

Boxercise Awards



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 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 Boxercise Awards

The awards are divided into 3 sections.

- Bronze
- Silver
- Gold

Each award comprises of 10 sessions.

Who Can Teach the Awards?

Bronze Awards

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

To ensure high standards and good practise Boxercise Instructors when teaching children are required to also have a Kids fitness qualification whether it be the Boxercise for kids' course or another children's fitness certification. The reason being, the Boxercise Instructor course is the foundation course that must be taken before any other and even though this course is based around teaching adults, the punches, pad holding, coaching and safety requirements that are taught are all applicable for teaching adult and kids.

The Boxercise for Kids course then covers kids' games, warm up ideas and fun tasks together with learning about kids' fitness requirements, legalities of teaching kids, anatomy and physiology of growth, injuries and boxing equipment.

Yet for instructors that already have a recognised kids fitness qualification e.g. PE teachers and who are able to adapt what has been taught on the Boxercise course to make it safe for kids then they together with their insurance company's requirements can decide whether it is essential for them to take the Kids Boxercise course too or not.

Anyone 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.

Silver and Gold Awards

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

How To Access the Awards

- Sign into the Instructor Portal (only available to registered Boxercise Instructors).
- Click on the Kids Awards and process payment via the link.
- The Awards fee covers unlimited number of people you can take through the awards within one year. The Awards fee needs to be renewed annually through the instructor portal.
- After Payment Instructors will be able to access the Awards System through the instructor portal.

What Does the Awards System Offer?

- Access to the actual Lesson Plans from the Awards Area of the Instructor Portal
 - Bronze,
 - Silver
 - Gold Awards
- Inputting System via the instructor portal for all your Awards classes and Attendee Details.
- Attendance recording
- Easy Production of Certificates for Instructors to use. Print or Download
- No limitation to the number of children you can take through the Awards within one year.
- Useful Resources
 - sample parent letters
 - class rules.
 - Advertising Leaflet
 - PARQ

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.
- 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.

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.

Testimonials

Scott Bennett, Boxercise Instructor said “Both myself and the kids loved the awards and the kids have a sense of achievement which is great for their self-confidence”

Scott Lloyd Boxercise Instructor and Policeman (Youth Offending Service for Peterborough) said “The Boxercise Awards have exploded in Peterborough – it has been such a success we have successfully raised £5000 in funding specifically to put kids through the Boxercise Awards. It has been so successful that we are rolling it out over the whole county of Cambridgeshire! The kids love it, we love teaching it, anti-social behaviour is down, and we are engaging communities which have traditionally been disaffected and distrusting of the police.”

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