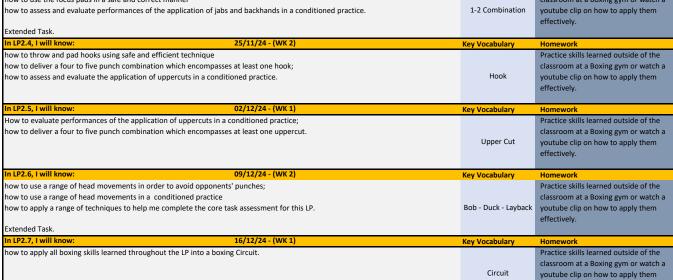




effectively.

Year 9 PE - Boxercise					
Learning Programme 2					
The LORIC skill focus for his LP is: ORGANISATION		Literacy: • 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			
The moral virtues roughly and a common control and moral control a					
Honesty - the quality of being truthful. 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 we be learning about effective		Question marks must be used at the
			stance, footwork and head movements to set up and evade shots		end of a question
		Apostrophes should only be used for			
· ·		possession or omission			
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		Days of the week and months must be			
programme after game has finished.		spelled correctly			
		Key words must be spelled correctly			
What could I use it for?					
Using skills and tactics to outwit my opponent.					
In LP2.1, I will know: 21/10/24 - (WK 2)	Key Vocabulary	Homework			
what I will be learning and how I will be assessed this LP;		Practice skills learned outside of the			
how to adopt the correct stance;	Characa	classroom at a Boxing gym or watch a			
how to move efficiently in a number of directions whilst in the correct stance in a conditioned practice.	Stance	youtube clip on how to apply them			
		effectively.			
In LP2.2, I will know: 04/11/24 - (WK 1)	Key Vocabulary	Homework			
how to throw jabs and backhand using efficient technique;		Practice skills learned outside of the			
how to use the focus pads in a safe and correct manner in jabs and backhand punches;		classroom at a Boxing gym or watch a			
how to assess and evaluate performances of the application of jabs and backhands in a conditioned practice.	Jab	youtube clip on how to apply them			
		effectively.			
LP2 RLW. will: 11/11/24 - (WK 2)					
LP2 RLW, I will: 11/11/24 - (WK 2)		Practice skills learned outside of the			
review my learning, recalling and applying key knowledge, and focus on closing any gaps in my knowledge.	Backhand	classroom at a Boxing gym or watch a			
remaining reasoning and appring set and needs and reason on closing and paper and a source age.	Dackilalia	youtube clip on how to apply them			
In LP2.3, I will know: 18/11/24 - (WK 1)	Key Vocabulary	Homework			
how to throw jabs and backhand using efficient technique;	,	Practice skills learned outside of the			
how to use the focus pads in a safe and correct manner		classroom at a Boxing gym or watch a			
how to assess and evaluate performances of the application of jabs and backhands in a conditioned practice.	1-2 Combination	youtube clip on how to apply them			
		effectively.			
Extended Task.					
In LP2.4, I will know: 25/11/24 - (WK 2)	Key Vocabulary	Homework			
how to throw and pad hooks using safe and efficient technique		Practice skills learned outside of the			
how to deliver a four to five punch combination which encompasses at least one hook;		classroom at a Boxing gym or watch a			
how to assess and evaluate the application of uppercuts in a conditioned practice.	Hook	youtube clip on how to apply them			
		effectively.			







Resources to support learning:

https://www.youtube.com/@r2fteachpe

FFET Award Challenge for this Learning Programme

Apply defensive strategies by not conceding a goal