

 South Farnham School <i>The Continual Pursuit of Excellence</i> Part of the South Farnham Educational Trust	PE Subject Knowledge Organiser (Boxercise)		
	Spring Term	Year 6	Strands covered: Boxercise

What prior knowledge should students have?

- Pupils develop an understanding of how exercise can help support our mental wellbeing.
- Pupils create and perform sequences using apparatus, individually and with a partner.
- Pupils begin to evaluate the performance of themselves and others, suggesting ways to improve.

What skills will students learn? (Disciplinary Knowledge)

- Pupils will learn what a guard is and will stand consistently in this position.
- Pupils will understand how to perform a cross jab with a kick, upper cut and a hook. They will then be able to apply these to music.
- Pupils will learn how to perform a range of combinations and then apply these within a routine.
- Pupils will understand why a guard is important and will only perform boxercise moves within a lesson.

Key Vocabulary

Definition

Guard	A defensive stance with the hands raised in front of the face to protect from attack.
Combinations	A series of punches in quick succession meant to test the reflexes of the opponent.
Jab	A quick sharp blow with the fist.
Hook	A short swinging punch made with the elbow bent and rigid.
Uppercut	A punch delivered with an upwards motion and the arm bent.
Aerobic exercise	Type of activity that gets your heart rate up and keeps it up for a sustained period. It is important for overall health, as it can help to improve cardiovascular fitness, strengthen the heart and lungs.

What key knowledge will be taught? (Substantive Knowledge)

- The children will understand the importance of breathing and how it can help support their activities.
- Children will work in collaboration with others to support their routines and apply their new learning.
- The children will understand how to evaluate their routines and movements with improvements for the future.

Why Boxercise?

Boxercise is a great way to instil discipline, increase fitness, improve coordination, and increase confidence. Offensive and defensive footwork will be built on with evasions and counters being drilled. The pupils will work in timed rounds, and between the rounds will incorporate increasingly difficult exercises. There is no sparring, and it is made clear to participants that aggressive behaviour is unacceptable. They will understand the importance of breathing and how to apply this to their routines.