

THE INTERRUPTED PATH

Director, Coach & Mentor of a boxing foundation

Leroy Nicholas

Using boxing to learn and empower

Watch Leroy's story on: [Youtube](#)

Or listen to it by clicking here: [!\[\]\(e3f8612927870f2e0f9f5989e6dd3064_img.jpg\)](#)

Activities:

1. **Film Discussion:** Show a short clip from the movie Rocky where *Adrian* encourages Rocky to pursue his dream of boxing.

https://www.youtube.com/watch?v=mn26NOoV_IQ

Ask students to discuss how supportive relationships can empower individuals.

2. **Role Model Comparison:** Provide brief descriptions of Bruce Lee, Sonny Liston, Rocky, and Apollo Creed.

Ask students to choose one and explain why they believe that person is a good role model.

3. **Representation Collage:** Provide magazines or printed images for students to create a collage of diverse individuals in various fields (including boxing). Discuss the importance of seeing people who look like them in positions of influence.

4. **Empowerment Reflection:** Ask students to write down one thing they feel empowered to achieve after learning about the importance of representation and having good role models.

Questions:

- **Would you rather question:** Would you rather have Bruce Lee's martial arts skills or Rocky's determination?
- **Would you rather question:** Would you rather be a famous boxer with little support or an average person with a strong support system?
- **Would you rather question:** Would you rather have the confidence of Apollo Creed or the resilience of Sonny Liston?
- **Deep question:** How can seeing people who look like you in positions of influence impact your own beliefs about what you can achieve?
- **Applied scenario-based question:** If you were a boxer, how would you use your platform to inspire and empower young people?
- **Thought experiment:** Imagine a world where everyone had a mentor like Rocky. How might this change society's views on empowerment and representation?

Riddles:

1. **Riddle:** I float like a butterfly, sting like a bee, I'm a sport where girls can truly be free. What am I?
2. **Riddle:** I am a symbol of strength and grace, in the ring or out, I embrace. Who am I?
3. **Riddle:** I come in all shapes, colors, and sizes, showing young minds that everyone rises. What am I?

To learn more about Leroy's foundation visit: <https://sweetsciencefoundation.org.uk/>