Youth Interval boxing

[Semester and Year]

# Instructor Information

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| --- | --- | --- |
| Instructor | Email | Class Location & Hours |
| **Vern Phillips**  **Co- Stephen Rockette** | Stephen@bhsjymca.org | Weightroom/gym-Monday & Wednesday  Ages: 10-17 Evening 5pm-6pm |

# General Information

## Description

Interval boxing uses drills and combos to provide an interesting way to challenge the students’ body-mind and motor skills. They can be done in any setting with or without any boxing equipment. This is a fun and vigorous class exercise appropriate for 5th graders (10 year olds) and up. Interval boxing drills incorporate total cardiovascular conditioning, muscular strength intervals and movements that challenge skill training and motor coordination (hand/foot, hand/eye).

## Expectations and Goals: (circle one): Pass/Fail or Grade Given

Class participation (attendance) 85% pass

# Course Materials

## Required Materials (most should be provided by teacher covered in course fee, indicate if provided by student, i.e. sewing kit)

Young boxing gloves

Punching bags

Punching mitts

Jump ropes

Cones

## Optional Materials (provided by student/family)

Boxing gloves- if needed

Hand wraps or tapes

Students should wear proper athletic clothing i.e. shorts, comfortable fitting shoes

Student should bring water bottle

# Course Schedule

| Week | Topic |  |  |
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| See attachment |  |  |  |
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# End of Semester: Finished Work

* Evidence of Learning (circle one):
* 85% of class attendance-
* Demonstrating proper punching forms; ***ex.*** jab, cross, hook, and back fist.
* Demonstrating proper kicking forms; ***ex.*** front kick, side kick, back kick, and round house kick
* Demonstrating proper bag technique and feet movement