Kick Boxing Comes To Speldhurst Primary School

On Tuesday 8th November, years 4, 5 and 6 all took part in a taster session run by Olympia Boxing. The pupils worked on various non-contact skills such as boxing stances, footwork and arm work. During the session, they learnt how to jab, cross and uppercut. They also focused on other skills including teamwork and had lots of fun at the same time!

Olympia Boxing are UK's leading provider of boxing within schools, running sessions in 55 schools per week. Wayne, a coach and owner of Olympia Boxing gave an inspiring speech about his past experiences and how boxing and sport saved his life. Sport helps with many transferable life skills, including negotiating, fitness, health, teamwork, discipline, passion, determination and more.







