

Year 9 PE - Boxercise Learning Programme 2

<p>The LORIC skill focus for his LP is: ORGANISATION The Moral Virtues focus for this LP are: COMPASSION and HONESTY Compassion - the quality of feeling pity and concern for the sufferings or misfortunes of others. Honesty - the quality of being truthful.</p> <p>What will I be learning about in this Learning Programme? I will be learning about how to throw and pad for jabs, backhands, hooks, uppercut and combination shots. We will also be learning about effective stance, footwork and head movements to set up and evade shots</p> <p>Where have I seen this learning before? I will have seen this if I box at a local club. I could have also seen this if I watch high performance football matches on the television and watch the analysis programme after game has finished.</p> <p>What could I use it for? Using skills and tactics to outwit my opponent.</p>		<p>Literacy:</p> <ul style="list-style-type: none"> • Capital letters must be used at the start of sentences and for the first letter of proper nouns • Full stops must be used at the end of a sentence • Question marks must be used at the end of a question • Apostrophes should only be used for possession or omission • Days of the week and months must be spelled correctly • Key words must be spelled correctly
<p>In LP2.1, I will know: 21/10/24 - (WK 2)</p> <p>what I will be learning and how I will be assessed this LP; how to adopt the correct stance; how to move efficiently in a number of directions whilst in the correct stance in a conditioned practice.</p>	<p>Key Vocabulary</p> <p>Stance</p>	<p>Homework</p> <p>Practice skills learned outside of the classroom at a Boxing gym or watch a youtube clip on how to apply them effectively.</p>
<p>In LP2.2, I will know: 04/11/24 - (WK 1)</p> <p>how to throw jabs and backhand using efficient technique; how to use the focus pads in a safe and correct manner in jabs and backhand punches; how to assess and evaluate performances of the application of jabs and backhands in a conditioned practice.</p>	<p>Key Vocabulary</p> <p>Jab</p>	<p>Homework</p> <p>Practice skills learned outside of the classroom at a Boxing gym or watch a youtube clip on how to apply them effectively.</p>
<p>LP2 RLW, I will: 11/11/24 - (WK 2)</p> <p>review my learning, recalling and applying key knowledge, and focus on closing any gaps in my knowledge.</p>	<p>Key Vocabulary</p> <p>Backhand</p>	<p>Homework</p> <p>Practice skills learned outside of the classroom at a Boxing gym or watch a youtube clip on how to apply them</p>
<p>In LP2.3, I will know: 18/11/24 - (WK 1)</p> <p>how to throw jabs and backhand using efficient technique; how to use the focus pads in a safe and correct manner how to assess and evaluate performances of the application of jabs and backhands in a conditioned practice.</p> <p>Extended Task.</p>	<p>Key Vocabulary</p> <p>1-2 Combination</p>	<p>Homework</p> <p>Practice skills learned outside of the classroom at a Boxing gym or watch a youtube clip on how to apply them effectively.</p>
<p>In LP2.4, I will know: 25/11/24 - (WK 2)</p> <p>how to throw and pad hooks using safe and efficient technique how to deliver a four to five punch combination which encompasses at least one hook; how to assess and evaluate the application of uppercuts in a conditioned practice.</p>	<p>Key Vocabulary</p> <p>Hook</p>	<p>Homework</p> <p>Practice skills learned outside of the classroom at a Boxing gym or watch a youtube clip on how to apply them effectively.</p>
<p>In LP2.5, I will know: 02/12/24 - (WK 1)</p> <p>How to evaluate performances of the application of uppercuts in a conditioned practice; how to deliver a four to five punch combination which encompasses at least one uppercut.</p>	<p>Key Vocabulary</p> <p>Upper Cut</p>	<p>Homework</p> <p>Practice skills learned outside of the classroom at a Boxing gym or watch a youtube clip on how to apply them effectively.</p>
<p>In LP2.6, I will know: 09/12/24 - (WK 2)</p> <p>how to use a range of head movements in order to avoid opponents' punches; how to use a range of head movements in a conditioned practice how to apply a range of techniques to help me complete the core task assessment for this LP.</p> <p>Extended Task.</p>	<p>Key Vocabulary</p> <p>Bob - Duck - Layback</p>	<p>Homework</p> <p>Practice skills learned outside of the classroom at a Boxing gym or watch a youtube clip on how to apply them effectively.</p>
<p>In LP2.7, I will know: 16/12/24 - (WK 1)</p> <p>how to apply all boxing skills learned throughout the LP into a boxing Circuit.</p>	<p>Key Vocabulary</p> <p>Circuit</p>	<p>Homework</p> <p>Practice skills learned outside of the classroom at a Boxing gym or watch a youtube clip on how to apply them effectively.</p>
<p>Resources to support learning: https://www.youtube.com/@r2fteachpe</p>		
<p>FFET Award Challenge for this Learning Programme: Apply defensive strategies by not conceding a goal</p>		

