

BoxFit extra-curricular club – a knockout start to the day!



Over the past two Wednesday mornings at 8am, the sports hall has been buzzing with energy as pupils from Lower 5 to Upper 6 laced up their gloves and took part in the weekly BoxFit session. With a mix of Lower 5 pupils and enthusiastic Sixth Formers, the session was a fantastic opportunity for everyone to train together, push their limits, and have a great time in the process.

One of the most inspiring aspects of the session was the incredible determination shown by Lucy, who is recovering from ankle surgery. She and others demonstrated remarkable agility and power, all while ensuring no undue strain was put on her recovering ankle. Her commitment proved that there are no excuses when it comes to staying active!

Last week's session kicked off with a heart-pumping cardio warm-up, which involved running or walking between various boxing stations and performing a different 'combo' at each one. The group then moved on to mastering one of the many dynamic boxing combinations: a sequence of right crosses, left jabs, left hooks, and right hooks. All activities during the session were performed in a safe and respectful atmosphere.

BoxFit continues to be a fantastic way to build fitness, confidence, and teamwork. Whether you're already a fitness junkie or just looking for a fun way to start your fitness journey and stay active, this session offers something for everyone in Lower 5 to Upper 6. See you next Wednesday in the sports hall at 8am!

Mr Charles Adegboro