

## LESSON 11: CARDIO KICKBOXING WORKOUT 1

### Grade-Level Outcomes

#### Primary Outcomes

**Assessment & program planning:** Designs a fitness program, including all components of health-related fitness, for a college student and an employee in the learner's chosen field of work. (S3.H12.L1)

**Fitness knowledge:** Calculates target heart rate and applies that information to personal fitness plan. (S3.H10.L1)

**Fitness activities:** Demonstrates competency in 1 or more specialized skills in health-related fitness activities. (S1.H3.L1)

#### Embedded Outcome

**Personal responsibility:** Employs effective self-management skills to analyze barriers and modify physical activity patterns appropriately, as needed. (S4.H1.L1)

### Lesson Objectives

The learner will:

- perform the basic moves of a cardio kickboxing routine.
- maintain moderate to vigorous physical activity (MVPA) throughout the routine by checking heart rate.
- participate safely by moving with correct form and in self-space.

### Equipment and Materials

- Upbeat music or video

### Introduction

*Today is a cardio day. Last week, you did step aerobics. This week, you will get to participate in cardio kickboxing. There are many ways you can get aerobic exercise. These are just two group exercise types for you to sample. You can find many routines online to do at home. Remember, the physical activity guidelines suggest that people get at least 60 minutes of moderate to vigorous physical activity (MVPA) on most days. We can accumulate this activity through walking, running, cycling, swimming, and so on. Remember, you do not need to have access to a gym in order to stay physically active. Thinking about the career you hope to have, what are some of the physical activity requirements? How might you include physical activity throughout your day or stay physically active to be more productive in your life and career? You have planned out a fitness routine for yourself as a college student. Next, you will think about how to keep active and healthy as a professional. First, let's learn some basic kickboxing moves.*

## Instructional Task: Kickboxing Intro

### ■ PRACTICE TASK

Have students spread out across the gym in rows with windows (as in teaching dance). Make sure you can see everyone and everyone can see you.

Slowly go through a series of basic moves (see list below). This teaches students the moves and slowly warms them up.

First get into your fighting stance: Stand with feet staggered, knees slightly bent, rear heel lifted.

Bring fists to chin, elbows near ribs, palms facing each other.

## Punches

- **Jab:** A short, straight forward punch. Feet are staggered in fighting stance. Strike with same fist as forward stance foot (i.e., left foot forward, punch with left hand).
- **Cross:** A punch thrown from the back hand. Feet are staggered in fighting stance. Throw punch from back hand (i.e., left foot forward, punch with right fist) with slight hip rotation.
- **Hook:** A short punch with a circular motion while the elbow remains bent. Lead with same foot as forward foot (i.e., left foot forward in fighting stance, punch with left fist).
- **Uppercut:** An upward punch. Elbow bent and fist to sky in quick sharp motion; can be with lead or back fist in staggered fighting stance.

## Kicks

- **Front kick:** A forward leg strike. Lead with front leg in staggered fighting stance. Pull the knee up and kick forward with foot flexed to strike target with the heel.
- **Side kick:** A diagonal kick. Fighting stance, turn body sideways, pull up knee, and kick leg outward diagonally across body. Extend the leg toward target; strike with heel and with toes slightly down.
- **Roundhouse kick:** A rotational kick. Fighting stance, come to ball of foot of non-kicking leg and rotate toes to side as kicking (back) leg comes around to strike target with shin or top of instep of foot. Can kick at different levels (low, medium, high).

## Refinements

- **Jabs:** Quick punches. Can alternate fists or combine with other punches. Punch with speed and control.
- **Cross:** Use core and hips for power. Combine with jabs and other punches.
- **Hook:** Pivot on ball of back foot. Keep arm bent and make fast strong motion. Combine with other punches.
- **Uppercut:** Use legs and hips to drive punch up for more power. Keep punch just below eye level.
- **Front kick:** Drive knee and foot forward, push through heel.
- **Side kick:** Turn body sideways, extend leg and kick through target with heel.
- **Roundhouse kick:** Drive kicking knee forward, pivot hip, and retreat leg back to stance. Hit target with shin or instep. Change level of kick.

## Student Choices/Differentiation

- Students may do a video warm-up and learn as they go.
- Students may complete a dynamic warm-up first.
- Students may perform moves at their own pace.
- Students may do the exercises near a wall if they need to use it to balance.

## What to Look For

Students are performing the moves with correct form.

## Instructional Task: Kickboxing Routine

### ■ PRACTICE TASK

Prepare students to participate in a kickboxing routine. Again, there are many DVDs or routines on YouTube, and some can be downloaded. Using video allows you to move around the class and provide cues and feedback as well as model for students. You can create your own routine as well—just be sure you include a warm-up, workout phase, and cool-down.

Be sure to stop the class a few times for students to check their heart rates, or prompt students to check if they are in their THR zones.

Include a cool-down at the end of the workout.

## Refinements

- When using kicks, be sure to provide different levels as options for correct form and balance needs of students.

- For punches, watch that students do not overextend at the joints.
- Provide alternative pacing and moves for more complex movements and combinations.
- Watch balance and moves that require counterbalance.

## Guiding questions for students:

- Are you in your target heart rate zone?
- What is your heart rate like during this activity compared with step aerobics (same, higher, lower)?
- Is it more difficult to find your zone? Easier?

---

**EMBEDDED OUTCOME: S4.H1.L1** During the routine, ask students to self-adjust based on their target heart rates and their level of perceived skill proficiency. Can students manage themselves during the routine to choose the level they work at?

---

## Student Choices/Differentiation

- Students may choose step aerobics, Tae Bo, cardio HITT routines, or circuit training.
- Students may perform moves at a slower rate.
- Students may perform kicks at lower levels or make other needed adjustments to the moves.

## What to Look For

- Students are participating safely.
  - Students are using correct form.
  - Students are working in their target heart rate zones.
  - Students can adjust the intensity level of their workouts.
- 

## Formal and Informal Assessments

Exit slip: What parts of cardio kickboxing were the hardest for you?

## Closure

- Today, you participated in a different cardio workout. There are many ways to get a good cardio workout. What are some other ways that interest you?
- What do you think you will do for cardio when you're an adult?
- What about the other health-related fitness concepts?
- Next time, we're back in the weight room for a weight workout. Be sure to have your activity logs in your binders. I will be checking them.

## Reflection

- Were students using correct form during activity?
- Were students working at a moderate to vigorous level?
- Were students able to adjust or modify their intensity level based on their heart rates?
- Review exit slips for feedback on activity.

## Homework

- In your binder with your vocabulary, please write about what you like and dislike about step aerobics.
- What do you like and dislike about cardio kickboxing?
- If you were to do one of these activities outside of class, which would you choose and why?
- What other type of cardio activities would you like to try that you have not? Explain.

## Resources

Internet keyword search: "cardio kickboxing workout," "cardio kick"