**Lesson Overview**

**Boxing fitness**

| **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 inspiration from Nicola Adams to set up a Boxing fitness unit of exercise |
| **Intro:** Who is Nicola Adams?<https://www.twinkl.co.uk/resource/ks2-all-about-nicola-adams-ppt-t-tp-2660582>(The content on this PPt is much better than the illustrations, so use with caution!)There is biographical info below and the pros and cons clip is great to list the general pros and cons of boxing and how to lead a healthy lifestyle when training. |
| **Main:** [Lesson plan: KS3/4 PE – boxing for fitness](https://www.teachsecondary.com/sport/view/lesson-plan-ks3-4-pe-boxing-for-fitness)Use this plan to:* learn different HIT and circuit exercises using carousels
* plan their own ideal circuit, list equipment needed, plan warm up and warm down games
* For each exercise, discuss what it should look like and how to maintain quality (NO cheating!)
* discuss how much time should be allotted to each exercise and how much rest period between rotations
* How should scores be recorded? Discuss the emphasis on developing personal best scores rather than competing against each other
* There is a score sheet in the file to use as a template, or the pupils can design their own
* Record over 4+ weeks, at the end of each session discuss any adjustments and take feedback on progress and problems
* option to graph results
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| **Plenary:** * What part of your body does each exercise benefit?
* Option to produce cards for each exercise to pass onto other pupil groups
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| **Useful links:** [Nicola Adams Breaking Barriers and Punching Her Way to the Top - Black History Month 2024](https://www.blackhistorymonth.org.uk/article/section/inspirational-women/nicola-adams-breaking-barriers-and-punching-her-way-to-the-top/)<https://www.bbc.co.uk/sport/64787202> <https://www.bbc.co.uk/sport/64787202> (pros and cons of NA retirement)**Science and Technology**: measuring heart health**Design technology**: Design a smoothie or energy bar for an athlete**Expressive arts**: slow mo fighting**Expressive arts**: figure drawing**Boxing skipping**: |