

All ☆ Stars

# Boxing Tots

Parents Guide

1.

# Our Philosophy

**Why we do,  
what we do?**

At BoxingTots, we believe that introducing children to boxing at an early age can have a positive impact on their physical, emotional, and social development.

Our philosophy centers around promoting a love for boxing, physical activity, instilling discipline, and building self-confidence in the children through non-contact boxing sessions.

We create a supportive and inclusive environment that fosters a sense of belonging and camaraderie among the kids..

**Talk to us about our philosophy  
at any time by emailing  
[boxingtots@weareallstars.co.uk](mailto:boxingtots@weareallstars.co.uk)  
or by speaking to your coach**

**[www.boxingtots.com](http://www.boxingtots.com)**

Ensuring the safety of your child is our utmost priority. Our team of instructors undergo thorough training to lead our classes effectively and safely.

We take various measures to minimise risks and create a secure learning environment. These measures include:

- Regular inspection and maintenance of equipment to ensure safety and functionality.
- Adequate padding and protective gear for all participants.
- Warm-up and stretching exercises to prevent injuries.
- Close supervision during activities.

At BoxingTots, we emphasise skill development and technique over physical contact.

Our non-contact approach means that children will not engage in sparring or direct punching with each other. Instead, they will focus on learning essential boxing FUNdamentals, including footwork, stance, and coordination through individual, coach-led and partner drills.



**You can discuss safety or raise any concerns at any time by emailing [complaints@weareallstars.co.uk](mailto:complaints@weareallstars.co.uk)**

# Age Appropriate

**We have designed our classes to cater to different age groups within the same session, recognising that children at various developmental stages have unique needs and interests. Here's what to expect from each age group:**

## **Jabbers (Ages 3-4)**

At this age, classes are all about fun and exploration. Children will engage in age-appropriate activities that enhance coordination, motor skills, and balance. Simple boxing-related games and exercises are incorporated to introduce them to the sport in an enjoyable way. Children will be encouraged to take part in the full session but can be supported and directed by both parents and coaches to ensure participation

## **Uppercuts (Ages 4-5)**

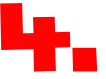
As children grow, the focus shifts to building upon the foundational skills they have acquired. Coaches will introduce basic boxing techniques, such as jabs, hooks, and defensive movements encouraging the correct stance and beginning to use the correct hand. Teamwork exercises and light partner drills are introduced to encourage cooperation and communication.

## **Knockouts (Ages 6-7)**

Older children will be encouraged to engage in more advanced work. They will refine their boxing techniques, footwork, and combinations through guided practice. Controlled and supervised sparring with coaches may be introduced at this stage, emphasising safety and sportsmanship.

**Talk to us about your child's progress and development at any time by emailing [boxingtots@weareallstars.co.uk](mailto:boxingtots@weareallstars.co.uk) or by speaking to your coach**

# Class Structure



**Each class is designed to provide a comprehensive learning experience for all children.**

The typical class structure includes:

## Warm-Up

Children engage in light aerobic exercises and stretching to prepare their bodies for the activities ahead.

## Games/Drills

Children participate in exciting and engaging boxing-related drills, exercises, and games that reinforce the skills they are learning.

## Technique

Instructors demonstrate and teach various boxing fundamentals, such as proper stance, footwork, and punching techniques.

## Cool-Down

The class ends with cooldown exercises and stretches to relax and calm the children.



**Talk to us about our planning & delivery at any time by emailing [boxingtots@weareallstars.co.uk](mailto:boxingtots@weareallstars.co.uk) or by speaking to your coach**

**"The boxing play programme"**



## Equipment

BoxingTots provides all the necessary equipment for the classes.

This includes gloves and any other gear required for the specific drills. We recommend that your child wears **comfortable clothing** suitable for physical activity and brings a **water bottle** to stay hydrated throughout the class.

We **value** parental support and **encourage** parents to support their children during the classes.

However, to ensure a **focused learning environment**, we kindly request that parents allow our instructors to lead the sessions without direct parental involvement. This approach helps children **concentrate** on their **learning** and allows them to develop a sense of **independence** and **confidence**.



# Progress Tracking

At BoxingTots, we believe in recognising and celebrating every child's achievements. Our instructors will periodically assess the children's progress and provide feedback on their development.

Our grading criteria will be provided in advance and feedback will be provided within the session.

We create a positive and encouraging atmosphere, where all participants feel valued and motivated to improve.



"The boxing play programme"



## Get in Touch

Information for parents is available at all times through direct contact with your BoxingTots coach or by emailing [boxingtots@weareallstars.co.uk](mailto:boxingtots@weareallstars.co.uk)

