



Key Vocabulary			
Circuit	Duck and dodge	Punch	step-ups
Heart rate	Sidekick	Knee crunch	press-ups
Jab	Front kick	Rhythm	Skipping
Cross jab	Back kick	Cross step	Strength and stamina
Jog and roll	Jumping jacks	V step	Flexibility
Boxing twist	turn	dips	Aerobic

Key Learning
<ul style="list-style-type: none"> <li>• To complete a circuit that includes a range of activities.</li> <li>• To learn how boxercise moves can be adapted and used in a different format.</li> <li>• To perform a sequence of steps in time with the music.</li> <li>• To understand the benefits of improving muscle tone and aerobic fitness (strength and stamina).</li> <li>• To understand why fitness is good for health and wellbeing.</li> <li>• To identify techniques to improve balance and core strength.</li> <li>• To improve co-ordination.</li> <li>• To perform a sequence of moves at each station within a circuit with increased accuracy.</li> </ul>

Circuits		
Spotty Dogs	Plank	Running squats
burpees	Skipping	Bench star jumps