

## Lower 6 Boxercise



The trend in boxercise among fitness enthusiasts has prompted five Lower 6 students to take the initiative and request for their own extra-curricular boxfit classes to be run on Wednesday lunchtime in the well-equipped Sixth Form gym (pictured above).

These hard-working teenagers believe that the sessions would provide a great outlet for stress and frustration. So, once every week, the students spend half an hour of their lunch break turning tons of energy into something positive. At the end of this week's session, one of them said it was "fun and a good way to release energy, and it helps to focus."

The reason Boxfit helps to focus is because, as well as physical fitness, it engages serious cognitive effort through learning moves and memorising combinations. For example, the combinations mastered this week were:

The Big Four - Jab, Cross, Left hook and Right Uppercut; and

The Big Seven - Cross, Jab, Cross, Left Hook, Right Uppercut, Left Hook and Cross.

Boxercise is an amazing workout that targets every part of the body and these students will notice the benefits on their mental and physical wellbeing if they keep up the amazing effort they showed in this class.

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