**Lesson Overview**

**Boxing skipping**

| **AOLE: Health and Wellbeing (physical)** |
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| **4 Purpose: healthy, confident individuals** |
| **WM:** Developing physical health and well-being has lifelong benefits. | **DL:**I can develop and apply a range of skills in familiar, unfamiliar and changing situations, exploring space creatively in response to a variety of stimuli. I can motivate myself to engage confidently in regular physical activity and sport, and am aware of my own progress. |
| **LO:** To use boxing skipping to improve agility, control, balance and speed |
| **Intro:** general warm up to include jumps, hops and bursts of speed |
| **Main:** If you are very brave then you can try this as a whole class, but if ropes are limited them try it as part of the circuits carousel with some demo sessions first. Best done in gym, hall or yard but not on grass!**Boxing skipping**:Jump rope for heart: <https://www.jumprope.org.au/home?showlogin=true>this is an Australian site but the Youtube videos show different skipping techniquesMore videos here:<https://www.youtube.com/channel/UCP68FtlyWk2COofdaUkC9HQ>[Skipping Rope Games and Activities Activity Pack](https://www.twinkl.co.uk/resource/skipping-rope-games-and-activities-activity-pack-t2-t-1611)[BOXER STEP TUTORIAL - Jumping Rope Like A Boxer (ULTIMATE GUIDE)](https://www.youtube.com/watch?v=XH8hwq_VGxo)[Learn The Jump Rope Boxer Skip In 5 Easy Steps](https://www.youtube.com/watch?v=1-KvIEU03yc) |
| **Plenary:** * Cool down
* What part of your body does skipping benefit? Why do boxers use skipping as a main training tool?
* Option to produce cards for each exercise to pass onto other pupil groups
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| **Useful links:** **Science and Technology**: measuring heart health**Physical:** Boxing fitness **Design technology**: Design a smoothie or energy bar for an athlete**Expressive arts**: slow mo fighting**Expressive arts**: figure drawing |