

East Physical Education

UNIT: BOXING

Stage 1 Desired Results

<p>ESTABLISHED GOALS</p> <p>Standard 1: Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.</p> <p>Standard 2: Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment.</p> <p>Standard 3: Students will understand and be able to manage their personal and community resources.</p>	Transfer	
	<i>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.</i>	
	Meaning	
	<p>UNDERSTANDINGS <i>Students will understand that...</i></p> <ul style="list-style-type: none"> • 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) 	<p>ESSENTIAL QUESTIONS</p> <ul style="list-style-type: none"> • 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?
	Acquisition	
<p><i>Students will know...</i></p> <ul style="list-style-type: none"> • 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 	<p><i>Students will be skilled at...</i></p> <ul style="list-style-type: none"> • Using offense and defense skills • Using the proper warm up skills • Hitting the mitts • Wrapping their hands, and wearing gloves correctly 	

Stage 2 – Evidence

Evaluative Criteria	Assessment Evidence
Participation/Sportsmanship	PERFORMANCE TASK(S): <ul style="list-style-type: none"> • 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
Written Assignments	OTHER EVIDENCE: <ul style="list-style-type: none"> • 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

Stage 3 – Learning Plan

Summary of Key Learning Events and Instruction

DAY 1	DAY 2	DAY 3	DAY 4
Intro to <ul style="list-style-type: none"> • 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 Components	<ul style="list-style-type: none"> • Review Day 1 • Heavy Bag & double end bag punching • Boxing drills 	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • <i>Review Day 1, 2, & 3</i> • <i>Using some of the boxing techniques for fitness training</i> • <i>Written quiz or survey</i>

Discuss/handouts community resources for..... Area Gyms, YMCA, rec centers, neighborhood possibilities)			
DAY 5	DAY 6	DAY 7	DAY 8