

FIND OUT MORE



EMPIRE  
FIGHTING  
CHANCE

BOX  
CAREERS

AQA AWARDS CATALOGUE

2022-2023

GET IN TOUCH

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To **refer a young person** to any of our programmes  
email [info@empirefightingchance.org](mailto:info@empirefightingchance.org)

Empire Fighting Chance is a charity (1156690) and a company  
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# INTRODUCTION

**Empire Fighting Chance is a registered AQA Awards centre.**

AQA Awards are a unique way to record learners' achievements, and are designed to boost student confidence, engagement and motivation.

They are a stepping stone for learners to get into employment or move onto a full-time course, rather than being a formal qualification.

For each Award, Empire Fighting Chance requires evidence of the young person completing the Award to be recorded on a worksheet.

An AQA Award costs **£30** per young person. Each learner can complete as many AQA Awards as they want for the same price.

# WHO WE SUPPORT

**We work with young people who:**

- Are struggling to engage with formal qualifications
- Feel frustrated by low classroom attainment
- Engage in disruptive behaviours in school settings
- Have limited attention span and who prefer learning in kinaesthetic or physical ways
- Feel vulnerable and are in need of protecting themselves in and outside of schools

# WHY IT WORKS

**OUR AQA AWARD SCHEME WORKS BECAUSE:**

- Learning with physical activity engages the mind and body at the same time
- We take away the stigma some students attach to classroom learning
- There is a clear and direct measure of progress through active feedback from the coach
- The learning can be applied in practical and appropriate life settings

**SCHOOLS WE WORK WITH SEE POSITIVE OUTCOMES:**

- Increased attendance due to healthier engagement with learning
- Lowered counts of disrupted classrooms
- A formal stepping stone into recognised qualifications

**YOUNG PEOPLE WHO ACHIEVE AQA AWARDS WITH EMPIRE:**

- Re-engage into formal learning through our AQA learning pathway
- Improve their school attendance
- Improve their personal relationships
- Improve their confidence and their desire to learn independently
- Show a significant reduction in anti-social behaviour



# AWARDS WE OFFER

**During the 2022-2023 academic year we are offering the following AQA Awards:**

1. A Healthy Body: nutrients and eating healthily
2. Coaching boxing technique
3. Completing a boxing training programme
4. Designing own wellbeing and workout plan
5. Enterprise awareness
6. Fitness testing
7. Building and maintaining positive relationships
8. Streetwise with money
9. Understanding careers
10. Fitness Coaching: strength & conditioning exercises
11. Mental toughness
12. Successful goal setting
13. Learning how mood affects behaviour

*Read on for more information about the evidence required for each AQA Award.*

## **A HEALTHY BODY: NUTRIENTS AND EATING HEALTHILY - UNIT 117272**

*Learner has shown knowledge of:*

- Understanding of at least three nutrients
- At least three foods containing vitamin C
- At least three components of food that can make it unhealthy
- At least three ways to improve diet

## **COACHING BOXING TECHNIQUE - UNIT 117203**

*Learner has demonstrated ability to highlight:*

- At least two key coaching points for throwing a jab.
- At least two key coaching points for throwing a cross
- At least two key coaching points for throwing a hook
- At least two key coaching points for throwing an uppercut

## **COMPLETING A BOXING TRAINING PROGRAMME - UNIT 117204**

*Learner has shown knowledge of:*

- At least three core concepts from the programme

*Learner had demonstrated ability to:*

- Apply at least two core concepts from the programme to another member
- Coach one core concept from the programme to another member

## **DESIGNING OWN WELLBEING AND WORKOUT PLAN - UNIT 111939**

*Learner has demonstrated ability to:*

- Identify at least 5 pieces of exercise equipment they can use to create their session plan e.g. skipping rope, cones, etc.
- Create at least three exercises from the equipment available
- Identify three positive messages they could share with an individual when they are having a rest between exercises
- Run an individual through a complete workout plan
- Motivate an individual whilst they are taking part in their workout

# AWARDS WE OFFER

## ENTERPRISE AWARENESS - UNIT 117429

*Learner has shown knowledge of:*

- At least three key components of a successful business plan
- At least three key components of a successful sale
- At least three key components that make a product viable to sell commercially
- At least three key ways to improve their pitch next time
- At least three ways they can use enterprise skills to help them apply for a job

*Learner has demonstrated ability to:*

- Conduct a sales pitch for five minutes to a potential customer
- Suggest one design idea for the look or feel of a given product

## FITNESS TESTING - UNIT 117206

*Learner has demonstrated ability to:*

- Identify three critical points when setting up a fitness test
- Set at least one fitness goal based on the fitness data obtained from a test

*Learner has shown knowledge of:*

- At least three reasons why fitness tests are designed as they are

## BUILDING & MAINTAINING POSITIVE RELATIONSHIPS - UNIT 111937

*Learner has shown knowledge of:*

- At least one way a bad mood can change the way people are seen
- At least one way in which being in a good mood has a healthy impact on our relationships
- At least one relationship they want to improve
- At least one way showing gratitude improves our relationships

## STREETWISE WITH MONEY - UNIT 115080

*Learner has shown knowledge of:*

- How to open a bank account
- Key features of a payslip
- Breaking down a salary and calculating net earnings
- Why budgeting is important
- At least two methods of saving money





# AWARDS WE OFFER

## UNDERSTANDING CAREERS - UNIT 117208

*Learner has shown knowledge of:*

- At least two places of work
- Three key components of a professional CV
- Five personality traits that will help a person be successful in any workplace
- Two principles from a professional athlete's mindset that will help them in the workplace

## FITNESS COACHING: STRENGTH AND CONDITIONING EXERCISES

- UNIT 114683

*Learner has demonstrated ability to:*

- Complete two lower back exercises
- Coach 15 repetitions and two sets of both lower back exercises
- Complete one shoulder exercise
- Coach 10 reps and two sets of a shoulder exercise
- Complete one calf exercise
- Coach 20 reps and three sets of a calf exercise
- Complete one lower upper body exercise
- Coach 10 reps and 2 sets of a lower upper body exercise
- Complete one abdominal exercise
- Coach 10 reps and two sets of an abdominal exercise
- Complete one whole core exercise
- Coach one core exercise for 30 seconds

## MENTAL TOUGHNESS - UNIT 111938

*Learner has shown knowledge of:*

- How in at least one way not acting on negative emotions improves our behaviour
- How in at least one way learning from our mistakes helps us improve
- At least one way which an athlete who responds well to failure performs better over time
- Making a mistake and carrying on with the same activity
- Making a mistake during the session and learning from it to improve their next attempt



## AWARDS WE OFFER

### **SUCCESSFUL GOAL SETTING - UNIT 111936**

*Learner has shown knowledge of:*

- At least one danger of measuring their success on outcomes rather than actions
- At least one benefit of measuring success based on the actions we take
- At least one benefit of completing mini goals
- How completing mini-goals boosts motivation
- Completing at least one mini-goal during the session
- Setting one mini-goal to complete at home after the session

### **LEARNING HOW MOOD AFFECTS BEHAVIOUR - UNIT 111935**

*Learner has shown knowledge of:*

- At least two positive emotions and two negative emotions in school and in home life
- How at least one bad mood affects how we see the world
- How fighting at least one negative emotion makes them feel more negative
- One positive thing they can do when they are in a bad mood in school or at home

## HOW TO APPLY

For more information or  
to apply for an AQA Award, please contact  
**Box Careers coach, Chris Gale**

✉ [chris@empirefightingchance.org](mailto:chris@empirefightingchance.org)  
☎ 0117 233 8700

