

# **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.

#### **Outdoor Adventurous Activities**

**Sports Events** 

We will look to offer students the opportunity to gain a variety of different sporting experiences such as visiting elite sports grounds, going to sport events and taking part in Outdoor Adventurous Activities such as Rock

Climbing

#### Stadium Tours

#### YEAR ONE

**Sports Leadership** 

Level 1 Coaching Courses

We will provide students with an opportunity to complete Sporting and First Aid qualifications. These will strengthen students' knowledge and understanding and will give extra support to their UCAS applications. For some, this may allow them to get part time work as a Sports Coach or Play Scheme assistant.

Sporting Experiences

#### **Emergency First Aid at Work**

Sporting Qualifications

We will participate in a number of different sporting activities during Enrichment lessons, learning new skills from different sports. This will also allow students to have a break from the pressures of their Sixth Form studies

Participating in a variety of Sports

Football

Cricket

Fitness

Handball

Volleyball

Rounders

Table Tennis

**Badminton** 

Dodgeball

**Futsal** 

Basketball

Hockey

## **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