

# Level 3 Sport & Physical Activity

## Post 16 Enrichment Opportunities



### Diploma and Extended Diploma in Sport & Physical Activity

Want to learn even more about Sport?

#### Diploma – The equivalent of 2 A-Levels

All single units, plus the following:

- Working Safely in Sport, exercise, health and Leisure (exam) 90GLH.
- Physical Activity for specific groups (controlled assessment) 30GLH.
- Performance Analysis in Sport and Exercise 60GLH.
- Organisation of Sports Events 60GLH.
- Sports and Exercise Psychology 60GLH.
- Biomechanics and Movement Analysis. 60GLH

#### Extended Diploma – The equivalent of 3 A-Levels

All double units, plus the following:

- Improving Fitness for Sport and Physical Activity. 60GLH
- Health and Fitness Testing for Sport and Exercise 60GLH.
- Working in Active Leisure Facilities. 60GLH
- The Business of Sport (Exam). 90GLH
- Nutrition and Diet for Sport. 30GLH
- Sports and Exercise Sociology 60GLH

Due to the current school restrictions in place to manage COVID-19, The Quality Leader and Academic Mentoring Programmes are currently unable to take place. These will recommence as soon as it is safe to do so.

#### Academic Peer Mentor Programme

The Post 16 Peer Mentor Programme is a platform to help others, give back to your school and community. The programme has three key focuses to help support KS3 & 4 students with their progress and outcomes

1. Academia
2. Aspiration
3. Organisation

Develop a portfolio of evidence through Unifrog and The Locker to support UCAS and future aspirations.

This programme is an investment in your future. The skills developed will be invaluable in supporting your ambitions for higher education and employment.

Become an extension of the teaching staff by offering KS3 and KS4 students a broad and balanced curriculum. The courses below are available to all Post 16 students:

- Sports Leaders Level 3 (opportunity to gain additional UCAS points).
- Coaching and Officiating qualifications (Level 1 and Level 2).

#### Quality Leaders

Within Post 16 students are given the opportunity to develop their professional working skills, while supporting students throughout the school to develop and enhance their own qualities. Students will have the opportunity to volunteer with a lower school form weekly, and work with them to increase aspirations and work as role models.

Students will plan and carry out activities with their form group, which will help them develop skills for the future, such as time management, presentation and communication skills all of which are vital for university, apprenticeships and employment.

*"I really enjoy developing my skills while working with younger students, and supporting them through their upcoming GCSE's."*  
**Chloe, Year 13**

*"The Quality Leader initiative has improved my organisation and has given me the confidence to stand in front of a form and deliver a session. I think it is equally as beneficial for the students as they are developing their qualities throughout the sessions."*  
**Liam, Year 13**

*The Quality Leaders Program has enhanced my confidence and ability to speak in front of people I don't know. Which is something I struggled with beforehand.*  
**Tom, Year 13**

... pursuing excellence