

## Physical Education Lesson Plan Kinard CK Middle School

**Content/Skill Theme :** Kickboxing

**Date:** December 2<sup>nd</sup> – December 17<sup>th</sup>

**Grade Level:** 6<sup>th</sup> & 7<sup>th</sup> Grade

**Instructor:** Jeanne Morgan

**Class Size:** 30-40 Students

**Lesson Number:** 1

**Facility:** Auxillary Gym

**Equipment:** Music (, Boxing Gloves, boxing dummies, football pads, projector, computer, task cards

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**Standard:** 2 Physical and Personal Wellness

**Grade Level Expectation:** 6<sup>th</sup>

**Concepts and skills students master:** Set personal goals for improving health-related fitness

**Evidence Outcomes:** Identify activities that will help to improve cardio-respiratory, muscular endurance & strength, flexibility and body composition

**Inquiry Questions:**

- What are the different components of fitness?
- Why is it important to have flexible muscles?
- What are the best activities for improving muscular strength
- Which physical activities do you enjoy to help to improve cardio-respiratory and muscular endurance?

**Standard:** 1 Movement Competence and Understanding

**Grade Level Expectation:** 7<sup>th</sup>

**Concepts and skills students master:** Combine the critical elements of movement and skills concepts

**Evidence Outcomes:**

Identify and describe key elements in the mature performance of striking.

Analyze movement patterns and correct errors.

Design and perform sequences that combine traveling, balancing and weight transfer into smooth, flowing sequences with changes in direction, speed and flow.

**Inquiry Questions:**

- Why do some physical activities require more complex movements than others?
- How does one determine what the goal is when creating a movement with a group?
- What are some activities and sports in which balance and body rotation are integral for success?
- When would it be most effective to learn a skill in parts?