

Boxercise Awards



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Introduction

At Boxercise we are passionate about trying to increase participation in fitness through Boxercise – our aim is to help more children, get more active, more often! It is well documented that for children to participate in fitness or sport within a secure environment benefits their physical and psychological wellbeing.

In the 20 years that we've been running Boxercise Instructor Training courses, the number of children participating in Boxercise, both in and out of the school environment, has grown exponentially. To help develop this further we've devised the Boxercise Awards scheme so that children can achieve specific goals and rewards whilst having fun and being active.

The Boxercise Awards are just one of many formats for teaching Boxercise to children but we've structured this method based on specific lesson plans to make it really simple for teachers to deliver and which can be fitted in to term times. Instructors can, of course, add to these lesson plans but the core elements will remain the same.

The awards scheme is a progressive programme taking children from basic through to more advanced skills.

The Awards progress from Bronze to Gold. The Bronze Award can be taught from KS1 age and up.

There is no sparring/contact between participants in the Boxercise Awards - only focus pads are hit. The objective is to learn the skills of Boxercise for fitness; not to aim to compete in boxing as a sport.

The Boxercise Awards

The awards are divided into 4 sections.

- Bronze
- Silver
- Gold
- Young Leader

Each award comprises of 10 sessions.

Who Can Teach the Awards?

The Boxercise Awards can ONLY be delivered by a qualified, Registered Boxercise Instructor who is insured to teach children.

To ensure high standards and good practise we would strongly advise registered Boxercise instructors to also have attended the Boxercise for Kids course and/or another children's fitness certification. Any one working with children will also require a DBS check (Disclosure and Barring Service). The responsibility for obtaining this and ensuring the correct insurance is in place lies with the individual instructor and their employer.

Boxercise do not monitor if individual Boxercise Instructors have had a DBS check or are insured.

To be able to deliver and assess the Silver and Gold Awards instructors must also have completed the Boxercise PT/Advanced Skills course.

For course dates please contact head office or view our website www.boxercise.co.uk

How it Works:

To participate in the awards scheme the cost is £5 per attendee - as little as 50p per session (min 10 people to register). We regret we cannot send out certificates for less than 10 participants at a time due to administration constraints.

On Registering for the Awards each Instructor receives:

- Detailed Lesson Plans (each lesson planned to the minute)
- Attendance Logs
- Sample rules/discipline code
- Advertising Leaflet and booking form
- Certificate upon successful completion for each participant
- Each award is fully linked to the Boxercise Footwork Training System. This is a visual teaching aid that assists in learning all the necessary footwork drills for the awards. It is not essential to purchase this to deliver the awards but is a valuable tool to help skill development.

Additional 'end user' resources are available for those interested such as the Boxercise iPhone app (free of charge – coming soon).

Information Confidentiality

To register a participant for the Boxercise Awards we will only require the individual's name, age and possibly school/club. This information will only be used for the purpose of preparing the certificates and in the case of Silver and Gold awards, checking that the participant has firstly passed the prior awards.

We also hope to have a league table chart which will be recorded under the school or clubs name and will be optional.

To book please contact head office on 0844 7706333. Payment via purchase order is acceptable.

Process of Delivery

- Attend and pass the Boxercise Instructor course.
- Organise for a minimum of 10 children to participate in the Awards. Advertising materials and sign up documentation can be emailed to you to help.
- Register children with Boxercise for the awards and make payment. (We will only require the name and age of the children) Cost £5 per child per award.
- You will be emailed the corresponding awards session plans and teacher introduction video by email. Each session is broken down into minute by minute lesson plans making the delivery simple but most importantly consistent.
- Deliver the sessions. Each attendee must attend each lesson OR catch up at another time if they miss a lesson.

Each session follows on from the next; each drill or skill reinforces the previous weeks learning. We suggest having rules to the class/sessions that include a 'good behaviour bond' such as maintaining class attendance, no bullying and good conduct towards others but these are at the discretion of the teacher /coach as to how to apply depending on the wishes of the school.

- In the final lesson assess the skills of each attendee and if they pass the assessment they have passed the award. If they fail they may practise further to improve their skills. It is at the discretion of the teacher/Boxercise Instructor when the participant has successfully completed the award.
- Email list of attendees who have passed to head office and then we will send out certificates for you to present to the children.



How it works - Example of Award Session Plan

Session 1 – 30 mins

Aim of session – Learn the benefits of a good stance and how to perform punches 1 & 2 safely.

Time	Activity	Duration	Coaching Points
0.00	Warm up	3 min	Mobility & Pulse raiser – Start slowly, move up through the gears.
03.00	Stretch	2 min	Holding 8-10 seconds covering major muscle groups.
05.00	Teach stance & punches 1 and 2	5 min	Refer to Boxercise manual. Teach stance – feet shoulder width, one natural walking pace forward, turn back foot to 45 degrees. Teach punches 1 & 2, palms down, elbows 95% of reach, pivot back foot on 2.
10.00	Point & Punch	5 min (2 mins on, 30 sec to change)	Pad holders in a line on one side of the room, punchers stand opposite partner on the other side of room. Run to partner – do 10 punches run back, repeat.
15.00	Crazy Point & Punch	5 min	Same as Point and Punch, except you run to a different partner each time.
20.00	Cool down	3 min	Starting fast and reducing speed to bring the body temperature down.
23.00	Stretch	2 min	Holding stretches for 15-20 seconds covering all major muscle groups.

- In the Bronze Award participants will learn all the eight punches, how to move and how to hold the pads. This is the entry level award and is suitable for all ages. Participants will learn the basics of boxing skills including how to correctly perform the basic punches.
- In the Bronze Award the use of Boxercise equipment is optional - **it is not required** as we wish for there to be minimal barriers to participation. Each award progresses skills further and the use of equipment is required for the Silver and Gold Awards.

Benefits to participants

- Learn a new skill - the punches, footwork movement & pad holding skills which develop hand-eye coordination, speed and reaction times.
- Sense of achievement - receive a certificate upon successful completion of each award.
- Learning Boxercise skills is fun and a great stress buster.
- Build stamina, strength and fitness.
- Excellent for disaffected children – discipline and focus required with a great sense achievement at the end
- Learn a skill which can be developed – increased skill level when participating in Boxercise classes or if they wish to pursue boxing they would have an excellent skill set to start at a boxing gym.
- For young people – the chance to progress onto the young leaders award.
- Almost all drills can be adapted to wheelchair users/physical disabilities.
- Great for children who don't wish to participate in competitive sport.
- Avoid dropping out of exercise - if a pupil is good at a sport such as rugby they are likely to stay in that sport however if a pupil does not wish to stay in 'sport' they may drop out of exercise altogether. With a network of 18,000 Boxercise Instructors in the UK there is plenty of opportunity to continue their healthy lifestyle when they leave school.
- More pupils, more active, more often.

Young Leaders

On reaching the Gold award children can progress further to the Young Leaders award. The aim of this scheme is that with support and encouragement by their teacher the young leaders will be able to assist in lessons. After the young leaders award the young person could progress on to the Boxercise Instructor course to become fully qualified. We anticipate this scheme being ready by June 2014.

Benefits to Teachers/Instructors

- Aid retention to your classes i.e. a new skill is taught each week so their interest is maintained.
- Good behaviour bond- pupils must adhere if they wish to succeed.
- Ease of use-structured class plans to follow for each week of each award.
- Create excitement around a new activity.
- Use the Boxercise name to promote your classes.
- Extensive class resources available plus free promotional resources to download.
- The ability to run 5-10 week 'Awards Courses' at Beginner, Intermediate and Advanced levels whereby participants sign up in advance.
- Boxercise can be competitive or non-competitive depending on the games/drills used - it is entirely up to the teacher.
- Proven pedagogy over 21 years.
- Lessons and teaching plans ensure consistency of best teaching practice.