



Prior Learning					
Children will build upon the 'Mighty Movers' unit that they looked at in Year 3/4.					
Key vocabulary for this unit					
Jab Cross jab Jog and roll Boxing twist Duck and dodge Sidekick	Jab Cross jab Jog and roll Boxing twist Duck and dodge Sidekick Front kick	Jab Cross jab Jog and roll Boxing twist Duck and dodge Sidekick Front kick Jumping jacks Punch	Jab Cross jab Jog and roll Boxing twist Duck and dodge Sidekick Front kick Jumping jacks Turn Punch	Jab Cross jab Jog and roll Boxing twist Duck and dodge Sidekick Front kick Jumping jacks Turn Punch	Jab Cross jab Jog and roll Boxing twist Duck and dodge Sidekick Front kick Jumping jacks Turn Punch
Learning Sequence					
1. To perform a boxercise routine demonstrating good technique.		Create a short routine using moves learned in Y4.			
2. To understand the principles of dynamic stretching.		Perform boxercise moves in time with the music in order to improve fitness.			
3. To improve fitness by raising the heart rate and strengthening the legs and arms.		Learn how to include linking moves into a sequence.			

4. To create and apply compositional ideas to the sequence.	Devise a short sequence using the moves learned so far.
5. To perform actions and moves fluently to music in order to improve personal fitness.	Perform a sequence with precision and accuracy. Maintain a balance throughout all the moves.
6. To learn how boxercise moves can be adapted and used in a different format.	Perform a fitness circuit incorporating boxercise moves.
Assessment milestones	
<ul style="list-style-type: none"> • develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] 	