

FITNESS - BOXING

CORE SKILLS

Boxing fosters discipline and helps achieve difficult goals both in and out of the ring.

Promoting concentration, self-confidence, self-determination, and disconnection from risky behaviours and violence.

It also develops life skills including developing relationships and **enjoying positive interactions** with others, improving communication in order to express and receive information correctly with others through assertiveness and **respect**.

Resilience is part of the essence of boxing, it is what has allowed many young people to move forward, **improve their quality of life**, fulfill their dreams with self-confidence, with a positive attitude, with **emotional maturity** and a strong determination to face tough times throughout their life.

LEARNING OUTCOMES

- Improved self confidence
- Discipline and respect
- Physical/mental wellbeing
- Personal responsibility
- Dealing with conflict
- Managing emotions

Outreach Alternative Provision



All outreach referrals to be made via the Foundry College website:

www.foundry.wokingham.sch.uk