

AFTER SCHOOL BOXERCISE CLUB

Thursdays 15:30-16:30

Thursday 7th November - Thursday 19th December

At Hawthorn Community Primary School

Run by sports coaching specialists, Finding Fitness Ltd

Open to children in KS2 (Years 3, 4, 5 & 6)



What is Boxercise?

Boxercise is a fitness form involving the movement and punching techniques of boxing. Children strike their partner's focus pads with punches. It teaches children to concentrate well and improves fitness.

Specific points of learning during the sessions:

- Boxing stance
- Safety around Boxercise
- Techniques for eight punches
- Techniques for moving forwards, backwards and sideways
- Effective and safe pad holding skills



The club is run by Boxercise instructors from Finding Fitness Ltd and will benefit children's speed, stamina, fitness, concentration and focus.

To sign up to the club please complete the online form using the link below or speak to the school office. If the club is oversubscribed priority will be given to children who have not yet taken part and after that names will be drawn out of a hat. There are a maximum of 20 places to be allocated. You will be notified on Wednesday 23rd October whether or not your child has been allocated a place.

Link to online form:

<https://www.hawthornprimarykettering.co.uk/form/?pid=108&form=995>