

Physical Education → Amateur Boxing

Key Skills	Physical Attributes	Knowledge	Rules
<p>Body position Punching Footwork Defensive movements</p>	<p>Speed Agility Co-ordination Power Muscular endurance Cardiovascular fitness Reaction time Flexibility</p>	<p>Core skills Advanced skills Basic rules Basic regulations Tactics Warming up and cooling down Major muscle groups Heart rate and exercise intensity Outwitting opponents Analysis of performance</p>	<p>Scoring/point system Fouls – accidental, intentional</p>
Teaching Focus		Literacy	
<p><u>Year 7</u></p> <ul style="list-style-type: none"> • Repetition of core skills through isolated drills in order to develop control and accuracy • Application of core skills within condition games in order to develop confidence whilst under pressure • Application of core skills within a competitive situation in order to outwit opponents • Understanding of basic rules, regulations and positioning 		<p>Rules Regulations Tactics Analysis Footwork Stance Guard Balance Weight distribution Jab Cross</p>	

- **Analysis of own performance against practical criteria**

Hook
 Uppercut
 Duck
 Slip

Year 8

- Repetition of **advanced skills** through **isolated drills** in order to develop **precision, control and fluency**
- Application of **advanced skills** within **condition games** in order to develop **confidence** whilst **under pressure**
- Application of **advanced skills** within a **competitive situation** in order to **outwit opponents**
- Ability to **adapt to new situations** within **competitive situations**
- Understanding of **all rules, regulations and positioning**
- **Analysis of own performance and the performance of others** against practical criteria .

Lateral footwork
 Blocking
 Attack
 Defence
 Heart rate
 Intensity
 Blood flow
 Major muscles; Biceps, Triceps, Quadriceps, Hamstrings, Gastrocnemius, Gluteals, Abdominals, Deltoid and Pectorals.
 Outwitting opponents
 Accuracy

Year 9

- Application of **advanced skills** within **condition games** in order to develop **confidence** whilst **under pressure** .
- **Application of advanced skills** within a **competitive situation** in order to **outwit opponents**
- Understanding of **key tactics** used to **outwit an opponent** .
- Application of **key tactics** during **competitive game play** .

- Analysis of own performance and the performance of others against practical criteria KS4.
- Adopt a leadership role in the lesson.

KS4:

- Applying and practicing with **increased focus on game play** to be able to participate effectively and confidently.
- **'Whole part whole'** approach might be appropriate to develop a deeper knowledge and understanding. **Leadership** encouraged through different roles practiced. **'Sports Education'** model may be used.

Useful resources

www.abae.co.uk

www.gbboxing.org.uk

[GCSE PE OCR NEA Grading Criteria – Boxing](#)

School Club Links

Southport Star Amateur Boxing Club
North Mersey Abc and Sporting Club