**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 techniques  More videos here:  <https://www.youtube.com/channel/UCP68FtlyWk2COofdaUkC9HQ> | | |