

Boxing Activity Book



A book of activities
for your mind, body
and soul.



Did you know?

Boxing is a sport in which two competitors wear gloves and try to hit each other, while trying to avoid each other's blows. The competition is divided into a specified number of rounds. It is usually 3 minutes long, with 1 minute rest periods between rounds.

Boxing originated a long time ago, and has taken on many different forms throughout the eras. For example, the ancient Greeks believed fist fighting was one of the games played by the gods on Olympus, and so it became part of the Olympic Games in about 688 B.C..



The History of Boxing

During Roman times, the sport began to thrive on a wide scale. Boxers fought with leather bands around their fists for protection. Sometimes they would wear metal-filled, leather hand coverings resulting in duel-to-death battles.



Boxing diminished after the fall of Rome. It was revived in the 18th century in England and became especially popular during the championship reign of James Figg, who held the heavyweight title from 1719 through 1730.

Boxing became a working man's sport during the Industrial Revolution as prize fights attracted participants and spectators from the working class. Organization was minimal at first, and the bouts resembled street fights.

Famous Boxers

Word Scrambles

See how many of these famous male boxers you can unscramble.

1. JOE LOIUS _____

2. AMUEMMHD AIL _____

3. SUAGR RYA NRSOINB _____

4. KAJC DEMSEPY _____

5. IMEK TYONS _____

6. CKROY MCAIROINA _____

7. AJCK JNSHOON _____

8. JKEA OTTMAAL _____

9. OEJ IFRAZER _____

10. OERGGE FORAEMN _____

11. YFLOD MAYWTHAERE _____

12. AYNM PAIQCAUO _____

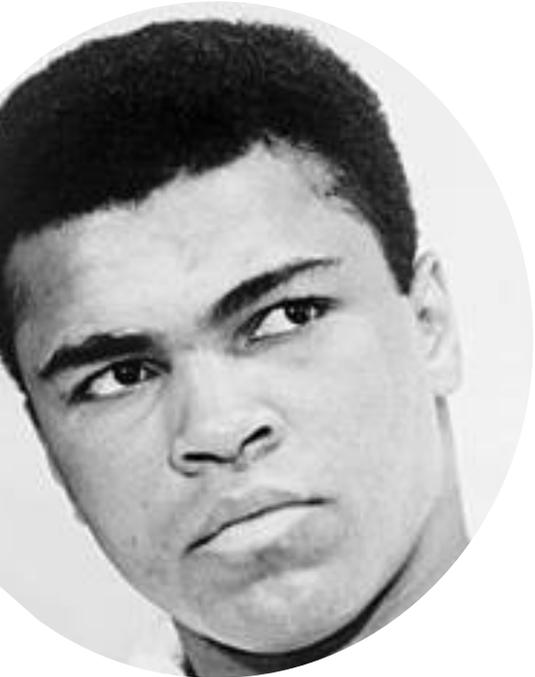
Famous Boxers Word Scramble Answers

1. JOE LOUIS
2. MUHAMMED ALI
3. SUGAR RAY ROBINSON
4. JACK DEMPSEY
5. MIKE TYSON
6. ROCKY MARCIANO
7. JACK JOHNSON
8. JAKE LAMOTTA
9. JOE FRAZIER
10. GEORGE FOREMAN
11. FLOYD MAYWEATHER
12. MANNY PACQUIAO



The Legend: Muhammad Ali

(1942 – 2016)



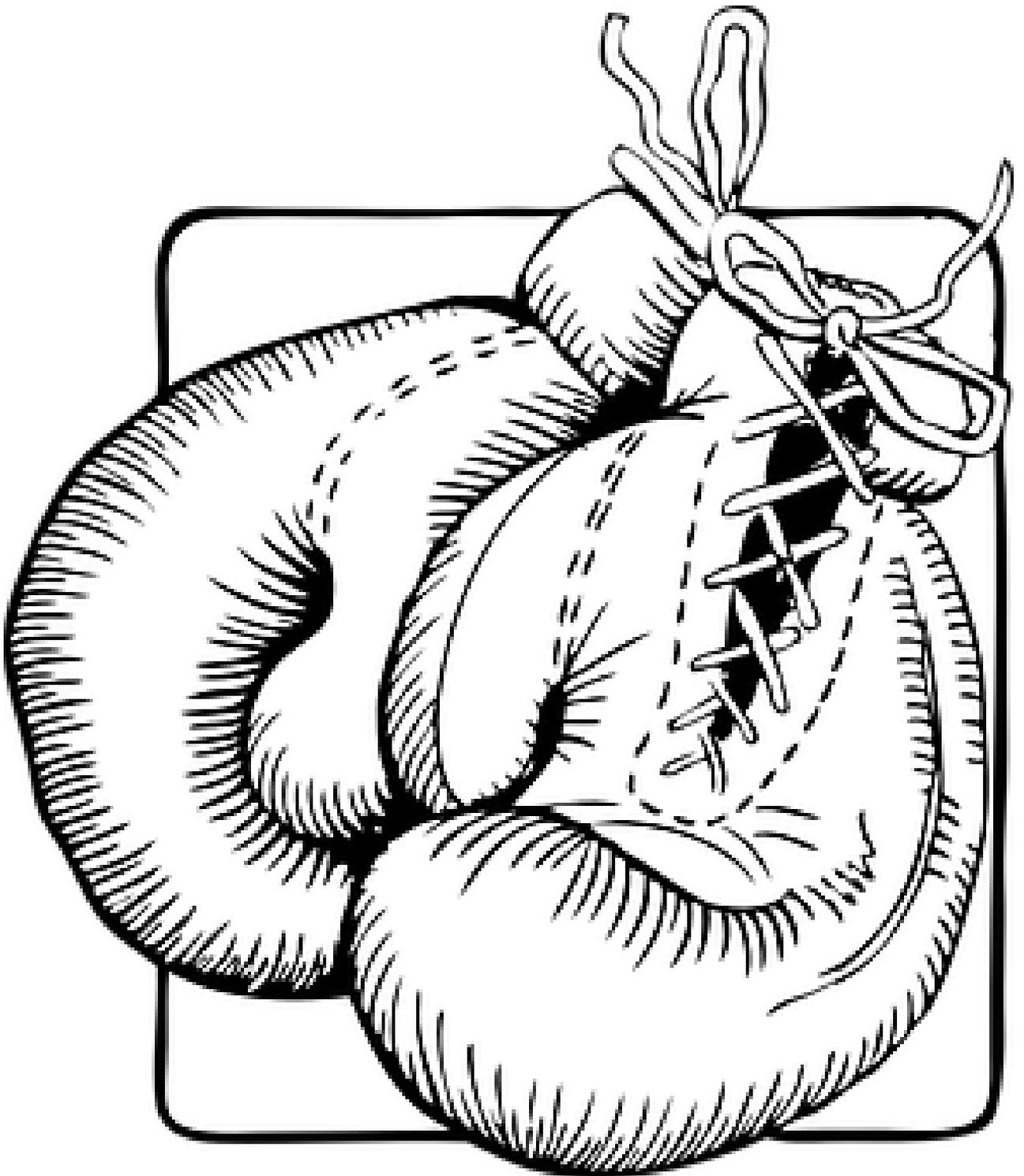
Muhammad Ali, born Cassius Clay, was a boxer, philanthropist and social activist. He was universally regarded as one of the greatest athletes of the 20th century. He's also known for his public stance against the Vietnam War and his long-time battle with Parkinson's disease.

Interesting Facts...

- He was an Olympic Gold Medallist
- He was a World Heavyweight Boxing Champion
- He refused Military Service
- He joined Nation of Islam
- He had 37 career knockouts
- He received the Presidential Medal of Freedom

A Spot Of Colouring

Design your own boxing gloves below.



Muhammad Ali

Quotes

Read the ten quotes below taken from Muhammad Ali's life. They are aimed to inspire and motivate you!

"He who is not courageous enough to take risks will accomplish nothing in life."

"It isn't the mountains ahead to climb that wear you out; it's the pebble in your shoe."

"The man who has no imagination has no wings."

"Float like a butterfly, sting like a bee."

"I hated every minute of training, but I said, 'Don't quit. Suffer now and live the rest of your life as a champion.'"

"Don't count the days, make the days count."

"Inside of a ring or out, ain't nothing wrong with going down. It's staying down that's wrong."

Muhammad Ali

Quotes Continued

“I am the greatest, I said that even before I knew I was.”

“To be a great champion you must believe you are the best. If you’re not, pretend you are.”

Now make a note of what you thought...

What was your favourite quote?

Why was this your favourite quote?

Do you think Muhammad Ali was an inspirational person?

Boxing Word Search



JAB

HOOK

GLOVES

TRAINING

REFEREE

KNOCKOUT

PROMOTER

EXHIBITION

BOXER

FRAZIER

CHAMPION

ROPES

HEAVYWEIGHT

CLUB

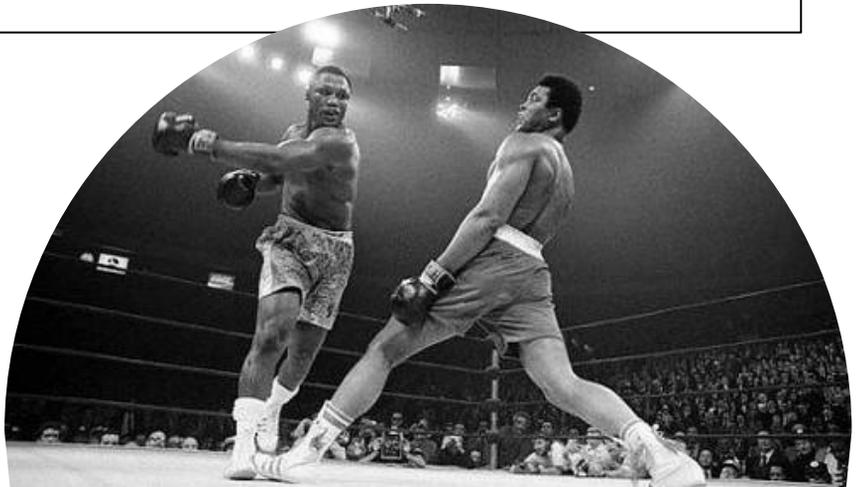
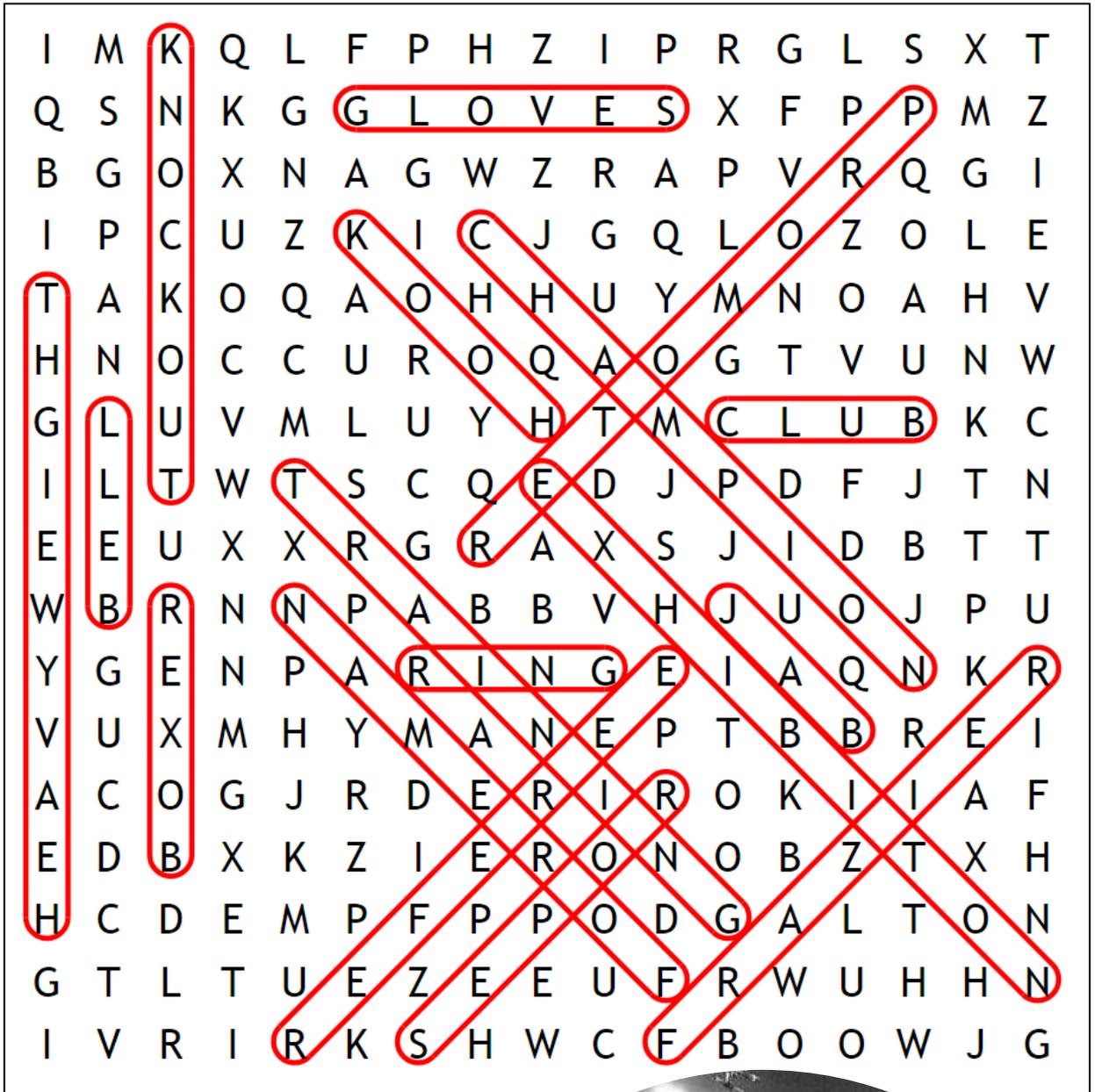
BELL

RING

FOREMAN

Boxing Word Search

Answers



Boxing Health Benefits

There are so many benefits to regular exercise. As a form of exercise, boxing has the following health benefits.

- 1. Cardiovascular Health**
- 2. Improved Strength**
- 3. Better Hand Eye Coordination**

Fill in the blanks to find out what the last two benefits are!

6. H _ A _ T H _ W _ I _ H T C O _ R O _

7. _ E _ F E S _ _ E _

6. HEALTHY WEIGHT CONTROL
7. SELF ESTEEM

Answers:



Muhammed Ali's Poetry

Ali v Joe

Ding! Ali comes out to meet Frazier
But Frazier starts to retreat
If Frazier goes back any further
He'll wind up in a ringside seat
Ali swings to the left
Ali swings to the right
Look at the kid
Carry the fight
Frazier keeps backing
But there's not enough room
It's a matter of time
Then Ali lowers the boom
Now Ali lands to the right
What a beautiful swing!
And deposits Frazier
Clean out of the ring
Frazier's still rising
But the referee wears a frown
For he can't start counting
Till Frazier comes down
Now Frazier disappears from view
The crowd is getting frantic
But our radar stations have picked him up
He's somewhere over the Atlantic
Who would have thought that
When they came to the fight
That they would have witnessed
The launching of a coloured satellite