

The Grange School & Sports College

Gifted and Talented in PE

As a Specialist Sports College we are part of the Youth Sport Trust Junior Athlete Education (JAE) Programme. The programme is designed to assist schools and national governing bodies of sport in the support they provide for talented young sports people. It encourages schools to work with identified pupils, their parents and coaches to reduce conflict between education and sport enabling the young athlete to maximise their sporting and academic potential.

Workshops For Gifted and Talented Young Sports People

JEA supports young athletes with a series of interactive workshops;

Workshop 1-Lifestyle management awareness

Workshop 2-Performance profiling

Workshop 3- Performance planning

The workshops help pupils to understand what it takes to be the best in their chosen field. Pupils are supported to maintain a balanced lifestyle to maximise the potential in all areas of life.

Pupils consider the consequences of not balancing their lifestyle and investigate communication and co-operation with the significant adults/ parents, teachers, and coaches etc which form the 'Team You' philosophy. The pupils learn how to identify their strengths and weaknesses and write an action plan to improve identified areas, using 'Team You' members to help them. The workshops provide an opportunity for each pupil to complete a 'TINA', talented individual needs assessment. Hotspots or clashes in the calendar in terms of competitions, training, school/exam commitments and social commitments are identified. The TINA can form the basis of an educational support plan which a mentor can discuss with the pupil. The workshops encourage communication and working with parents, coaches and teachers to put in place actions to avoid future clashes and potential burnout.

Tony Small is already trained to deliver the workshops and on December 2nd further members of the PE department will attend the 1-day workshop-training day at Cumberwell Park in Bradford-on Avon. (Probably KW, JES, CB, TC)

Mentors

Groups of identified pupils will be mentored in a ratio of no larger than 1:5. It is possible that mentors will only have 1 or 2 pupils to mentor. At the moment the programme for mentoring has not been set up. I am waiting for Steve to agree to the funding for cover to allow the following to attend 2 days of training at Cumberwell Park in Bradford-on Avon on the 7th and 8th of December; Heads of Learning, TC, PBk, JSw and DC, CB, JES, KB and either JLs or KW. Maxine and Tony were trained last year so if 8 staff can be trained this year we would be able to operate a very flexible approach with 10 mentors. It is possible that the trained mentors could then 'train' others such as members of the Learning Support team. Mentor sessions will be brief and infrequent.

Kath Wilson
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The Grange School