



Box'educ is the only boxing program in Quebec designed according to the requirements of the Ministry of Education for elementary and high school physical education teachers who want to add boxing instruction to their curriculum.

This curriculum teaches the sport of boxing safely to students, and without contact to the head or the body. All contact is made through the hitting of the partner's gloves, bags and hand pads.

A Turnkey Program

The program includes:

- 9 lesson plans
- Video tutorials explaining the techniques and exercises
- All the boxing equipment
- A student workbook
- An evaluation grid for the Ministry of Education competences (C1 & C3)
- Personalized support from start to finish
- If the situation permits, a reward activity in a local boxing club

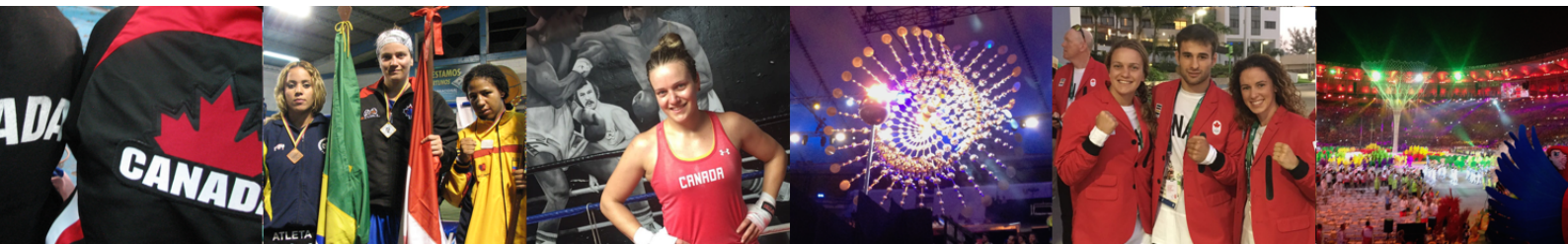


STRUCTURE & SCHEDULE

Presentation

The project structure provides a positive and safe image of boxing. It begins with a presentation from 2X World Champion Ariane Fortin as she talks about her journey through the sport (free for the schools, as part of the government program "Jouez Gagnant!").

This conference provides students with a realistic view of Olympic boxing, including topics such as goal setting, perseverance, concentration and the importance of a healthy lifestyle for athletes. The presentation also allows students to gain an understanding of how the sport works and dispels any prejudices they may have.



9 physical education classes

Using the program's tutorials and online materials, physical education teachers anywhere in the province will be able to deliver 9 classes that meet the Ministry of Education's requirements.

Reward activity at a local boxing gym



After completing the 9 classes, students will be able to transfer their acquired skills to a real-life situation: they will experience training at a local boxing club.

Establishing a link between the school and a local boxing club will help students pursue their interest in the sport. Thanks to the structure in place, they will be able to continue with recreational boxing or explore competitive boxing.



OBJECTIVES

To counter bullying

by developing the students' self-esteem and confidence

Through boxing, students will develop their **fighting spirit** and distinguish **courage** from aggression.

Self-confidence allows students to be more tolerant of others and to recognize their own qualities.

To promote the practice of physical activity

and the adoption of a healthy lifestyle



Using short informative videos featuring Ève Crépeau, nutritionist with the Canadian Olympic boxing team, students will learn about the healthy habits of athletes and are led to reflect on their own eating habits.

To motivate girls to play sports

Ariane's involvement in the project allows girls to identify with an athlete who has succeeded in a traditionally male sport. The keen enthusiasm of the girls who participated in the program demonstrated the importance for everyone to find a sport that is right for them.

