

Barnsley Museums Makes: Boxing Clever



born Brian Swaine?

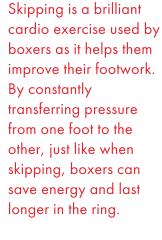
At Experience Barnsley Museum you can see the sparring kit Swaine wore in the ring. Trained by top trainer, Brendan Ingle at the famed Junction, Swaine was so tenacious that he was never knocked out.





Take the Boxing Clever Challenge

- Cut out the cards below and challenge yourself or your friends to use that skipping move and then try another one.
- When you get really good, why not try doing each skipping move for three minutes (the time of a round in boxing). Rest for 1 minute and try another move.





Both feet together on the spot



Running with the rope



Cross your arms over in front of you every other skip



Two turns of the rope in one jump

You just need a skipping rope and a pair of scissors for this activity









