



Shaping Future Sportspeople : An Overview of Our Classroom Curriculum



AUTUMN 1 - FOUNDATIONS OF PERFORMANCE

- Introduction to Training
- What is Performance?
- Fitness Basics
- Goal Setting



AUTUMN 2 - FUEL FOR SUCCESS

- Balanced Diet
- Macronutrients
- Hydration
- Snack Swaps
- Portion Control



SPRING 1 - SMART RECOVERY

- Rest vs Recovery
- Sleep
- Why Muscles Need Time
- Recovery Strategies



SPRING 2 - TACTICS & TEAMWORK

- Game Tactics
- Attack/Defence
- Communication
- Adapting Strategies
- Problem Solving



SUMMER 1 - POSITIONS & ROLES

- Playing Positions
- Strengths of Each
- Decision Making
- Roles & Responsibilities



SUMMER 2 - PEAK PERFORMANCE HABITS

- Daily Routines
- Motivation vs Discipline
- Growth Mindset
- Pre-Game Prep
- Visualisation

