

Box Race

Equipment
required Cones

Quick introduction

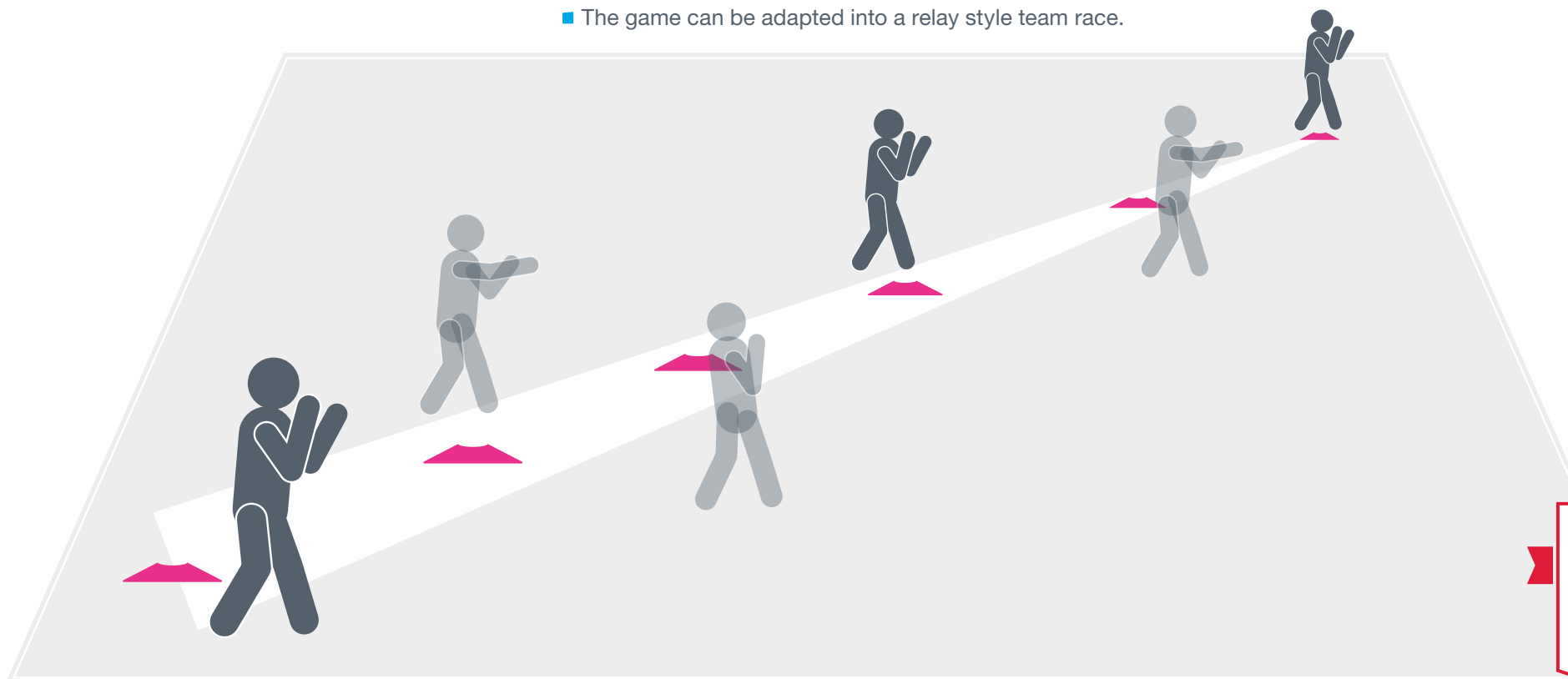
Box Race is a solo or team race from A to B, maintaining boxing stance, guard, and movement. The winner is the first to cover the set course.

Getting started

- Participants should be organised and allocated a 'track' using cones. This can be straight or slalom, depending on ability.
- The participants should then move from the start to the end of the track in their stance as fast as they can. Side movements and punches can be added for an extra challenge.
- Participants must maintain stance, guard, and boxing specific movement at all times.
- The game can be adapted into a relay style team race.

Health and safety points

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



Box Race

Physical me

- All players to maintain boxing stance and movement.

Social me *Leading and volunteering*

- Officials can be allocated to time-keep, referee for any 'fouls', and 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, widen the track, or simplify the movement for SEN/disabled participants.

Task

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

Equipment

- Mark out the course using colour contrasting cones.

People

- Allow visually impaired participants to work with a guide.

Thinking me

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

Tactical me

- A good boxing stance will aid my movement.



Sporting me *Spirit of the games*

- Ensure all abilities are appreciated and applauded.

Scan to watch the video



Box Dodge

Equipment
requiredCones, lines on the floor
or throw-down markers

Sponge ball

Quick introduction

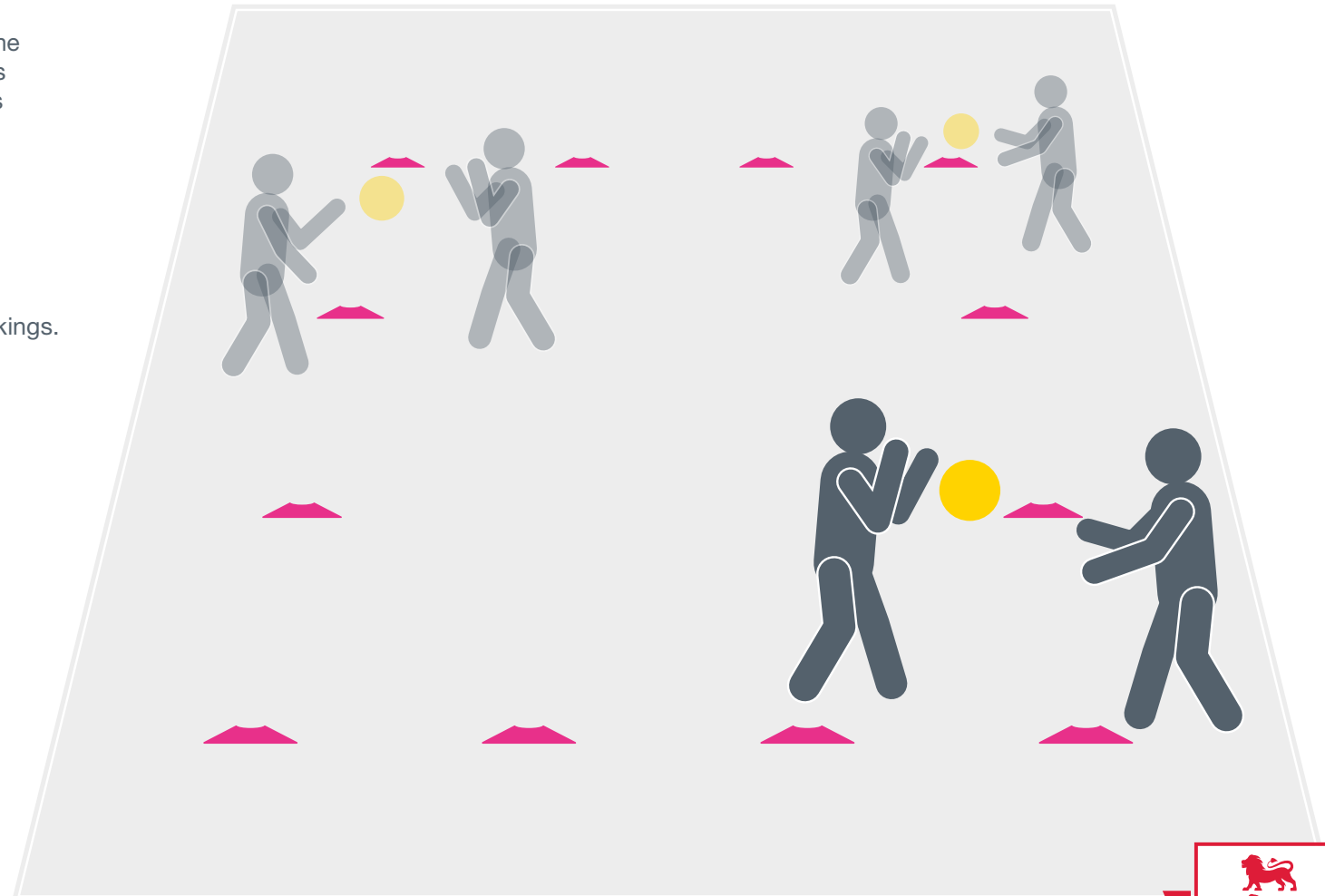
Box Dodge is an adaptation of dodgeball. The group is divided into attackers and defenders. The attackers aim for the target area of the defenders using dodgeballs or sponge balls. The defenders must maintain boxing stance and movement to avoid being hit. If a defender is hit in the target area, they become an attacker, or are out.

Getting started

- Set up a boxing 'ring' using cones or floor markings.
- Split participants into teams of 'attackers' and 'defenders'.
- All players must maintain their stance throughout. Attackers cannot move with the ball, but they can pass it to team members.
- Defenders avoid being hit by using boxing movements. If a defender is hit in the target area, they become an attacker, or are out.
- When one player is left, they are declared the winner.

Health and safety points

- Defenders must stay in the 'ring'.
- Use dodgeballs, or soft sponge balls.
- Players should only aim at the target area (torso, shoulders and arms), not the head.



Box Dodge

Physical me

- All players to maintain boxing stance and movement.
- Encourage participants to stay alert and be ready to dodge in all directions.

Social me *Leading and volunteering*

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

Think inclusively (STEP)

Space

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

Task

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

Equipment

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

People

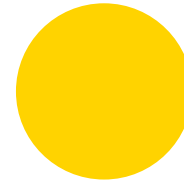
- SEN/disabled participants could work with a partner to make it easier to dodge the ball

Thinking me

- 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.

Tactical me

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



Sporting me *Spirit of the games*

- Be honest and play within the rules of the game.

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Box Range /

Equipment
required

 Floor spots

 Stopwatch

Quick introduction

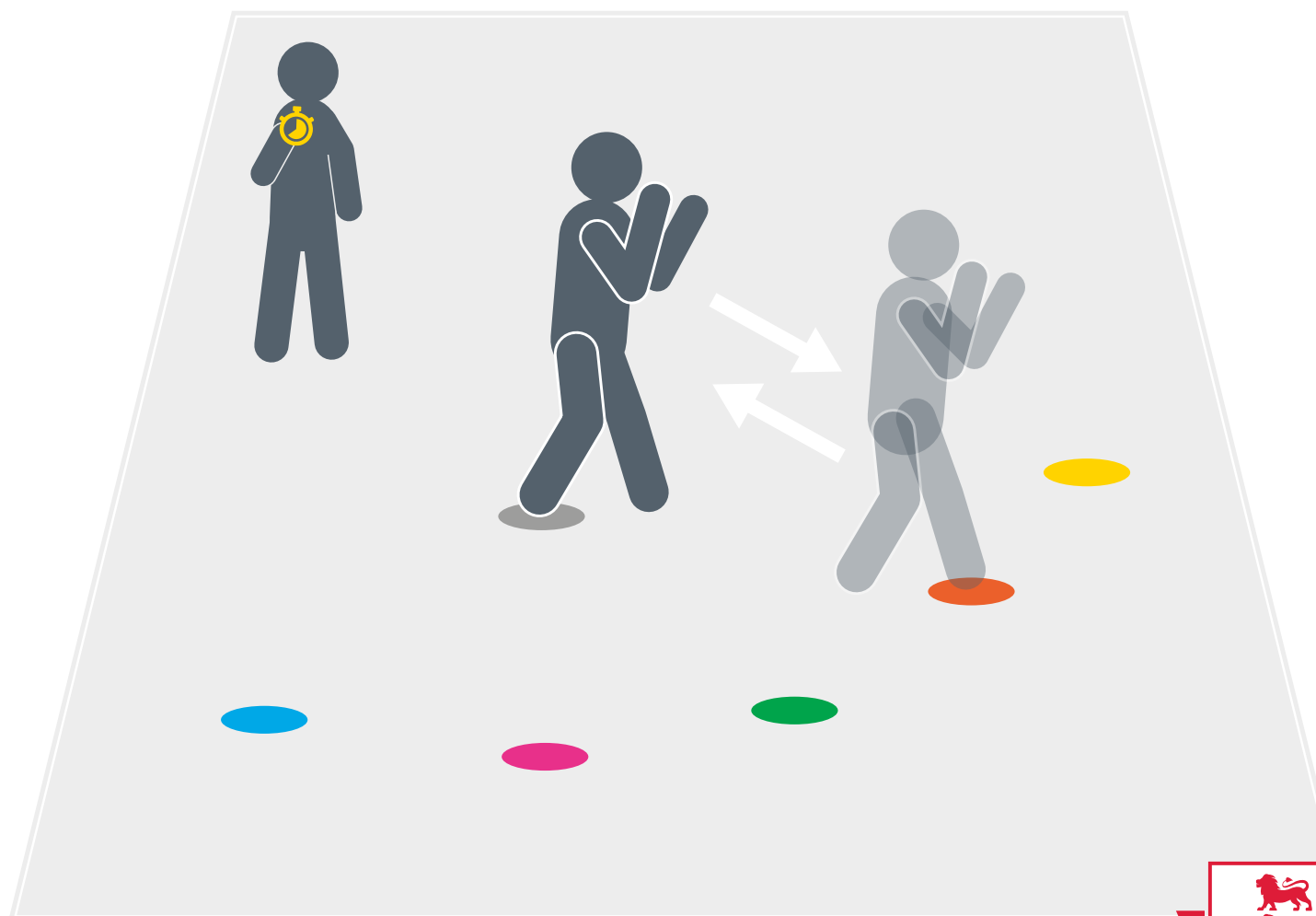
Box Range is a reaction game developing fast thinking and footwork, where participants move between floor spots in a fixed time to score as many points as possible.

Getting started

- An arc of different coloured floor spots is set out with a marked starting point.
- The participant stands in their boxing stance on the starting point facing the arc.
- One person is appointed as an official. The official times the round and calls out the colours/numbers of the floor spots.
- The participant must respond by pushing to the appropriate colour/number in their stance, then pushing back to the starting point. Each complete move there and back scores a point.
- The participant with the most points in a set time, wins.

Health and safety points

- Ensure floor spots are placed on a flat, non-slip surface.



Box Range

Physical me

- Encourage participants remain in their boxing stance.
- They should use their back foot to push in, and their front foot to push out.
- Punches can be added for an extra challenge.

Social me *Leading and volunteering*

- The officials can keep the time, call the colours/numbers, and add up the scores.
- You can include a referee to count the penalties for floor sports missed or incorrect technique.

Think inclusively (STEP)

Space

- Ensure there is enough space in which to play the game safely.
- If beneficial, adjust the distance between the arc of floor spots for SEN/disabled participants.

Task

- If appropriate, amend the time for SEN/disabled participants.
- If beneficial, allow SEN/disabled participants to participate sitting down, giving each floor spot an assigned punch/combination without the foot movement.
- If beneficial, reduce the number of floor spots to make it easier for SEN/disabled players.

Equipment

- Use coloured floor spots to create tactile flooring for visually impaired participants.

People

- Allow visually impaired participants to work with a guide.
- SEN/disabled participants 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...

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?



Sporting me *Spirit of the games*

- Work hard to score as many points as possible.

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Box Tag

Equipment
required Cones Stopwatch Bibs

Quick introduction

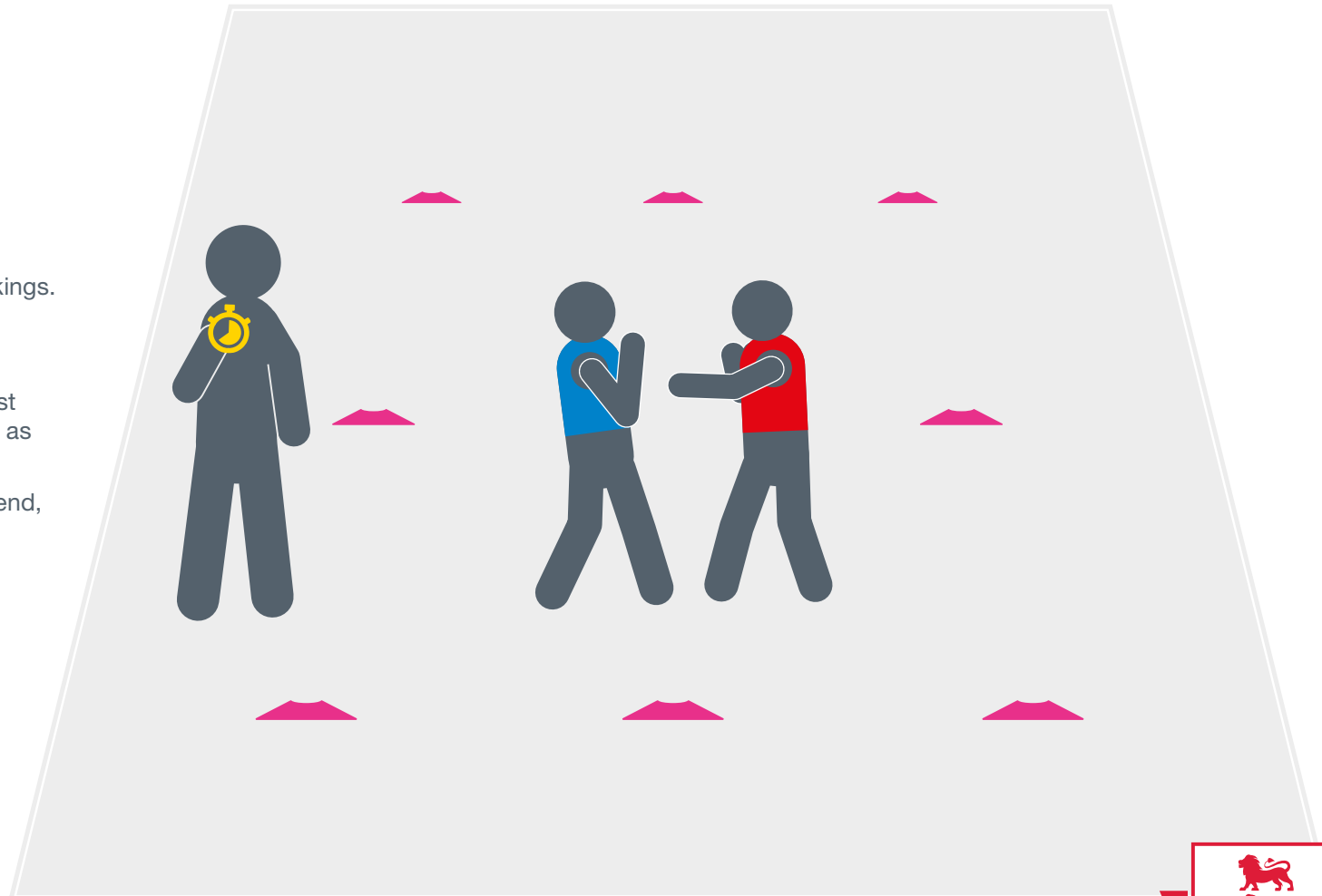
- Box Tag develops movement, reactions, and tactical thinking in a timed game in pairs or in a team. Using the Box Tag bibs, players will aim to retrieve a tabard from their opponent's bib and secure it on their own. The player with the most tabards at the end of the round, wins.

Getting started

- Set up a boxing 'ring' using cones or floor markings.
- Participants are paired up, one wearing a red bib, and one wearing a blue bib.
- Maintaining stance and guard, participants must stay within the allocated ring, aiming to retrieve as many tabards from their opponent as possible.
- Participants can use boxing movements to defend, and must stay facing each other at all times.
- The participant with the most tabards at the end of the round, wins.
- For multiplayer games, participants can be grouped into a red team vs blue team.

Health and safety points

- Participants must use an open hand to retrieve tabards.
- Players must maintain correct distance, and not push their opponent away as a defence.
- Tabards must be attached to bibs once retrieved, and not thrown on the floor (slip hazard).



Box Tag

Physical me

- Participants must remain in their boxing stance using their back foot to push in to retrieve, and their front foot to push out to defend.
- Reach for tags with an open hand.

Social me *Leading and volunteering*

- An official can be allocated in the roles of referee and timekeeper.
- Boxing terminology such as 'break' and 'box' can be used to officiate play.

Think inclusively (STEP)

Space

- If appropriate, amend the size of the boxing area for SEN/disabled participants.

Task

- If appropriate, allow SEN/disabled participants to score points by touching their opponent's wrist, elbow or front of the shoulder.
- Allow SEN/Disabled participants to play without wearing a bib, aiming to retrieve and collect the tabards from players with bibs.

Equipment

- Alter the position of tags to scoring areas that will allow SEN/disabled participants to score points.
- If beneficial, allow SEN/disabled participants to play sitting down/with limited mobility.

People

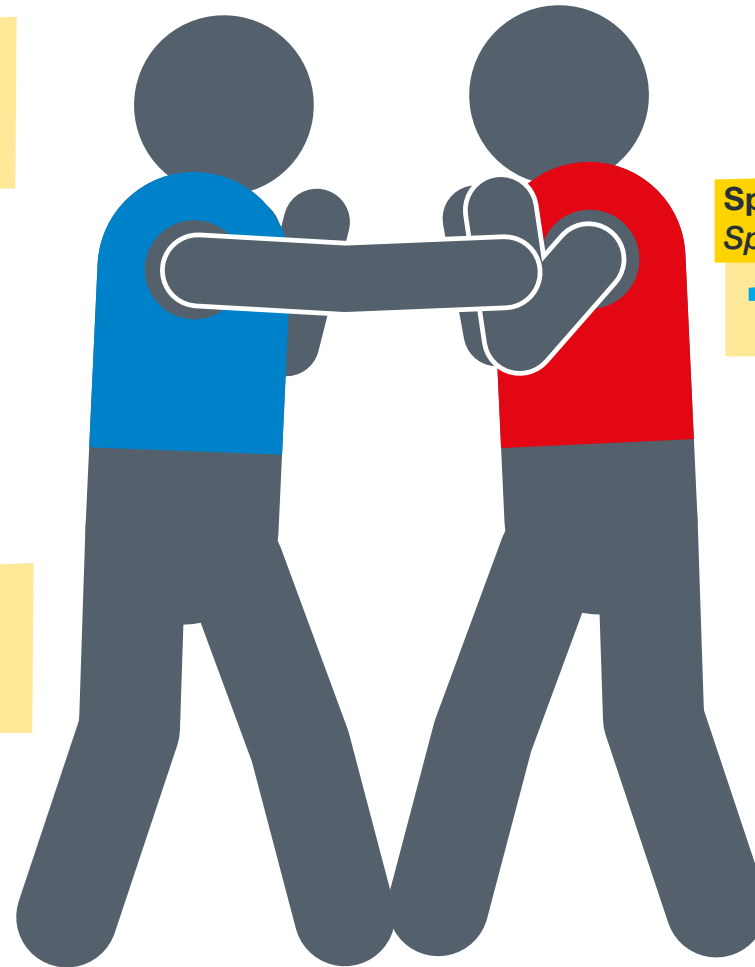
- Wheelchair users can play against seated opponents.
- For visually impaired players with enough vision to see their opponent, make sure players wear colour contrasting bibs and stay facing each other.

Thinking me

- I need to tag and not be tagged to score more points.

Tactical me

- How can I stop my opponent scoring more points?



Sporting me *Spirit of the games*

- Show respect to your opponent at all times.

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the video



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