Unit 2

Mighty movers (boxercise)

Lesson 1 | Year 4 • Champions

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*.

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 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.