Kickboxing

Content Area: **Health & Phys Ed**
Course(s): **Physical Education 9-12**
Time Period: **Semester 2**
Length: **3 weeks**
Status: **Published**

Standards

HPE.2.5.12.A.1	Explain and demonstrate ways to apply movement skills from one game, sport, dance, or recreational activity to another (e.g., striking skills from/to tennis, badminton, ping pong, racquetball).
HPE.2.5.12.A.2	Analyze application of force and motion (weight transfer, power, speed, agility, range of motion) and modify movement to impact performance.
HPE.2.5.12.A.3	Design and lead a rhythmic activity that includes variations in time, space, force, flow, and relationships (creative, cultural, social, and fitness dance).
HPE.2.5.12.A.4	Critique a movement skill/performance and discuss how each part can be made more interesting, creative, efficient, and effective.
HPE.2.5.12.A.CS1	Movement skill performance is primarily impacted by the quality of instruction, practice, assessment, feedback, and effort.
HPE.2.5.12.B.2	Apply a variety of mental strategies to improve performance.
HPE.2.5.12.B.3	Analyze factors that influence intrinsic and extrinsic motivation and employ techniques to enhance individual and team effectiveness.
HPE.2.5.12.C.CS1	Self-initiated behaviors that promote personal and group success include safety practices, adherence to rules, etiquette, cooperation, teamwork, ethical behavior, and positive social interaction.

Enduring Understandings

1. Physical and cognitive skills are necessary to participate in a variety of kickboxing activities.

2. Health benefits of cardio kickboxing are exponential. Learning how to calculate intensity levels and heart rate enables safe and efficient participation.

3. Positive experiences and decision making regarding fitness attributes to a healthy lifestyle.

4. Participation in cardio kickboxing provides an opportunity for developing an understanding and respect of differences among peers.

5. Cardio kickboxing provides an opportunity for personal enjoyment, personal challenge, self expression, stress outlet, and social interactions.

Essential Questions

1. What is the difference between aerobic an anaerobic activity?
2. How does kickboxing help promote a healthy lifestyle?
3. Why is it important to work-out within your target heart rate zone?

4. Why is kickboxing good for managing stress?
5. What are the key components that should be incorporated into any routine?

Knowledge and Skills

Students will be able to:

- improve their fitness levels.
- understand the benefits of cardio kickboxing as a fitness activity.
- differentiate between different punch/kick combinations and when they are used in self-defense.
- learn the proper knowledge to determine target heart rates.
- understand the dynamics involved in kickboxing.
- work cooperatively with classmates.
- understand the origin of martial arts, kickboxing and cardio kickboxing.
- demonstrate knowledge of aerobic and anaerobic activity

Transfer Goals

1. Students will be able to independently participate in lifelong activity.

2. Students will be able to independently rely on healthy outlets, for stress, anger and anxiety.

Resources

Health Benefits of Cardio Kickboxing

https://www.healthline.com/health/kickboxing-benefits

High energy workout that can burn 350-450 calories per hour.

Ace Fitness

https://www.acefitness.org/about-ace/press-room/in-the-news/8245/why-cardio-kickboxing-is-an-awesome-workout-healthline/#:~:text=Cardio%20kickboxing%20is%20a%20group,this%20fun%20and%20challenging%20workout.

Example of a cardio kickboxing routine. Can be performed in class with students.

https://www.youtube.com/watch?v=Hri2rYgOLKI

Assessments

https://docs.google.com/document/d/1z90hu2-lCXoUTewriJPJTl5846tUuXMFSuMHD8is0yI/edit

Modifications for Diverse Learners

https://docs.google.com/document/d/1cUIE1QRfV7jJNjgU2NdcW1x91UAyDENe/edit