

BOXING – BOX RACE

Quick introduction

Box race is a race from A to B while maintaining boxing stance guard and movement. The winner is the first to cover the set course in the fastest time.

Getting started

- Boxers should be organised and allocated a 'track'.
- The boxer should then move (forwards, sideways and backwards), from the start to the end of the track as fast as they can.
- Maintain stance, guard and boxing-specific movement at all times.

Health and safety points

- Boxers must stay in allocated zone and avoid standing on cones.
- Boxers should also be aware of others around them.

Equipment required

- Cones.



BOXING – BOX RACE

PHYSICAL ME

- All players to maintain boxing stance and movement.

SOCIAL ME

Leading and volunteering

- An official can be allocated to time or determine a winner.

Think inclusively (STEP)

Space

- Ensure there is enough space in which to play the game safely.
- If appropriate, reduce the length of the course for SEN/disabled athletes.

Task

- Allow wheelchair users to cover the course without maintaining the boxing stance.
- If beneficial, create a slalom course that challenges SEN/disabled athletes' movement and balance instead of maintaining the boxing stance.

Equipment

- Mark out the course using colour contrasting cones or spots.

People

- Allow visually impaired athletes to work with a guide.

THINKING ME

- I need to be ready to change direction as quickly as possible.

SPORTING ME

Spirit of the Games



Ensure all abilities are appreciated and applauded.

TACTICAL ME

A good boxing stance will aid my movement.



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BOXING – BOX BALL

Quick introduction

Box ball is a team game in which someone is 'on'. The attacker has a sponge ball and has to throw the ball at the group aiming for the target area. The group can defend the target area as if they were boxing. If a participant is hit in the target area they are on as well. The target area is the torso (chest and shoulders including arms), not the head.

Getting started

- The group should be organised and briefed on the rules.
- One person volunteers to be on, the others find a space in the marked 'game zone' or ring.
- The person who is on then aims to recruit new members to his/her team by throwing the sponge ball at the group.
- If he/she hits them on the target area, they join him/her.
- The game ends when no one is left who hasn't been hit by the ball.
- The person who is on cannot move with the ball but they can pass it to team members.
- The players can defend themselves as if they were boxing. When one player is left, he or she is declared the winner.

Health and safety points

- Players must stay in allocated zone (the ring).
- The ball must be a sponge ball.
- Players should only aim at the target zone.

Equipment required

- Cones, lines on the floor or throw-down markers.
- Sponge ball.



BOXING – BOX BALL

PHYSICAL ME

- All players to maintain boxing stance and movement.
- Encourage all participants to stay on their toes and be ready to dodge left and right.

SOCIAL ME

Leading and volunteering

- An official can be allocated to judge if the target area was hit.

Think inclusively (STEP)

Space

- Increase the size of the area to make it easier for SEN/disabled athletes to defend.
- Ensure there is enough space in which to play the game safely.

Task

- If appropriate, reduce the size of the target area for SEN/disabled athletes, e.g. only arms and shoulders.
- If beneficial, only allow the ball to be thrown underarm when including SEN/disabled athletes.

Equipment

- Increase the size of the sponge ball to make it easier for SEN/disabled athletes to defend against.

People

- SEN/disabled athletes could work with a partner to see how many times they can hit the sponge ball before playing the full game.

THINKING ME

If I keep my front foot aiming at the person who is on and staying side on, it will help me keep my eye on them. Keep my eye on the person who is on. I can achieve this by keeping my front foot aiming at them at all times and staying side on.

SPORTING ME

Spirit of the Games



Be honest and play within the rules of the game.

TACTICAL ME

I should always give myself an exit route if the ball is heading my way – dodge left, right or backwards.



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BOXING – RANGE FINDER

Quick introduction

This game aims to develop fast thinking and footwork where boxers have to move quickly between cones in a fixed time to score points.

Getting started

- An arc of different coloured cones should be set out.
- The boxer stands in his/her boxing stance facing the cones.
- The clock is set for one minute.
- The official starts the game and continuously shouts out colours.
- The boxer must respond by pushing in to the appropriate colour and then pushing back to the start position.
- If he or she achieves that, they score one point – points are added up over the minute.

Health and safety points

- Don't stand on the cones.
- Make sure the young people are aware of others around them.

Equipment required

- Cones.
- Stopwatch.



BOXING – RANGE FINDER

PHYSICAL ME

- Encourage young people to remain in their boxing stance – they should use their back foot to push in and their front foot to push out (forward and back).
- They should try to stay balanced at all times.

SOCIAL ME

Leading and volunteering

- The official will call the colours and add up the scores.
- Leaders or young people could do this role too.

Think inclusively (STEP)

Space

- If beneficial, place the arc of cones close together and or reduce the distance SEN/disabled athletes need to move.
- Ensure there is enough space in which to play the game safely and boxers don't dodge into each other.

Task

- If appropriate, reduce the time for SEN/disabled athletes.
- If beneficial allow SEN/disabled athletes to perform sitting down and count the number of upper body boxing movements they complete.
- If beneficial, reduce the number of cones to make it easier for SEN/disabled players.

Equipment

- Use coloured spots or create tactile flooring for visually impaired athletes.

People

- Allow visually impaired athletes to work with a guide.
- Alternatively, SEN/disabled athletes could stand side by side and shadow box (follow each other's boxing moves), and points could be awarded for each successful move.

THINKING ME

I need to listen to the instructions and be prepared to react quickly.

SPORTING ME

Spirit of the Games



Work as hard as you can to make the points add up.

TACTICAL ME

- The faster I can push in and out to change direction the more points I will score.
- How can I anticipate the next move?



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