

BOXING

National Governing Body: Schools' Amateur Boxing Association
Clement Street
Easton
Bristol
BS2 9ES

STANDARDISATION

The teaching and assessment of Boxing will be carried out by appropriately qualified coaches in conjunction with the teacher responsible for A level Physical education in the Centre. The teacher responsible for A Level Physical Education will ensure that the pitch/level of these assessments is comparable with all other activities assessed by the centre.

ASSESSMENT

The candidate is assessed in the selection and application of acquired and developed skills in conditioned competitive situations which focus on:

ATTACK – A range of techniques including movement of the feet and straight punching and involving single and combination punches to the target area.

DEFENCE – A range of techniques employed against straight punching to the target area, using the feet, arms and trunk to defend.

Assessment is based on performance in a conditioned competitive situation where the candidate performs the acquired and developed skills under pressure in a strategic situation. The level of success of the acquired and developed skill is measured through the movement phases identified below:

- **ATTACK** – When using long, mid and short range straight punching to the target area, the candidate will maintain balance and guard whilst moving in all directions.
- **DEFENCE** – The candidate will maintain balance when moving in all directions whilst demonstrating the use of the feet, arms and trunk to defend against all punches.
- In their performances in the conditioned competitive situations, candidates will be expected to demonstrate their knowledge and understanding of:
 - The rules of amateur boxing
 - Health and Safety in amateur boxing
 - Rules for Junior and Senior boxers

The assessment phases are used in conjunction with the following assessment criteria for conditioned competitive situations. Conditioned competitive situations will conform to ABAE rules of weight and age classification. The candidate is assessed out of a maximum of 30 marks.

The following are suggestions of conditioned competitive situations and are not seen as prescriptive. Centres may devise their own conditioned competitive situations in accordance with the guidelines given in section 2.5.

- i) Technique sparring
- ii) Conditioned sparring
- iii) Open sparring

AS Boxing Practical Assessment Criteria

In addition to the generic banded criteria Centres may find the following activity specific assessment criteria helpful.

	1-2	3-4	5-6	7-8	9-10
Stance and Guard in Attack and Defence	Demonstrates the basic need for balance.	Balance is aided by suitable distance between the feet, flexed front leg and bent rear leg. High guard.	As previous level, with rear heel off the floor. Trunk in a natural alignment with the feet. High guard.	As previous level with relaxed stance and guard, gloves closed but not clenched. Chin near to the chest.	As previous level. Demonstrates an understanding of the distribution of body weight in relation to the feet.
Footwork in Attack and Defence	To and fro movement and maintains base using short/small foot movements.	As previous level and able to move laterally maintaining base.	As previous level with smooth short sliding movements and correct distribution of body weight.	As previous level with ability to quickly change direction with minimal upper body movement.	Can move in all directions at ranging speeds, maintaining balance, high guard and in a position to use either hand or both without over-commitment.
Attack	Stationary ability to hit target with either hand demonstrating the power line and balance.	As previous level but also demonstrating power source, relaxation and acceleration.	As previous level and also able to demonstrate defence in attack and judgement of distance.	As previous level and able to switch target using different combinations.	As previous level and able to hit the target attacking from different angles whilst on the move.
Defence	Stationary ability to demonstrate arm defences against straight punches to the target.	As previous level with ability to demonstrate on the move.	Demonstrates defence using the feet and the arms, maintaining balance.	As previous level and also able to use the trunk, maintaining balance.	Able to defend on against straight punches to the target area moving in all directions.

Marks	Description
25-30	Candidate demonstrates a very high level of acquired and developed skills that show a consistently high standard of accuracy, control and fluency. There is successful selection and application of more advanced techniques where accuracy, control and fluency remain despite competitive pressures. The candidate introduces appropriate strategies and demonstrates an understanding of tactics to outwit the opposition. Performances in the formal competitive situations are excellent and progress has allowed them to achieve their performance-based targets.
19-24	Candidate demonstrates a high level of acquired and developed skills that illustrate a very good standard of skill production. There is consistent success in the selection and application of advanced techniques in the contest. Under competitive pressure the level of technical accuracy, control and fluency is normally good. The candidate shows a good understanding of the perceptual requirements to perform and introduces a range of tactics and strategies to use successfully against the opposition. Performances in the formal competitive situations are very good and improvement has been such as to allow a high standard of learning and understanding.
13-18	Candidate demonstrates a good level of acquired and developed skills that allow for a sound standard of performances in the contest. There is a sound level of success in the selection and application of advanced techniques in the contest and under competitive pressure the level of accuracy, control and fluency is reliable. The candidate is able to introduce and use tactics and strategies to show a sound understanding of the performance requirements against opposition. Performances in the formal competitive situations are good and improvement reflects satisfactory learning and understanding.
7-12	Candidate demonstrates an improving level of acquired and developed skills that allow for an average level of performances in the contest. There is an attempt to select and apply advanced techniques in the contest and under competitive pressure accuracy, control and fluency are usually achieved. The candidate has a basic perception of the requirements of performance and is able to introduce and use strategies and tactics at a satisfactory level. Performances in the formal competitive situations become more consistent and progress has allowed some learning and understanding.
0-6	Candidate demonstrates a moderate level of acquired and developed skills that lead to a moderate level of performance. There is an attempt to select and apply advanced techniques and under pressure there is a level of technical accuracy, control and fluency. The candidate is able to incorporate some tactics and strategies with a limited perception of the requirements of performances. Performances in the formal competitive situations have some consistency with a degree of learning and understanding.

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ASSESSMENT

The candidate is assessed in the selection and application of acquired and developed skills in a formal competitive situation which focuses on:

ATTACK – A range of techniques involving single and combination punching, including hooks, uppercuts and straight punches to the target area.

DEFENCE – A range of techniques using the feet, arms and trunk against hooks, uppercuts and straight punches.

Assessment is based on performance in a formal competitive situation where the candidate performs the acquired and developed skills under pressure in a strategic situation. The level of success of the acquired and developed skill is measured by using the following phases:

- **ATTACK** - When using long, mid and short range single and combination punching (straight, hooks and uppercuts) to the target area, the candidate will maintain balance and guard whilst moving in all directions.
- **DEFENCE** – The candidate will demonstrate the use of the feet, arms and trunk to defend against all punches; maintaining balance whilst moving in all directions.

In their performances in the formal competitive situations, candidates will be expected to demonstrate their knowledge and understanding of:

- The rules of amateur boxing
- Health and Safety in amateur boxing
- Rules for Junior and Senior boxers

The assessment phases are used in conjunction with the following assessment criteria for the formal competitive situations. Formal competition will conform with the ABAE rules of weight and age classification. The candidate is assessed out of a maximum of 30 marks.

A2 Boxing Practical Assessment Criteria

In addition to the generic banded criteria Centres may find the following activity specific assessment criteria helpful.

	1-2	3-4	5-6	7-8	9-10
Stance and Guard in Attack and Defence	Demonstrates the basic need for balance with feet, trunk, arms and head.	Suitable distance between the feet, flexed front leg and bent rear leg. High guard. Arms vertical	As previous level, with rear heel off the floor. Trunk in a natural alignment with the feet Power line.	As previous level with relaxed stance and guard, gloves closed but not clenched. Chin down, looking through the gloves.	As previous level. Demonstrates an understanding of the distribution of body weight in relation to the balls of the feet.
Footwork in Attack and Defence	To and fro movement and maintains base using short/small foot movements on the balls of the feet.	As previous level and able to move laterally maintaining base with rear leg under the body.	As previous level with smooth short sliding movements and correct distribution of body weight. Front foot range finding.	As previous level with ability to quickly change direction and tempo with minimal upper body movement.	Can move in all directions at ranging speeds, maintaining balance, high guard and in a position to use either hand or both without over-commitment. Uses feet to move from defence into attack.
Attack	Stationary ability to hit target with either hand and demonstrating the power line and balance using single and combination punching.	As previous level and also demonstrating power source, relaxation, acceleration and change of tempo.	As previous level and also able to demonstrate defence in the attack using the trunk and arms. Judgment of distance.	As previous level and able to switch target using different combinations and angles.	As previous level and able to vary target area using different ranges.
Defence	Stationary ability to demonstrate arm defences against all punches to the target.	As previous level with ability to demonstrate on the move, especially going forwards.	Demonstrates defence using the feet and the arms, maintaining balance in all directions.	As previous level and also able to use the trunk, maintaining balance in all directions	Able to defend against all punches to the target area before, during and after attack.

Marks	Description
25-30	Candidate demonstrates a very high level of acquired and developed skills that show a consistently high standard of accuracy, control and fluency. There is successful selection and application of more advanced techniques where accuracy, control and fluency remain despite competitive pressures. The candidate introduces appropriate strategies and demonstrates an understanding of tactics to outwit the opposition. Performances in the formal competitive situations are excellent and progress has allowed them to achieve their performance-based targets. An excellent level of physical endeavour and sportsmanship is evident combined with flair. National / Regional representation may be an indicator of attainment of this high standard but assessment criteria must still be met.
19-24	Candidate demonstrates a high level of acquired and developed skills that illustrate a very good standard of skill production. There is consistent success in the selection and application of advanced techniques in the contest. Under competitive pressure the level of technical accuracy, control and fluency is normally good. The candidate shows a good understanding of the perceptual requirements to perform and introduces a range of tactics and strategies to use successfully against the opposition. Performances in the formal competitive situations are very good and improvement has been such as to allow a high standard of learning and understanding. A high level of physical endeavour and sportsmanship is evident combined with flair. Regional / County representation may be an indicator of attainment of this standard but assessment criteria must still be met.
13-18	Candidate demonstrates a good level of acquired and developed skills that allows for a sound standard of performances in the contest. There is a sound level of success in the selection and application of advanced techniques in the contest and under competitive pressure the level of accuracy, control and fluency is reliable. The candidate is able to introduce and use tactics and strategies to show a sound understanding of the performance requirements against opposition. Performances in the formal competitive situations are good and improvement reflects satisfactory learning and understanding. A good level of physical endeavour and sportsmanship is evident combined with some flair. District / Area / School representation may be an indicator of attainment of this standard but assessment criteria must still be met.
7-12	Candidate demonstrates an improving level of acquired and developed skills that allows for an average level of performances in the contest. There is an attempt to select and apply advanced techniques in the contest and under competitive pressure accuracy, control and fluency are usually achieved. The candidate has a basic perception of the requirements of performance and is able to introduce and use strategies and tactics at a satisfactory level. Performances in the formal competitive situations become more consistent and progress has allowed some learning and understanding. A competent level of physical endeavour and sportsmanship is evident combined with a little flair. Representing a local boxing club may be an indicator of attainment of this standard but assessment criteria must still be met.
0-6	Candidate demonstrates a moderate level of acquired and developed skills that leads to a moderate level of performances. There is an attempt to select and apply advanced techniques and under pressure there is a level of technical accuracy, control and fluency. The candidate is able to incorporate some tactics and strategies with a limited perception of the requirements of performances. Performances in the formal competitive situations have some consistency with a degree of learning and understanding and development. A level of physical endeavour and sportsmanship is evident.