**Gifted and Talented Boxing**

In November, a group of Year 6 gifted and talented athletes and leaders enjoyed an afternoon masterclass from Olympic boxers Natasha Jonas and Courtney Fry. One of the aims of the day was to help the children to become leaders and health ambassadors.

The children heard the inspirational life stories of Natasha and Courtney and how they became successful. Both athletes are Sky Mentors and within the context of the Olympic and Paralympic Games in Rio 2016, they talked about values such as determination, respect and excellence. The children were taught how to deliver a mixture of fun, competitive and even silly games designed to help inspire less active people to become more active. They were then given a boxing masterclass using boxing pads. It was an exhausting but exciting session! Two of our pupils go to boxing outside of school and this sort of session can only motivate and inspire them further. The children were delighted to wear Commonwealth games gold medals and one lucky boy even got to wear a Commonwealth Heavyweight Belt!