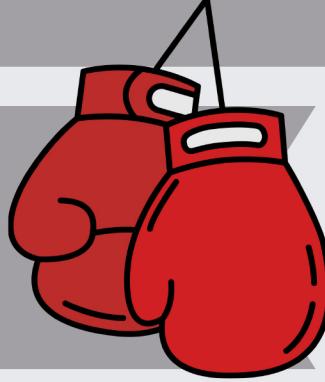


# BOXERCISE



**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**



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

## 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.

## 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

