

Gifted and Talented

We have 6 lower key stage 2 pupils and 6 upper key stage 2 pupils who have been identified as Gifted and Talented (G&T) in sport.

Our G&T pupils team up with G&T pupils from 3 other local schools to make up a G&T cluster group.

Our group takes part in both theory and practical sessions created and delivered by sports professionals.

This year's programme:

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
G&T Pupils	Lower KS2	Lower KS2	Lower KS2	Upper KS2	Lower KS2	Upper KS2
Session Focus	Diet & Healthy Lifestyles	Fitness testing	Comparing & Evaluating performance	Fitness testing	Diet & Healthy Lifestyles	Comparing & Evaluating performance
Date:	14 th Oct	9 th Dec	10 th Feb	31 st March	12 th May	7 th July

Healthy Lifestyles

In general Diet and a Healthy Lifestyle is important but it is also vital for sport. Learning what a good and bad diet looks like is very important;



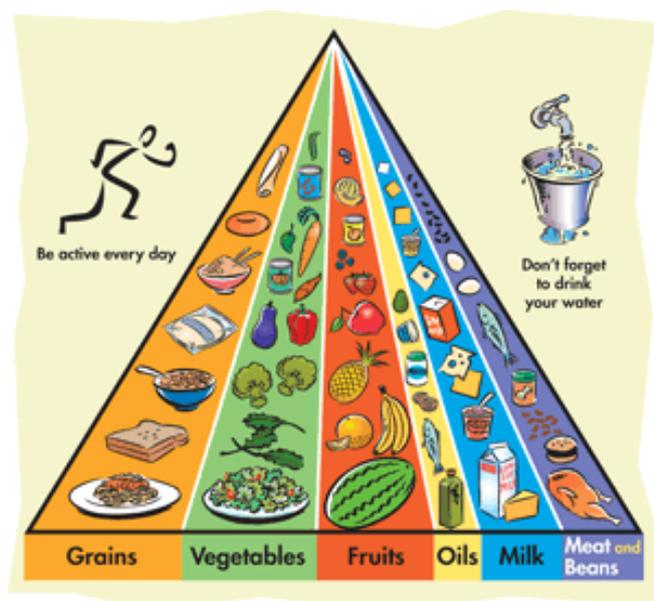
- What certain foods contain – protein, fat, carbs.
- Why they are good or bad – build muscle, provide lots of energy, help fight illness.

If you are a marathon runner, what should your diet look like? If you are running for long periods of time you will need a lot of energy. You will also be very tired, so what do you need to eat?



A varied and balanced diet with lots of vitamins and minerals from different sources will keep you healthy.

The more energy you use you need to top up but if you are not doing much activity and using little energy you don't need as much fuel.



Fitness testing

Fitness testing is a vital part in any sport:

- Another process of talent identification – if you are fit and fast enough showing good strength and balance you may get selected to compete at a higher level in a different sport.
- Making sure you are staying in good enough shape to play sport at that level – if you become lazy and don't keep fit you may not be able to compete at the standard you want to
- Monitor progress throughout the year – to see how well you are doing from the start to the end of the year.

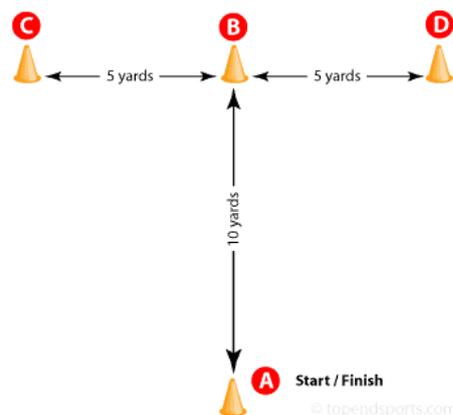
Tests of:

- Strength
- Balance
- Coordination
- Muscular endurance
- Speed
- Agility



Jason Robinson was very strong, fast and agile but also had to stay fit in other areas to make sure he could still play for England.

T-Test – a test of Agility



Comparing and Evaluating Performance

Skills

Tactics

Team work

Motivation – myself, deep-down



Motivation from others – friends, teacher & coaches

What is a good performance? What does a good performance look like?

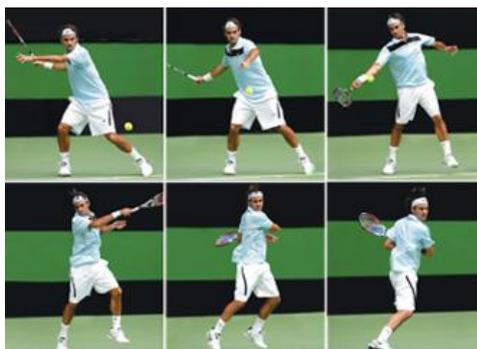
To be able to perform to your absolute best it is really important to be able to look at your own performance and evaluate it, what was good, bad and areas to improve.

Another important skill to be a great sports person is to then be able to compare your performance against others. If you want to be the best tennis player you can be you must look at what the best in the world are doing right now, what are they doing well, their strengths and weaknesses.

When evaluating our performances in sport we need to look at certain areas such as:

Technique, Tactics, Communication, Fitness, Motivation.

Federer



Intermediate Player

