

Unit 4 Minor Games

Boxercise

Learning Intents

Students will be able to (SWBAT):

Psychomotor:

- Participate in Boxercise and implement punches, kicks, jumps and any other rhythmic movement
- Perform and teach to classmates

Cognitive:

- Get an understanding of different forms of Physical Activity and how they can be incorporated into your lifestyle

Affective:

- Working cooperatively as a group
- Apply **safety** principles
- Focus on positive attitudes and teamwork

Social:

- Create good class atmosphere
- Participate with a number of different players

Equipment:

- Stereo

Rules and Format

Rules:

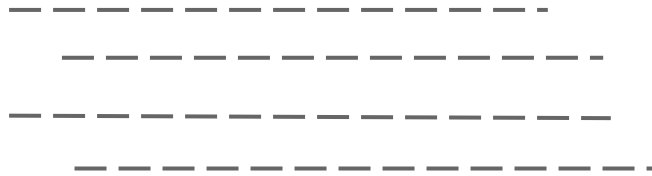
- Different 'Flags' have different rules
 - If tagged you have to go back to your zone (no jail)
 - If one team has all flags back in their end they win
 - No guarding inside big ring
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- Change and get organized 10 minutes
 - Warm-up and Discussion 15 minutes
 - Command style demo
10 minutes
 - Come up with routine (team) 15 minutes
 - 3 minute routine teach
12 minutes
 - Clean up and change 15 minutes

Format:

- Lines facing me
- I need to be able to see you
- All about Participation

Command and Routine Build

Set-up



Routine Build

Must Incorporate:

- Punches
- Kicks
- Blocks
- Jumps
- Other

Wrap-up and Equipment Take Down

Sports Ed Model in Effect

- Bonus Points for Behaviour
- Exit Slip with Feedback and Team Vote