**East Physical Education**

UNIT: BOXING

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| **Stage 1 Desired Results** |
| ESTABLISHED GOALSStandard 1:Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.Standard 2:Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment.Standard 3:Students will understand and be able to manage their personal and community resources. | ***Transfer*** |
|  *Students will be able to independently choose to engage in techniques that teach boxing skills/ self -defense in order to achieve and maintain a healthy lifestyle.* |
| ***Meaning*** |
| UNDERSTANDINGS *Students will understand that…** Procedures for a proper warm up , locking of the wrists, protecting hands, face, and private areas
* Participation in boxing increases strength, cardiovascular endurance, agility, and a strong mind/ body connection
* The length of each bout, protective headgear worn, what is necessary to win a match. (judging)
 | ESSENTIAL QUESTIONS * What safety rules are used when learning how to box?
* How do boxing techniques and training teach lifelong fitness?
* What differences exist between an amateur boxer and a professional boxer?
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| ***Acquisition*** |
| *Students will know…* * All the punches> the jab, straight right, hook, uppercut, guard up, combinations, parrying, jab catching, drops, blocks, slips
* Jump roping, hitting the heavy bag drills, using a double end bag, stance, footwork, shadow boxing, and rhythm skills, and stretches specific to boxing
* Wearing hand wraps and boxing gloves
* How to hit the mitts
* Difference between a southpaw boxer and right -handed boxer
 | *Students will be skilled at…** Using offense and defense skills
* Using the proper warm up skills
* Hitting the mitts
* Wrapping their hands, and wearing gloves correctly
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| **Stage 2 – Evidence** |
| **Evaluative Criteria** | **Assessment Evidence** |
| Participation/Sportsmanship | PERFORMANCE TASK(S): * Daily Grade based on Department established Rubric.
* Daily Fitness component towards Fitness-gram improvement
* Improvement of Skill level through tasks, skills, and student led demonstrations
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| Written Assignments | OTHER EVIDENCE:* Written assignment on skills, rules, and impact on overall wellness
* Design a personal training program that includes boxing techniques
* Critique boxing and write up a review

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| **Stage 3 – Learning Plan** |
| *Summary of Key Learning Events and Instruction*

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| ***DAY 1*** | ***DAY 2*** | ***DAY 3*** | ***DAY 4*** |
| Intro to * History of boxing
* Safety rules
* Hand wrapping / wearing the correct gloves
* Proper boxing warm up
* Stance
* Footwork
* Punches

Review etiquette and personal and social responsibilities.Health/skill Related Fitness ComponentsDiscuss/handouts community resources for…... Area Gyms, YMCA, rec centers, neighborhood possibilities) | * Review Day 1
* Heavy Bag & double end bag punching
* Boxing drills
 | * Review Day 1 & 2
* Mitt hitting
* Partner & boxing drills
* Watch a video of boxing and look for techniques/ skills or watch two experienced boxers demonstrate
 | * *Review Day 1, 2, & 3*
* *Using some of the boxing techniques for fitness training*
* *Written quiz or survey*
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| ***DAY 5*** | ***DAY 6*** | ***DAY 7*** | ***DAY 8*** |
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