

The Boxing Academy Hackney

THE BOXING
ACADEMY

BE THE CHANGE.



Prospectus 2025-26



An Alternative Provision Free School

High quality education and development for the most hard-to-reach young people, realised through the discipline and ethos of boxing

Rated "Outstanding" by Ofsted in 2025, now in a new home near Hackney Downs
Full-time places for AP, SEN Support and EHCP boys and girls in Key Stage 3 and Key Stage 4

“

Pupils are welcomed into a warm, nurturing and respectful community where they can learn and grow emotionally and socially. Pupils benefit from being in a small group, or pod. The pod leaders, who are all boxing coaches, offer bespoke mentoring to each pupil throughout the day. Together, pupils and their pod leaders, attend lessons, study, work out and learn to box.”

Ofsted Report, 2020



Our Key Principles

CONSISTENCY

boundaries help children feel safe and learn

PERSISTENCE

do not give up, there is always hope

IMMEDIACY

deal with issues as they arise

TOUGH LOVE

discipline and emotional support are vital

CONFLICT RESOLUTION

confrontation offers a chance to grow

CONSEQUENCES

take responsibility for your actions

REWARDS

learn to be successful one step at a time

WELCOME TO THE BOXING ACADEMY

Welcome to the Boxing Academy. This is a boxing family: the staff are skilled, caring and totally committed to building relationships with the students, helping them to transform their education.

We offer a full-time alternative education for both boys and girls in Key Stages 3 & 4, starting in Year 8 and through to Year 11, with a personalised bespoke pathway to further education and employment.

Students can access support even after they leave, with free Boxing training sessions for life as well as help with education and career choices after school.

Every child can succeed in education with the right support and challenge.

Anna Cain, BA, MSc.
Principal



Our Awards

- 2011
Centre for Social Justice Award
*
- 2014
Pride of Sport Awards:
Community Sport Project
*
- 2015
Investors in People: Best
Newcomer (0-49 people)
*
- 2016
The Charity Awards: Education
and Training
*
- 2017
Tes Alternative Provision School
of the Year
*
- 2020
Sports And Recreation Alliance:
Youth Development Award

Promoting positive lifestyles

The Boxing Academy offers a high quality alternative education to even the most hard-to-reach young people, realised through the discipline, ethos and culture of boxing. Boxing benefits our students by getting them fit, teaching them teamwork, anger management and discipline, and improving their confidence and concentration.

Our unique method is based on creating a secure, consistent and disciplined environment which will enable them to succeed:

- 48 pupils in the school
- 8 in a class
- Each class has their own boxing coach - "pod leader" - their job is to build a relationship with the pupils and ensure they receive consistent support and challenge, both in the gym and during academic classes
- A curriculum of 5 GCSEs and daily boxing training

Our ethos reflects our origins, that of a boxing gym: a small, comfortable and familial environment with clear boundaries, a system of rewards and an emphasis on discipline, achievement and hard work.

“

Pupils are encouraged to look at their own identity first. They can then explore how they fit into the community, the capital and the wider world.

As one ex-pupil said: 'If you go into a boxing ring angry, you will get knocked out; if you go into society angry you will get knocked out – thoughtful words are all the ammunition you need.'

Ofsted Report



WHY BOXING?



“

It is one of my biggest fears as a mother — that my children will go off on the wrong track or something will happen and my relationship with them will break down.

So it is good to know that there is a support system via organisations like the Boxing Academy where young people can go and get help.”

Emma Willis, visiting the Boxing Academy for Comic Relief

Resilience

Boxing training provides a non-stigmatising, skill-based intervention which successfully improves the wellbeing, academic success, resilience and life opportunities for young people. It uses targeted physical and mental activities to teach core life skills, focussing on improving executive functions. Sessions such as pad work and bag work are similar to smart gym circuit training and they help with attention and focus, inner state control and working memory.

Our staff are locally recruited and experienced in dealing with challenging young people. They get involved in their students' lives, even collecting from home if they need support with their attendance, and as a result they develop a strong relationship that provides a foundation from which the students can rebuild their self-esteem and start a positive cycle of achievement.

We employ boxing coaches in this 'Pod Leader' role because young people instinctively look up to and respect the strong role models within the boxing gym who present a positive image of respect for others, discipline, responsibility, a strong work ethic and good manners.

CURRICULUM

The Boxing Academy curriculum is designed to prepare students for life in modern Britain.

Key Stage 3

The intent of the curriculum in KS3 is to equip learners with the knowledge and skills they need to embrace positive lifestyles and become strong, resilient, independent and aspirational. This will help them be successful in every area of their life, especially in their education.

Key Stage 4

We offer a core GCSE curriculum of English, Maths and Science, complimented by Art and PE. Alongside this, every student will receive the highest quality careers advice and guidance for planning their next steps in education.

Functional Skills

All students will have the opportunity to study for FS levels 1 & 2 alongside the GCSE courses to ensure they are equipped for college.

“

Pupils follow courses leading to GCSE qualifications... Teachers quickly assess pupils' academic needs. They know that many have gaps in their learning. Some have special educational needs and/or disabilities (SEND). The needs of these pupils are met. Teachers have excellent subject knowledge. They design activities that stretch and engage each pupil.”

Ofsted Report





“

The Boxing Academy is turning around the lives of children who have often been excluded from mainstream education. They have mixed the discipline and culture of boxing with a rigorous approach to learning and made it a highly successful school. I'm impressed by the work they do and the results they get.”

Charlie Taylor, DfE Expert
Adviser on Behaviour

SEND

The majority of SEND referrals to the Boxing Academy are for students who have needs in one or more of the following areas:

- Speech, language and communication needs
- Social / emotional or mental health challenges
- Trauma or attachment related issues
- Mild cognition or learning needs
- A diagnosis of Autism or ADHD

The Boxing Academy is unlikely to be the right home for students who refuse to engage in any sporting activities or who have extreme sensory needs. Boxing training helps to alleviate the impact of all types of SEN for our students. After being in school for six months they have improved focus, increased confidence and better teamworking skills. Our teachers report that they observe better concentration, less impulsive responses and a calmer classroom environment. Their parents agree that they experience a decrease in stress at home and an increase in levels of responsibility amongst their children.

ENRICHMENT

The Boxing Academy is about much more than teaching and learning. We aim to help every student develop a vision for life that will continue to motivate and inspire them long after they leave us.

We balance the academic lessons with boxing training sessions, group sporting activities and education in PHSE (personal, health, social and economic), SMSC (spiritual, moral, social and cultural) and British Values. Students learn to make sound judgements about social, moral and personal matters which helps them learn the personal characteristics and traits needed to be a successful adult.

All students have access to IAG (independent advice and guidance) for careers and (post-covid permitting) will experience workplace visits and preparation for working skills in a corporate setting. This high-quality careers advice and guidance ensures that they have a progression route to follow after they graduate.

Students regularly enjoy team-building events as well as termly attendance reward trips.

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The pod leaders seamlessly support pupils' learning in class. Expectations are very high. Classrooms are quiet and purposeful places to learn. Behaviour is invariably impeccable. Pupils show a genuine interest in their studies...Pupils are clear that they need to work hard to be successful. For many, their attendance at school has improved dramatically. "

Ofsted Report





“

It is easier to build strong children than to repair broken adults.”

Frederick Douglass

“Everyone has a plan ‘till they get punched in the mouth”

Mike Tyson

Attachment-Aware and Trauma-Informed

The Boxing Academy is an attachment-aware school. When young people have had adverse childhood experiences it impedes both their emotional and physiological development as well as their brain capacity. The effects of trauma can be felt by experiencing it directly or by witnessing it with others. This inhibits their ability to cope with even the most simple requirements of the education system.

All our staff are trained in attachment-awareness, trauma-informed practice and emotion coaching techniques and we use this approach to ensure that no young people are left behind.

The Key Adult: Pod Leaders

Children with attachment difficulties need a key adult with whom they can build a trusting relationship. Our model uses the boxing coaches - pod leaders - to provide this support and establish a trusting relationship. Secure attachment relationships correlate strongly with higher academic attainment, better self-regulation and social competence, helping them lay the foundation for success in their next stages of education and adult lives.

Referrals

Students can be referred direct from mainstream schools for dual registration “pre-exclusion” placements.

Local authorities, SEN departments and Virtual Schools, can consult for single roll placements for students with an EHCP. We have a transparent commissioning process with clearly defined stages:

- A rigorous consultation process, including an interview, that includes the Academy SLT, mainstream school, parents / carers and other agencies as appropriate
- The host school and / or local authority provides all existing and available student records, related academic performance data and statutory records
- A detailed induction with the student to spell out the expectations of the Academy in terms of behaviour, attitudes and attendance
- A temporary placement period of six weeks so that the suitability of the placement can be assessed

The full admissions policy is available on our website.

“

I got kicked out of school for fighting so at first it didn't make sense to me to be sent to a place where you learn to box. But now I can see it works. Boxing training helps me control myself and I'm not so easily wound up. I walk away from fights on the street because I have nothing to prove.”

Chandler, ex-Boxing Academy student



ADMISSIONS



“

The Boxing Academy aims to create resilient, self-disciplined, confident and successful young adults. The principal’s inspirational leadership has ensured the school’s continued success. With her committed and talented team, she has created a curriculum that leads to academic achievement and very strong personal development.”

Ofsted report

CONTACT

The Boxing Academy is in a temporary home at 1 Monteagle Way, Hackney, London E5 8PH. The new building on Brooke Road, E5, will be open in Autumn 2026.

Please direct all initial enquiries to adminoffice@theboxingacademy.co.uk

The Principal is Anna Cain: mail@theboxingacademy.co.uk

The Chair of Governors is James Dove. To contact him please email the board’s Governance Professional, Jo Marchant: governance@theboxingacademy.co.uk

The SENDCo is Katherine Gill. Please send consultation paperwork or any other queries to her email: senco@theboxingacademy.co.uk

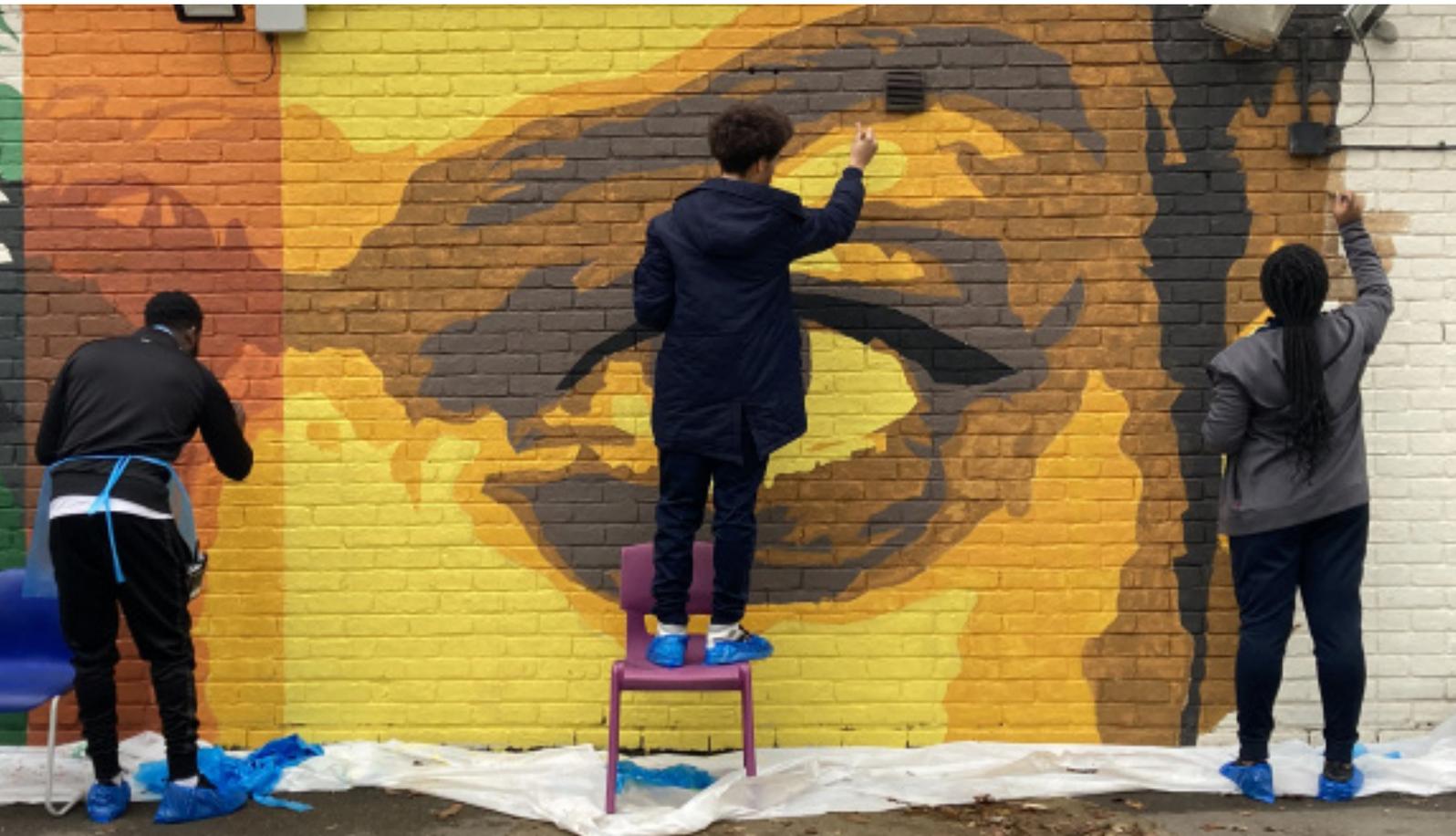
The Boxing Academy is owned and governed by the Boxing Academy Trust, contactable at the above address and registered with Companies House in England (UK). The company number is 09786066.

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www.theboxingacademy.co.uk



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