

TRAIN TO COMPETE

Non specific OFF season:
General physical preparedness
Outdoor Training.

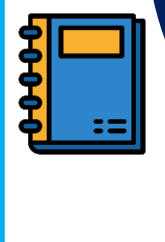
Student voice:
Students will collaborate with Coaching staff re – Their personal programme. What they need to improve.

Training Intensity:
Students exposed to more complex exercises and drills.

Physiological Testing:
Third block of testing for the year.

PHYS TESTING

Logbook:
Review & reflect SMART Targets for next stage of career pathway.



Specialism Groups:
Students will be assigned Training groups. ENR/DEV/PERF/HIGH PERF

Sport Needs Analysis
Training plans: Train To Train. Increased levels for Sport S&C programmes.

Logbook:
Review & reflect SMART Targets for upcoming year. Input annual events.

Workshops:
Dual careers – High potential Athletes. Career pathways. Pysch/Adversity/ Nutrition

PHYS TESTING

Physiological Testing:
Second block of testing for the year.

Physiological Testing:
First block of testing for the year.

PHYS TESTING

TRAIN TO TRAIN

YEAR 11

Physiological Testing:
Third block of testing for the year.

PHYS TESTING

Athletics:
Students practise Summer Athletic events to compete in local events.

Logbook:
Students review and complete logbooks. SMART TARGETS.

Fixtures & events:
Students selected to represent LeAF Studio in sporting fixtures.

Individual self management:
Students can complete their own recovery with areas of weakness.

Sport Needs Analysis
Training plans: Students continue with Fundamental Training – Sport requirements.

Parent meetings:
Feedback and reflection on progress.



Specialism Groups:
Students will be assigned Training groups. ENR/DEV/PERF/HIGH PERF

Fundamental Training:
Students complete GPP (General Physical Preparedness).

Logbook:
Students complete their calendar for events for the year. SMART Targets.

Training Intensity:
Students exposed to increased intensity during Training.

Feedback and progress.

Physiological Testing:
Second block of testing for the year.

Physiological Testing:
First block of testing for the year.

PHYS TESTING

Re-Introduction Into Specialism Training



Athletics:
Students practise Summer Athletic events to compete in local events.

Fundamental Training:
Students progressed onto Level 3 Fundamental exercise.

Physiological Testing:
Third block of testing for the year.

Recovery:
Do you know how to look after the body pre and post sport?

Fundamental Training:
Progressive overload. Can you identify how you have progressed in your Training?

YEAR 10

PHYS TESTING

Self management Tasks.

Parent meetings:
Feedback and reflection on progress.



Physiological Testing:
Second block of testing.

Fundamental Training:
Students progressed onto Level 2 Fundamental exercise.

Training Intensity:
Students exposed to high intensity during Training.



Logbook:
Students will complete self reflection to monitor progress in Training.

Feedback and progress.

PHYS TESTING

LEARN TO TRAIN

Fundamental Training:
Progressive overload. Can you identify how you have progressed in your Training?

Draft selections for sport events:
Students selected to represent LeAF Studio in sporting fixtures.

Physiological Testing:
Understand the purpose for testing. Block 1.

Fixtures & events:
Students selected to represent LeAF Studio in sporting fixtures.

Introducing Training Patterns.

Fundamental Training:
Students introduced to S&C. Level 1 Fundamental exercise.



Understanding:
Learning the reasons and Importance for LTAD. Training structure. Life at LeAF Studio – Specialism expectations.



Team Building:
Students need to build the skills to work in group tasks.

Introduction Into Specialism Training

Specialism:
Do you compete In a competitive level of sport/specialism?

YEAR 9

