

## East Physical Education

### UNIT: BOXING

#### Stage 1 Desired Results

<p><b>ESTABLISHED GOALS</b></p> <p><b>Standard 1:</b> Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.</p> <p><b>Standard 2:</b> Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment.</p> <p><b>Standard 3:</b> Students will understand and be able to manage their personal and community resources.</p>	<b>Transfer</b>	
	<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>	
	<b>Meaning</b>	
	<p><b>UNDERSTANDINGS</b> <i>Students will understand that...</i></p> <ul style="list-style-type: none"> <li>Procedures for a proper warm up , locking of the wrists, protecting hands, face, and private areas</li> <li>Participation in boxing increases strength, cardiovascular endurance, agility, and a strong mind/ body connection</li> <li>The length of each bout, protective headgear worn, what is necessary to win a match. (judging)</li> </ul>	<p><b>ESSENTIAL QUESTIONS</b></p> <ul style="list-style-type: none"> <li>What safety rules are used when learning how to box?</li> <li>How do boxing techniques and training teach lifelong fitness?</li> <li>What differences exist between an amateur boxer and a professional boxer?</li> </ul>
	<b>Acquisition</b>	
	<p><i>Students will know...</i></p> <ul style="list-style-type: none"> <li>All the punches&gt; the jab, straight right, hook, uppercut, guard up, combinations, parrying, jab catching, drops, blocks, slips</li> <li>Jump roping, hitting the heavy bag drills, using a double end bag, stance, footwork, shadow boxing, and rhythm skills, and stretches specific to boxing</li> <li>Wearing hand wraps and boxing gloves</li> <li>How to hit the mitts</li> <li>Difference between a southpaw boxer and right -handed boxer</li> </ul>	<p><i>Students will be skilled at...</i></p> <ul style="list-style-type: none"> <li>Using offense and defense skills</li> <li>Using the proper warm up skills</li> <li>Hitting the mitts</li> <li>Wrapping their hands, and wearing gloves correctly</li> </ul>

#### Stage 2 – Evidence

Evaluative Criteria	Assessment Evidence
Participation/Sportsmanship	<b>PERFORMANCE TASK(S):</b> <ul style="list-style-type: none"> <li>Daily Grade based on Department established Rubric.</li> <li>Daily Fitness component towards Fitness-gram improvement</li> <li>Improvement of Skill level through tasks, skills, and student led demonstrations</li> </ul>
Written Assignments	<b>OTHER EVIDENCE:</b> <ul style="list-style-type: none"> <li>Written assignment on skills, rules, and impact on overall wellness</li> <li>Design a personal training program that includes boxing techniques</li> <li>Critique boxing and write up a review</li> </ul>

### Stage 3 – Learning Plan

#### Summary of Key Learning Events and Instruction

DAY 1	DAY 2	DAY 3	DAY 4
<p>Intro to</p> <ul style="list-style-type: none"> <li>History of boxing</li> <li>Safety rules</li> <li>Hand wrapping / wearing the correct gloves</li> <li>Proper boxing warm up</li> <li>Stance</li> <li>Footwork</li> <li>Punches</li> </ul> <p>Review etiquette and personal and social responsibilities. Health/skill Related Fitness Components</p>	<ul style="list-style-type: none"> <li>Review Day 1</li> <li>Heavy Bag &amp; double end bag punching</li> <li>Boxing drills</li> </ul>	<ul style="list-style-type: none"> <li>Review Day 1 &amp; 2</li> <li>Mitt hitting</li> <li>Partner &amp; boxing drills</li> <li>Watch a video of boxing and look for techniques/ skills or watch two experienced boxers demonstrate</li> </ul>	<ul style="list-style-type: none"> <li>Review Day 1, 2, &amp; 3</li> <li>Using some of the boxing techniques for fitness training</li> <li>Written quiz or survey</li> </ul>

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