

# Boxing Tots

**More Kids Boxing**

# Welcome

**Boxing  
Tots**



Our programme is designed to make a real, life-changing difference for children.

COVID-19 showed us all how important the physical, mental and social benefits of sports can be. Sadly, it also showed us how easily these can be taken away.

Every primary school child should aim to do at least 60 minutes of moderate to vigorous physical activity each day. using the sport of Boxing - BoxingTots inspires children to succeed and excel in sport and other physically-demanding activities.

By engaging children in a way that promotes confidence, diversity and inclusivity, BoxingTots is designed to make a real difference from day one. When we invest in the next generation, we all stand to win.

We've all heard the stories about how "Boxing saved me from the streets and the wrong path," but we know Boxing has so much more to offer.

# What we do

**Boxing  
Tots**

We give all children the opportunity to play, learn and develop through NON-CONTACT boxing.

As well as the physical benefits of regular activity, we use boxing to teach children important key life skills that will help them throughout their life.

Using boxing as the catalyst, we teach children about confidence, respect and fair play. Boxing is also an effective way to develop skills like communication, leadership and perseverance that will benefit them throughout their life

BoxingTots also develops the maximum potential of each participant by taking an integrated approach to their physical and cognitive development and by working collaboratively to enhance social skills and emotional wellbeing.



# Our Mission

**Boxing  
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Our mission is to get children enjoying physical activity through a sport that's renowned around the world for changing lives, but we're doing it with a twist...

BoxingTots engages learners from age 3 to 7 years, which enables boxing to become a part of life from a very early age

Our focus is on FUN - but through derivation, BoxingTots also contributes to better participation, inclusion and talent outcomes

# How we do it

**Boxing  
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Parents book their child's local classes via the BoxingTots website in half-term blocks, paid in advance



Children attend classes in their local boxing clubs each week



Each term, children are graded against fundamental boxing skills (example: stance, guard, footwork, jab, hook, uppercut) with activities aligned with the Key stage 1&2 national curriculum



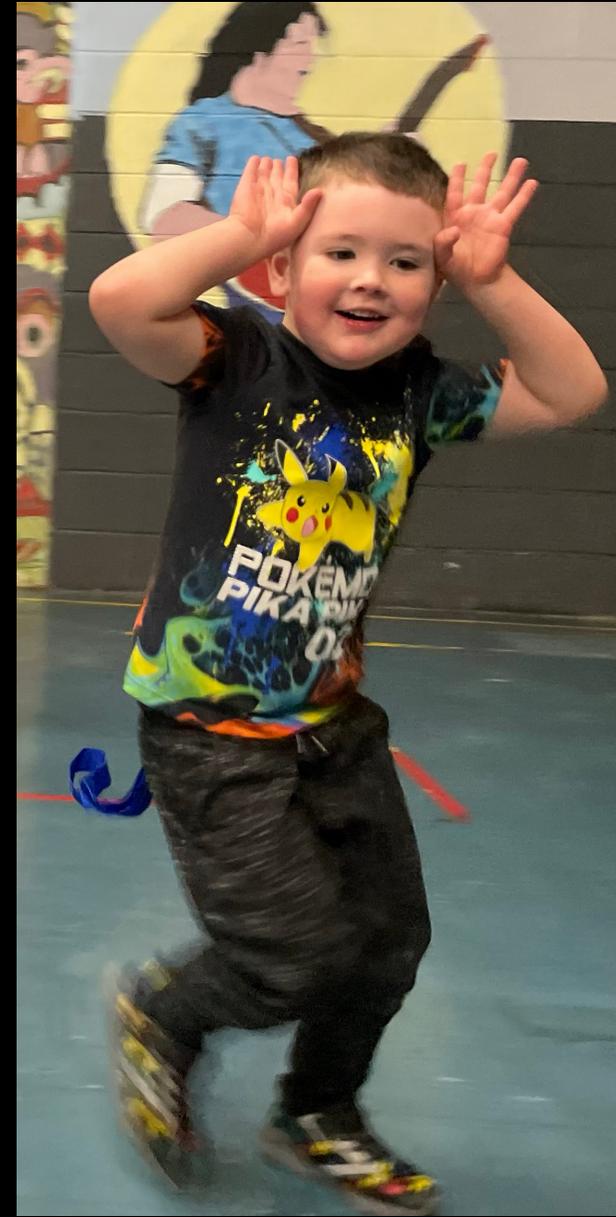
# How it works for you

**Boxing  
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Our unique curriculum is at the heart of BoxingTots success.

A typical session will involve a warm-up, play based activities, gamified boxing challenges and pattern/movement based individual and group participation.

- As an affiliated club, your boxing club has an opportunity to secure a free BoxingTots licence and in doing so, help support your members' children and help to attract new children from within your local community; as well as helping to build the profile of Boxing.
- Half termly block bookings (paid in advance)
- BoxingTots sessions are designed to be fun; dynamic, interactive and safe; so they continue to return to sessions
- Easy to use, dynamic platform to manage sessions and access resources helping you to deliver BoxingTots easily
- Robust, tailored and easily accessible resources available online and via HQ 9am-9pm six days per week
- A parents app allowing them to keep track of bookings and monitor progress and track achievements of their child/children



# What Parents Say

**Boxing  
Tots**

*"He literally would attend 7 days a week if he could! It's definitely the right club for him! He absolutely loves it, it's also the ONLY club he will leave my side to do and we've tried loads! He absolutely loves every second of his session!"*

**Georgia, Boxingtots Mum, Congleton**

*"I love the emphasis on how bullying is unacceptable, and we "Hit Pads, Not People". I know my Boy will get a lot out of this program going forward, and we are booked in for the long run"*

**Steve, Boxingtots Dad, Crewe**



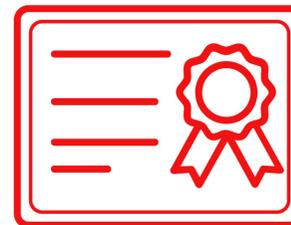
# What you Need

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## Comitted Coach

Better with routine! by allocating a coach to the program for the 7 week term the children will build a great relationship with "their" coach. Boxing can be frustrating, confusing and even scary. We have all been there, the coach should be fun and show empathy.



## Documentation

- Valid DBS for all nominated staff
- Up to date Safeguarding Policy
- Valid public liability insurance

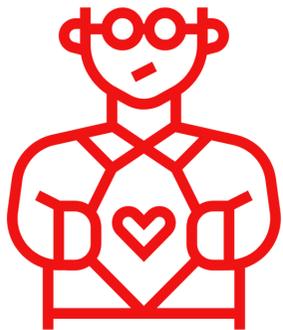
# What you Need

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## **Time**

You will need at least one available hour in the gym per week - Between 4.30pm and 6pm weekdays or 9am-11am Saturdays



## **Commitment**

Dedication to Kids boxing is essential. Not every kid is going to be a world champion, but every kid will get the chance to champion themselves.

You'll have to commit to a full 7 week term too!





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# What we provide

**BoxingTots HQ provides all the resources and equipment you need to deliver fun and engaging sessions for up to 20 children per session per week .**

- Fully localised marketing (with added benefits for your club)
- **Centralised advance payment system with Monthly payments to your clubs bank account.**
- A dedicated interactive web page with full club contact details for parents
- **4oz & 6oz gloves (for those little hands)**
- Activity specific equipment (beanbags, balloons, etc)
- **Monthly lesson plans and resources**
- Termly certificates
- **Termly reports to parents (requires 60min call each term between the coach and HQ)**
- Coaches clothing and equipment
- **Coach accreditations and annual awards.**

# Our Objectives

**Boxing  
Tots**

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- 1.** Champion the physical, psychological and social benefits of boxing for children.
  - 2.** Enhance learning through sessions that support the national curriculum.
  - 3.** Maintain a diverse and inclusive participant demographic.

For more information on our strategic objectives and how we measure against them, please contact us by email : [info@boxingtots.com](mailto:info@boxingtots.com).

The logo for BoxingTots, featuring the word "Boxing" in a bold, white, sans-serif font above the word "Tots" in a similar font, both set against a red background.

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# Want to know more?

To talk to us about the  
BoxingTots programme and  
delivery in your club please feel  
free to email  
[info@boxingtots.com](mailto:info@boxingtots.com)

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