



King's Academy **Easthampstead Park**  
It takes a whole community to raise a child.

J:\4 DEPARTMENTAL FOLDERS\PE\Letters\2024-2025\LA Boxing Club Jan 25 Ltr - SEB - 09.01.2025.docx

9 January 2025

Dear Parents/Carers

### LA Boxing Club – January 2025

We are pleased to inform you that our Boxing Club, aided by the funding we received from Berkshire Active, continues this term. Block 3 places have been allocated, however, some spaces are still available.

Liam Alloway, a fully qualified England Boxing Coach, who has worked with a number of schools including Bohunt and Edgbarrow, will be running the sessions. Funding has allowed us to provide equipment and coaching for students so that it removes financial barriers for those who wish to participate. In addition, students will also have the opportunity to earn GB Boxing accredited awards.

The remaining six week blocks will run as outlined (but are subject to change slightly):

Block 3	16/01/25	23/01/25	30/01/25	06/02/25	13/02/25	27/02/25
Block 4	06/03/25	13/03/25	03/04/24	24/04/25	01/05/25	08/05/25

Sessions will be structured in a way that builds both fitness and skills as outlined below:

*Warm up*

*Skipping (include tricks or flair skipping)*

*Boxing Skills (footwork, shape, defence, punching, partner work)*

*Boxing Drills (drills and games to improve boxing skills)*

*Boxing specific circuits*

*Cool down*

We would like to stress that school boxing does not allow sparring but as you can see, partner work is involved.

While equipment is provided, if your child would like to purchase their own, the following items will be required and have been recommended by LA Boxing:

- Skipping rope: [https://www.decathlon.co.uk/p/jump-rope-with-rubber-handles-3-m-adjustable-length-dark-blue/\\_/R-p-309793?mc=8828298&c=indigo+blue](https://www.decathlon.co.uk/p/jump-rope-with-rubber-handles-3-m-adjustable-length-dark-blue/_/R-p-309793?mc=8828298&c=indigo+blue)
- Wraps: [https://www.decathlon.co.uk/p/wraps-4-m-kontakt-black-gold/\\_/R-p-X8761094?mc=8761094&c=black\\_gold](https://www.decathlon.co.uk/p/wraps-4-m-kontakt-black-gold/_/R-p-X8761094?mc=8761094&c=black_gold)
- Boxing gloves: [https://www.decathlon.co.uk/p/boxing-gloves-100-red/\\_/R-p-332948?mc=8651249&c=tomato%20red\\_smoked%20black](https://www.decathlon.co.uk/p/boxing-gloves-100-red/_/R-p-332948?mc=8651249&c=tomato%20red_smoked%20black)

Should you wish to know more about LA Boxing before signing up, please visit their Instagram and Facebook page @liamalloway.



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Headteacher: Mrs Liz Cook MA, BA(Hons) FCCT

If you have any further questions, please do not hesitate in contacting me at [sarah.burrows@kqaeasthampstead.uk](mailto:sarah.burrows@kqaeasthampstead.uk).

Please complete the reply slip below and return to me.

Yours faithfully



**Miss S Burrows**  
**Head of Physical Education**

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**For attention of Miss Burrows, Head of Physical Education**  
**PE Faculty Room**  
**Co-curricular LA Boxing sessions.**

Student's name: \_\_\_\_\_ Tutor Group: \_\_\_\_\_

- I give permission for my child to attend the LA Boxing session after school.
- I understand that, if selected, my child needs to attend all 6 sessions.
- I understand that the remaining places are allocated on a 'first come -first served' basis and that my child may not be selected.

Signed: \_\_\_\_\_ (Parent / Carer) Date: \_\_\_\_\_