

# TRAINING CAVE



## Education Report

24/25 Academic Year



# What we deliver?

Training Cave work with multiple schools, colleges and pupil referral units across Kirklees. We are an alternative provision and offer sessions for disengaged students at our facility. All services can be tailored to suit the needs of all-female classes or students with SEND.

We successfully deliver various boxing sessions and education programmes to students, including our nationally recognised AQA Wellbeing Awards and Sports Leadership Awards.

For the academic year 2024/2025, we worked with a total of **1,744** students from over **20** local schools and colleges.

We had a total of **4,158** student sign-ins across our programmes with schools.



Over 20  
schools

1,744  
students

4,158  
sign-ins

# Education Programmes

Across the academic year 2024/2025, a total of **86** young people completed our awards.

**315** AQA Wellbeing Awards were completed, with participants gaining accreditation in;

- The Prospect Award; Non-Contact Boxing
- The Contender Award; Physical Education
- The Champion Award; Health & Wellbeing

**18** young people completed our Sports Leadership Awards;

- 15 young people completed Sports Leadership Awards Level 1
- 3 young people completed Sports Leadership Awards Level 2



**86 young  
people**

**315 AQA  
Awards**

**18 SL  
Awards**

# Teacher Testimonial



“Most of the pupils who attend Brain Jackson college have SEN needs. Not only is it important to support them with their education but supporting them with their emotional wellbeing is equally important... The feedback that I have received from some of the pupils who have attended is that they really enjoy going, there is a sense of community when they go, one pupil in particular stated:

*“Training cave really helped build my confidence and every week I learn new things, I really enjoy the doing the sparring. I look forward to go going each week” - Josh*

We have seen a huge difference with the pupils who attend Training Cave, every week they come back they tell us what they have done, you can definitely see the benefits both physically and mentally, the pupils feel empowered. It has helped build their resilience, not only does Training Cave teach the pupils about boxing but a lot of other things come with that, respect, patience, it gives the pupils a sense of belonging while having fun.”

*- Brian Jackson College*

# Improving Physical Wellbeing

All five student sample groups from 2024/2025 showed significant improvements across three key fitness indicators, (FI). Below shows the average percentage each sample group improved per fitness indicator.

**Group 1**  
FI 1: 136%  
FI 2: 44%  
FI 3: 60%  
Measured over two months

**Group 2**  
FI 1: 28%  
FI 2: 30%  
FI 3: 120%  
Measured over one month

**Group 3**  
FI 1: 86%  
FI 2: 33%  
FI 3: 39%  
Measured over two months

**Group 4**  
FI 1: 439%  
FI 2: 30%  
FI 3: 123%  
Measured over two months

**Group 5**  
FI 1: 47%  
FI 2: 15%  
FI 3: 66%  
Measured over one month

# Improving Mental Wellbeing

Our programmes build confidence and self-esteem, foster resilience and raise aspirations in the young people we work with. During their first session with us, we asked our sample group of students to rate various skills during a self-reflection exercise. We repeated this exercise one month later and saw significant improvements. Below are the average improvements taken across the sample group for each skill.

Communication  
54%

Self-belief  
252%

Teamwork  
22%

Self-management  
82%

Problem solving  
27%

# Strengthening Relationships

Our programmes encourage social cohesion as young people mix with coaches and students from different backgrounds. Students build mutual respect and understanding, reducing social isolation and increasing peer support networks as they work alongside new people.

Teachers training alongside students helps to break down barriers and build trust between students and teachers.

“We have seen increased confidence gained through positive encouragement in our interns. We have seen this carry over into other areas of college through improved communication skills, teamwork and increase in support to peers.”  
– *Lighthouse Futures Trust*



# Boxing as a catalyst for positive change

“Since starting sessions at Training Cave with my school I have become really interested in boxing. I am now coming to the gym four times a week and my strength and fitness have really improved. Because of this I feel happier, this has really helped me at school and I can control my moods so much better.

I am making much better choices outside of School/the gym. I have stopped vaping and I am focused on getting into Training Cave’s competitive boxing team.”

- Ricardo, 15, Brian Jackson College





# Career Days

In Spring 2025 we began partnering with local businesses and organisations to deliver a Career Day to students each month.

These sessions provide students with the opportunity to build new skills and explore different career paths.

So far we have been joined by;

- KwikFit
- Transpennine Route Upgrade
- West Yorkshire Fire and Rescue

We plan to continue this service into the new academic year.



# Community Cohesion

Training Cave have strong relationships with local organisations such as Safer Kirklees, Youth Justice Services and West Yorkshire Police.

Across the academic year 2024/2025 our students were regularly joined by PC Jaganjac from West Yorkshire Police, who trained alongside students and led honest and open discussions about drugs, crime and antisocial behaviour. This work strengthens community ties and builds trust in the local authorities.

We will be partnering with PC Jaganjac over the new academic year to deliver a new community programme launching in four local schools.



# Teacher Testimonial

“Working with Training Cave as part of the Enrichment and Personal Development offer at Kirklees College is going from strength to strength. Our students not only enjoy the offer but also talk about how they feel more confident in themselves and their abilities. Students have given up vaping and have challenged themselves to eat healthily. Coming together from different cultural backgrounds, courses, and abilities has developed and nurtured student community relationships, and supported students to be responsible for their self-discipline and dedication to self-improvement.”

“Rich has been utterly fantastic and so versatile with the needs of the students. They constantly reference the boxing when I see them around college, and their skills and confidence have grown beyond our expectations. One of the biggest joys was seeing students from different courses and backgrounds working together, enjoying each other’s company, and learning new things about each other – new friendships have been created that wouldn’t otherwise exist!”

- Kirklees College



# Our Services for Schools



**Term Time Sessions** - We deliver group boxing sessions to your students for one full term or entire academic year. These sessions build confidence, resilience and determination as students improve their physical and mental wellbeing. Available in your school or from our facility



**Rookie Programme** - Our primary school offer runs for one academic year and is delivered through a series of engaging workshops, including an unforgettable end of year event featuring our pop-up boxing ring. Delivered in your school, this programme encourages an interest in sport and fitness in young students.



**AQA** - Our nationally recognised AQA Wellbeing Awards provide an alternative to mainstream education to disengaged young people. Your students will increase their physical fitness, build confidence and improve their prospects as they receive accreditation.



**Alternative Provision** - Our nationally recognised Sports Leadership Awards are completed from our facility over a series of half days and provide disengaged young people with the opportunity to build transferrable life skills, including resilience and communication. Your students will improve their physical and mental wellbeing and life prospects as they receive accreditation.



**One-to-One** - We work with students on a one-to-one or small group basis, from our facility, engaging them in pad-work to improve physical and mental wellbeing.



**Health & Fitness Days** - We deliver one off “taster days” to students, consisting of boxing sessions and workshops on supporting a healthy lifestyle. Available over one full or half day at your school with optional pop-up boxing ring, or our facility.



**Healthy Assemblies** - Our team deliver engaging wellbeing talks during school assemblies, covering the importance of physical activity, nutrition and mental wellbeing.

# Training Cave's Next Steps

In addition to running current services and maintaining relationships with local organisations through our Career Days, Community Programmes and visits with West Yorkshire Police, Training Cave will be introducing new courses for students in the new academic year, providing support for those as young as eight, all the way up to post 16:



**PlayMaker Award** – The PlayMakers award is for children as young as eight and focuses on “PACE,” (Participants, Area, Communication and Equipment), as participants build leadership skills at a young age. PlayMakers awards take six hours to deliver.



**NOCN Further Education and Employment Ready Programme** – Our newest employability programmes help young people bridge the gap to adulthood by developing interpersonal skills, including communication, self-management and leadership, which are crucial to enhance employability. There are two programmes available; the first targets young people aged 14-16 and the second targets those ages 16 plus.

**TRAINING CAVE**

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