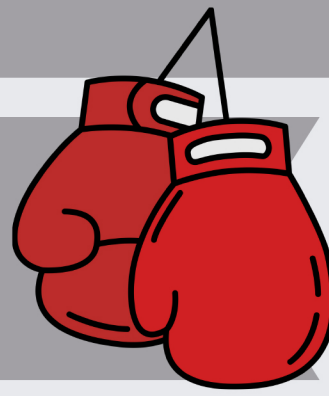


BOXERCISE



Our aim is to help more children get active regularly! Boxercise uses fun boxing-style movements to improve hand-eye coordination, motor skills, reaction time, agility, and overall fitness for better health

BENEFITS

- Learn New Skills – Punches, footwork, movement, and pad-holding techniques improve hand-eye coordination, speed, and reaction time.
- Build Confidence – Children receive a certificate upon successful completion, creating a strong sense of achievement.
- Fun & Stress-Relieving – Engaging and enjoyable activities that provide a positive outlet for energy and emotions.
- Improve Fitness – Increases stamina, strength, and overall physical health.
- Progressive Development – Skills can be advanced over time; ideal preparation for future Boxercise classes or starting boxing at a gym.
- Inclusive & Adaptable – Drills can be tailored for wheelchair users or children with physical disabilities.
- Non-Competitive Option – Perfect for children who prefer not to take part in traditional competitive sports.

“I used to think sport wasn’t for me, but Boxercise made me feel strong, confident, and really proud of myself.”
— Jasmine, age 10

IMPLEMENTATION

The Boxercise for Kids course will be delivered over a period of 6 or 9 weeks. The course includes:

- Age-appropriate warm-ups and games
- Key principles of children’s fitness and development
- Legal considerations when working with children
- Basic anatomy and physiology related to growth and injury prevention
- Safe use of boxing equipment and techniques

