



# Holly Lodge High School Sport Enrichment 2021

## General overview of the course

*"Sport has the power to change the world. It has the power to inspire. It has the power to unite people in a way that little else does"*

*(Nelson Mandela)*

In Sport Enrichment, we will provide students with the opportunity to play a variety of sports, have different sporting experiences and gain sporting/coaching qualifications that will enrich them in their lives regardless of the career path that they choose.

## Cultural Capital

You will develop greater independence & responsibility; Becoming role models and playing an important part in supporting and encouraging younger students. Building skills for the future; showing leadership, commitment, confidence. Understanding the importance of health and the role sport plays in society.

## Course Outcomes

Sports Enrichment allows students to unwind and de-stress from the pressures of their A Level & BTEC studies. Students who opt into Sport Enrichment will play a variety of sports inside and outside of school as well as gaining additional sports and coaching qualifications that are nationally recognised.

## Size and Structure

2-3 Qualifications to gain dependent on choice.  
4 x 1 hour sessions per fortnight.

## Key assessments:

- Practical skills
- Team Building
- Coaching Course(s)
- First Aid
- Sports Leadership

