OVERSTONE PARK SCHOOL

Boxercise Therapy Policy

Date	Review Date	Coordinator
November 2025	November 2026	Mrs M Brown Mr C Warner Mrs D York

Principal:	Mrs M F Brown	Date:	September 2025

Boxercise Intervention Therapy Room Policy
Overstone Park School

Policy Overview

This policy outlines the purpose, usage, and management of the Boxercise Intervention Therapy Room at Overstone Park School. The room is designed to support pupils' physical and emotional well-being through structured intervention plans, supervised therapy sessions, and purposeful engagement with boxing equipment.

The intervention program will be led by Mr. Sebastian Brown, a qualified therapy and intervention practitioner, whose expertise in utilizing boxercise techniques will help pupils address behavioral, emotional, and social challenges. This policy ensures the facility is used effectively, safely, and in alignment with the school's ethos and safeguarding standards.

Purpose of the Boxercise Therapy Room

The Boxercise Therapy Room aims to:

1. **Support Pupils' Well-Being:** Provide a safe space for pupils to express emotions and channel energy constructively through physical exercise.
2. **Promote Emotional Regulation:** Utilize boxercise techniques to help pupils develop self-awareness, emotional control, and stress management skills.
3. **Enhance Physical Health:** Encourage regular physical activity to improve pupils' fitness, coordination, and overall health.
4. **Foster Positive Behavior:** Support pupils in managing anger, reducing anxiety, and improving focus, contributing to better behavior and academic performance.
5. **Provide Tailored Interventions:** Develop individualized intervention plans to address specific needs, including social skills, self-confidence, and resilience.

Key Features of the Therapy Room

The room is equipped with:

1. **Boxing Equipment:** Punch bags, gloves, mitts, focus pads, skipping ropes, and agility equipment.
2. **Calm Down Corner:** A dedicated area with soft furnishings for reflection and calming activities.
3. **Safety Features:** Padded flooring, wall padding, and secure storage for equipment to ensure the highest safety standards.
4. **Interactive Tools:** Visual aids, motivational posters, and goal-setting charts to support pupils' engagement and progress tracking.
5. **Supervision Facilities:** A space for Mr. Sebastian Brown and supporting staff to conduct sessions effectively and monitor pupils' progress.

Intervention Plan

1. Initial Assessment

Before participating in the program, pupils will undergo an initial assessment conducted by Mr. Sebastian Brown in collaboration with teachers, parents, and the school's safeguarding team. The assessment will identify:

- Emotional and behavioral needs.
- Specific goals for intervention.
- Potential risks or additional support requirements.

2. Goal Setting

Individualized goals will be established for each pupil, focusing on areas such as:

- Improved emotional regulation.
- Enhanced social interaction.
- Increased self-esteem.
- Better focus and academic engagement.

3. Session Structure

Each session will follow a structured format:

- **Warm-Up (5-10 minutes):** Light exercises and stretches to prepare pupils physically and mentally.
- **Skill Development (15-20 minutes):** Focused boxing drills, including punches, footwork, and coordination exercises.
- **Emotional Coaching (10 minutes):** Guided discussions to connect physical activity with emotional growth.
- **Reflection and Cool Down (5-10 minutes):** Breathing exercises and reflective journaling to consolidate learning.

4. Progress Monitoring

Regular progress reviews will be conducted by Mr. Sebastian Brown, with input from pupils, teachers, and parents. Progress will be documented in individual intervention records, highlighting achievements and areas for improvement.

5. End-of-Program Evaluation

Upon completing the intervention, an evaluation will measure the program's impact on the pupil's behavior, emotional health, and academic performance. Recommendations for continued support or further interventions will be provided.

Access and Usage Guidelines

1. Eligibility

- Pupils identified through behavioral tracking, teacher referrals, or safeguarding concerns may access the room.
- Parents will be informed and must consent to their child's participation.

2. Scheduling

- Sessions will be scheduled during non-core academic hours to minimize disruption to learning.
- A timetable will be maintained by Mr. Sebastian Brown, ensuring equitable access for all eligible pupils.

3. Supervision

- All sessions will be supervised by Mr. Sebastian Brown, with additional staff support where necessary.
- Pupil-to-staff ratios will be maintained in line with safeguarding standards.

4. Equipment Use

- Pupils must follow all safety instructions for using the equipment.
- Gloves and other personal protective gear must be worn during all activities.
- Equipment will be inspected regularly to ensure it remains in safe working condition.

5. Room Maintenance

- The therapy room will be cleaned and sanitized daily.
- Equipment will be stored securely after each session.

Safeguarding and Safety

1. Safeguarding Protocols

- All staff involved in the program must have up-to-date safeguarding training.
- Sessions will be conducted in line with Overstone Park School's Safeguarding Policy and behavior management guidelines.

2. Risk Assessments

- A thorough risk assessment will be conducted for the room and its activities.
- Risks will be reviewed regularly and mitigated through appropriate measures, including equipment checks and safety drills.

3. Emergency Procedures

- First aid kits will be available in the room.
- Staff will be trained in basic first aid and know emergency protocols.
- Any incidents will be recorded in the school's incident log and reported to the safeguarding lead.

Roles and Responsibilities

1. Mr. Sebastian Brown (Therapist)

- Lead all Boxercise Intervention sessions.
- Develop and implement individualized intervention plans.
- Monitor pupil progress and provide feedback to parents and staff.
- Maintain a safe and supportive environment during sessions.

2. Safeguarding Team

- Identify pupils in need of intervention and ensure their needs are met.
- Collaborate with Mr. Sebastian Brown to ensure interventions align with safeguarding standards.

3. Teachers

- Refer pupils for intervention and provide input on their progress and needs.
- Support the reintegration of skills learned in therapy into the classroom.

4. Parents

- Provide consent for their child's participation.
- Attend feedback sessions to stay informed about their child's progress.

5. Leadership Team

- Ensure the program aligns with the school's strategic goals and policies.
- Provide resources and training to support the program's success.

Expected Outcomes

The Boxercise Intervention Therapy Room aims to achieve the following outcomes:

1. **Improved Emotional Health:** Pupils develop coping strategies for managing stress and anger.
2. **Positive Behavioral Changes:** Reduced incidents of disruptive behavior and improved classroom engagement.
3. **Enhanced Social Skills:** Pupils build confidence in interacting with peers and adults.
4. **Better Academic Performance:** Pupils demonstrate increased focus and motivation in their studies.
5. **Stronger Physical Health:** Regular physical activity contributes to overall fitness and well-being.

Policy Review and Monitoring

This policy will be reviewed annually by the leadership team, with input from Mr. Sebastian Brown and the safeguarding team. Feedback from pupils, parents, and staff will be considered to refine the program and ensure its continued effectiveness.

Conclusion

The Boxercise Intervention Therapy Room is a vital resource at Overstone Park School, supporting pupils in overcoming challenges and achieving their full potential. Through structured interventions, expert supervision, and a commitment to safety, the program reflects the school's dedication to fostering a nurturing and inclusive environment for all pupils.