**Lesson Overview**

**Boxing drills**

| **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 drills to improve agility, control, balance and speed |
| **Intro:** What is a drill? ( a simple exercise that is done over and over again in order to improve a specific part of performance) What is muscle memory and why is it important for boxers?General warm up games |
| **Main:** * [Boxing Footwork Drills for Creating Angles (youtube.com)](https://www.youtube.com/watch?v=RtU_aX7wLdk&list=RDQMBCX8rq-_vFU&start_radio=1)

(these are easy to set up drills and good for carousels. Drills start about 1min into the film if you want to avoid the shots of boxers being knocked out)or[Quick Shadow Boxing Tutorial by Olympian](https://www.youtube.com/watch?v=J4j3AOVWuHE)This guy is fab!* [30 Shadow Boxing Drills | McLeod Scott Boxing](https://www.youtube.com/watch?v=3lexiso-g0I)

Theres a lot in this one so perhaps just try one or 2 and break each move down slowly* Twinkl resources:

[Boxing Drills for Kids - Boxercise Circuit Activities - KS2](https://www.twinkl.co.uk/resource/boxercise-circuit-activities-t-pe-1673257299)[Boxing Circuit Training Workout | Exercise Cards | Twinkl](https://www.twinkl.co.uk/resource/t2-pe-296-boxing-arms-circuit-card-pupil-knowledge-sheet)<https://www.twinkl.co.uk/resource/fitness-circuit-activity-t-pe-1659967935> |
| **Plenary:** * Cool down
* What part of your body does each exercise benefit?
* Option to produce cards for each exercise to pass onto other pupil groups
 |
| **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**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> |