*

Support

Allow the children to complete the actions with the arms only – omit the footwork.

Extend

Challenge the children to perform the jab with a twist and toe touch.

Unit 2 Mighty movers (boxercise)

Learning objectives:
- To understand the value of boxercise moves.
- To learn how to build an aerobic exercise routine including skilled moves.

Learning outcome:
- Develop personal fitness levels, particularly strength and stamina.

Prior learning:
- Cross jab, jab, footwork patterns.

Vocabulary:
- Jab; cross jab; boxing twist.

Equipment:
- Music, cones.

Champions resources:
- Champions movie: *boxercise*.

Warm-up:

Stretches

Knee lunge: Place the left leg in front of the right, bent. The right leg should be straight. Hold for one second. Repeat with right leg in front. The children should keep the body upright and both heels on the floor. Their weight should be on the front foot.

Quadriceps stretch: The children should hold one foot at the ankle, pull back towards the bottom and push their hips forward. Perform on each leg for 10 seconds.

Triceps stretch: The children should raise one arm behind their shoulder and put their hand between their shoulder blades. Using the other hand, push the arm at the elbow and hold for 10 seconds. Repeat with the other arm.

Hold the arms outstretched to the side. Move the arms to make small circles, gradually getting bigger.

Skills learning and development:

Recap on the moves from Lesson 2: Cross jab, jab, toe touch and boxing twist. In pairs, ask the children to demonstrate the moves to each other, in eights, and repeat.

Introduce the jog-and-roll move. The children bring their arms forward in front as if hitting a punch bag. They should jog forwards for four and back for four.

Introduce the duck-and-dodge move. The children should stand with their feet wide apart and their hands in the ready position in front of the chest. They bend at the knees and dodge from side to side – as if dodging an opponent – transferring their body weight from leg to leg. Encourage them to practise in pairs.

Application and practice:

Put the moves together in a sequence to music, as in the following example:

- Four jabs with the left, four with the right. Repeat. Alternate starting on the left and right, jabbing for eight, four, two then singles.
- Four cross jabs with the left, four with the right. Repeat. Alternate starting on the left and right, jabbing for eight, four, two then singles.
- Repeat the above with the twist-and-toe touch move.
- Jog forwards for eight with arm roll, then back. Repeat.
- Duck and dodge for eight.
- Start again at the beginning.

Reflect and review:

Ask:
– *Which moves do you enjoy doing the most, and why?*

Support

Allow the children to perform the moves with their arms only.

Extend

Challenge the children to complete all the moves using their legs as well as their arms.

Unit 2 Mighty movers (boxercise)

Learning objectives:
- To understand the value of boxercise moves.
- To learn how to build an aerobic exercise routine including skilled moves.

Learning outcome:
- Develop personal fitness levels, particularly strength and stamina.

Prior learning:
- Cross jab, jab, roll, duck and dodge.

Vocabulary:
- Cross jab, jab, roll, duck and dodge, sidekick.

Equipment:
- Music.

Champions resources:
- Champions movie: *boxercise*.

Warm-up:

Knee tag

In pairs, the children face each other in a squat position. On the instruction 'Go!', each child aims to touch the inside of the other's knee. The first to three touches wins. Everyone changes partner and begins again. The children must face their partners at all times.

Stretches

Knee lunge: Place the left leg in front of the right, bent. The right leg should be straight. Hold for one second. Repeat with right leg in front. The children should keep the body upright and both heels on the floor. Their weight should be on the front foot.

Quadriceps stretch: The children should hold one foot at the ankle, pull back towards the bottom and push their hips forward. Perform on each leg for 10 seconds.

Triceps stretch: The children should raise one arm behind their shoulder and put their hand between their shoulder blades. Using the other hand, push the arm at the elbow and hold for 10 seconds. Repeat with the other arm.

Hold the arms outstretched to the side. Move the arms to make small circles, gradually getting bigger.

Skills learning and development:

Introduce the sidekick – this is particularly good for improving balance and co-ordination. With their hands in the ready position, the children lean over to the side and kick out from the knee with the foot flat. Allow them to practise in pairs and evaluate each other's performances.

As a class, stand in a circle. When instructed, they should sidestep around. turn to the side and do four sidekicks – two on each leg. The children should be careful not to touch the others around them.

Ask: *With your partner, can you think of any arm actions you could do with the sidekick?*

Application and practice:

Repeat the routine you created in Lesson 3 to music, this time adding on the sidekick move and arms actions.

Reflect and review:

Ask:
- *Why is it important to increase the duration of exercise in order to increase fitness?*
- *With your partner, discuss the move you think you have improved the most.*

Support

Allow the children to perform the moves with their arms only.

Extend

Challenge the children to complete all the moves using their legs as well as their arms.

Unit 2 Mighty movers (boxercise)

Learning objective:	• To create and perform a boxercise sequence with increased accuracy.	**Vocabulary:**	• Jab; cross jab, jog and roll, boxing twist, duck and dodge, sidekick.
Learning outcome:	• Refine the technique of moves learned in Lessons 1–4.	**Equipment:**	• Music.
Prior learning:	• Jab, cross jab, jog and roll, boxing twist, duck and dodge, sidekick.	**Champions resources:**	• Champions movie: *boxercise*.

Fitness

Warm-up:

Hand tag

The object of the game is to touch other peoples' hands. The children travel on all fours, but can lift their hands to prevent others from tagging them. Challenge them to count how many hands they can tag in a given time.

Stretches

Knee lunge: Place the left leg in front of the right, bent. The right leg should be straight. Hold for one second. Repeat with right leg in front. The children should keep the body upright and both heels on the floor. Their weight should be on the front foot.

Quadriceps stretch: The children should hold one foot at the ankle, pull back towards the bottom and push their hips forward. Perform on each leg for 10 seconds.

Triceps stretch: The children should raise one arm behind their shoulder and put their hand between their shoulder blades. Using the other hand, push the arm at the elbow and hold for 10 seconds. Repeat with the other arm.

Hold the arms outstretched to the side. Move the arms to make small circles, gradually getting bigger.

Skills learning and development:

Recap with the children the boxercise moves learned so far. Ask them to model the moves.

Repeat the routine created in the last lesson, and remind the children to use the music to keep in time.

Ask the children to discuss in pairs which moves are their favourite. Ask: *How could you put these together to create a sequence?* Challenge the children to create their own short sequence using a minimum of three of the moves learned so far. Remind them to consider the quality of the moves, to use the space safely, and to use controlled movements.

Application and practice:

Ask the pairs to perform their routines to the class. The rest of the class can then give feedback on the routines.

Reflect and review:

Ask:

– *How did you make the moves flow from one into another?*

Support

Allow the children to create routines using only arm actions.

Extend

Encourage the children to create routines using high-impact moves that include legs as well as arm actions.

Unit 2 Mighty movers (boxercise)

Learning objective:	• To perform a boxercise routine with precision.
Learning outcome:	• Learn the value of completing a full boxercise workout.
Prior learning:	• Jab, cross jab, jog and roll, boxing twist, duck and dodge, sidekick.
Vocabulary:	• Jab, cross jab, jog and roll, boxing twist, duck and dodge, sidekick.
Equipment:	• Music.
Champions resources:	• Champions movie: *boxercise*.

Fitness

Warm-up:

Ask the children to jog on the spot (three repetitions of 10 seconds). Ask them to use an imaginary skipping rope and skip on the spot (three repetitions of 10 seconds). Finally, ask them to run as fast as they can on the spot for 10 seconds.

Stretches

Knee lunge: Place the left leg in front of the right, bent. The right leg should be straight. Hold for one second. Repeat with right leg in front. The children should keep the body upright and both heels on the floor. Their weight should be on the front foot.

Quadriceps stretch: The children should hold one foot at the ankle, pull back towards the bottom and push their hips forward. Perform on each leg for 10 seconds.

Triceps stretch: The children should raise one arm behind their shoulder and put their hand between their shoulder blades. Using the other hand, push the arm at the elbow and hold for 10 seconds. Repeat with the other arm.

Hold the arms outstretched to the side. Move the arms to make small circles, gradually getting bigger.

Skills learning and development:

Ask each pair to perform their routine from Lesson 5 for the class to follow.

Application and practice:

Lead the children in a boxercise routine.

Ask: *Which moves do you think work well together, and why? Which muscle groups do these moves help to strengthen?*

Reflect and review:

If necessary, video the children's routines so they can self-assess.

- *Do you think your fitness has improved over the last six weeks?*
- *Is there anything in particular that you feel has improved?*

Support

Allow the children to create routines using only arm actions.

Extend

Encourage the children to create routines using high-impact moves that include legs as well as arm actions.