








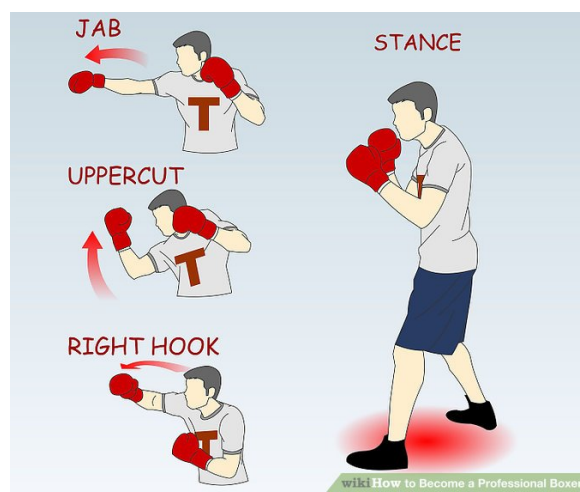
## Key Vocabulary

Boxercise		A form of exercise based on boxing training and using boxing movements.
Jab		With your hands in a fist shape, push up and across the body.
Cross jab		With the hands in a fist shape, push sideways across the body with a controlled stop.
Boxing twist		A two-footed twist from side to side.
Jog and roll		Bring their arms forward in front as if hitting a punch bag. Jog forwards for four and back for four.
Duck and dodge		Stand with your feet wide apart and your hands in the ready position in front of the chest. Bend at the knees and dodge from side to side – as if dodging an opponent – transferring your body weight from leg to leg.
Sidekick		With your hands in the ready position, lean over to the side and kick out from the knee with the foot flat.



## Year 4 – Mighty movers fitness unit

### Techniques



### What I need to know:

#### Skills

- I can learn the value of doing boxercise.
- I can apply the techniques learned to a routine set to music.
- I can apply the correct technique for the cross jab – co-ordination.
- I can link skills with control and precision.
- I can refine all the boxercise movements learned.
- I can learn the value of completing a full boxercise workout.

### Health and Fitness

- I can develop personal fitness levels, particularly strength and stamina.

### Evaluating and Improving

- I can perform, evaluate and improve my own and others' work.
- I can identify the key skills needed to provide accurate and tactful evaluative feedback to peers.