



SPORTS PERFORMANCE

Who is it for?

If you're an aspiring athlete who wants to excel in your own individual sports performance and athletic development, this is the educational route for you.

We focus on supporting your existing training and competition commitments by ensuring you have a flexible school day and academic timetable.

It's designed to give you the best of both worlds – sporting excellence combined with academic achievement.

What does it include?

As an athlete, this route is focused around your individual development through understanding how your body and mind work together to maximise your technical and tactical performance.

In addition to your studies, you will take part in our **Sport Performance Programme** which includes:

- Sports Performance specific sessions
- Tailored strength and conditioning including physiological and biomechanics testing
- Weekly sport psychology support
- Performance management reviews
- Media training
- Nutritional guidance
- Video analysis
- Access to our world-class High Performance Sport Centre
- Access to additional world-class sport facilities on-site at the University of St Mark & St John
- Olympic/Commonwealth level coaches and mentors.



How does it work?

- **In Year 10:** combine the Programme with core GCSEs & our Level 1/2 First Award in Sport or GCSE PE.
- **In Year 12:** combine the Programme with A levels OR our BTEC Extended Diploma in Sport (level 3), including *Analysis of Sports Performance, The Athlete's Lifestyle, Fitness Training and Programming and Sports Nutrition.

A different way to learn

Our unique way of teaching and learning takes the philosophy and techniques used in high level sports coaching to give you the transferable skills you need to succeed in your career, the workplace and life including: **Communication, Leadership, Focus, Enterprise, Problem Solving & Emotional Intelligence**

For more information contact us at:

T 01752 305300 W plymouthstudioschool.co.uk E info@plymouthstudioschool.co.uk

STUDENT CASE STUDY

A LEVELS & SPORTS PERFORMANCE PROGRAMME

**Kerenza Bryson: Year 12, GB Modern Pentathlon
under 19s team, 4 A levels**

Kerenza combines her personal sporting goals with the A level qualifications she needs to pursue her ambition to go to Medical School. As part of the Sports Performance Programme, she combines her personal training programme with support from Olympic athletes Antony James (swimming) and Gorgs Geikie (shooting). She also has access to laser-shooting equipment and state of the art monitoring equipment on-site.

She comments, "The Sport Performance Programme co-ordinates input and feedback from all my different coaches so that every bit of my daily training – both in school and outside – is focused on achieving my goals. It's great to be able to integrate this level of training in the school day with my A levels."



Yr 12 Kerenza Bryson with Director of Sports Performance, Jon Rhodes, at the British Fencing National Championships

CAREER PATHS ...WHERE COULD IT LEAD?

A-Level route examples:

Degrees in Medicine, Teaching, Business, Accountancy, Sport Science, Physiotherapy and Psychology.

BTEC route examples:

Degrees in Sport Science, Sports Therapy, Strength and Conditioning Tailored for; Individual Sports Performance and Athletic Development.

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