STEM Scholarship – Programme Overview

Year 1 – Foundation and Development	Year 2 – Leadership and Performance
Workshops:	
Goal Setting and Performance Planning Students learn how elite performers set targets, monitor progress, and reflect on performance to support continual improvement. **Learning Outcomes** • Set realistic and ambitious performance goals. • Monitor and evaluate personal progress. • Develop effective planning habits. **Introduction to Sports Psychology** This workshop explores confidence, motivation, resilience, and the mental skills required to perform under pressure. **Learning Outcomes** • Understand key psychological factors in performance. • Develop resilience and coping strategies. • Build confidence in competitive situations. **Nutrition for Performance and Recovery** Students gain an understanding of how nutrition supports training, performance, and recovery. **Learning Outcomes** • Understand the role of nutrition in sport. • Make informed dietary choices. • Recognise the importance of recovery strategies. **Time Management and Balancing Academics with Sport** Students develop strategies for managing sporting commitments alongside academic responsibilities. **Learning Outcomes** • Improve organisational skills. • Balance academic and sporting priorities. • Develop effective time-management strategies. **Leadership and Communication Skills** Through practical activities and discussion, students develop the skills needed to lead, motivate, and support others. **Learning Outcomes** • Communicate effectively in a team environment.	**Career Pathways in Sport** Students investigate the diverse opportunities available within the sports sector, including coaching, sports science, physiotherapy, and teaching. **Learning Outcomes** • Understand a range of sports-related careers. • Explore pathways into further and higher education. • Identify areas of personal interest and aspiration. **Transition Planning: Further and Higher Education** This workshop introduces students to educational pathways that can support future sporting and career ambitions. **Learning Outcomes** • Understand post-16 and higher education options. • Explore routes into sport-related professions. • Develop future academic and career goals. **Advanced Leadership and Communication** Students apply their leadership skills through mentoring, event organisation, and supporting younger athletes. **Learning Outcomes** • Lead and motivate others effectively. • Demonstrate confidence in decision-making. • Apply leadership skills in practical settings. **Performance Analysis and Reflection** Students learn how athletes and coaches analyse performance to support improvement and long-term development. **Learning Outcomes** • Evaluate strengths and areas for improvement. • Use feedback to inform future performance. • Demonstrate reflective practice.

• Develop confidence in leadership situations. • Demonstrate positive teamwork skills.	
Educational Visits and Career Engagement:	
• **Buzz Active Outdoor Leadership** – Build teamwork, resilience, and leadership skills through outdoor challenges. • **University of Brighton, Falmer Campus** – Explore sports facilities and gain insight into sports science and performance pathways. • **Brighton & Hove Albion Amex Stadium** – Discover the wide range of careers available within the sports industry.	• **Buzz Active Outdoor Leadership** – Apply leadership skills through advanced team-building and resilience activities. • **University of Brighton, Falmer Campus** – Attend lectures delivered by professionals and meet current sports students. • **Live Professional Sporting Event** – Observe elite performance and participate in a tactical and performance debrief.
Extra-curricular:	
• **Termly Enrichment Clubs** – Experience alternative sporting activities beyond the core PE curriculum. • **Leadership Opportunities** – Support younger students through coaching and extra-curricular activities.	• **Termly Enrichment Clubs** – Continue to access a range of alternative sporting activities. • **Primary School Sports Leadership** – Organise and support sports festivals and sports days within local primary schools. • **Mentoring Year 1 Scholars** – Support younger scholars in their development as performers and leaders. • **Event Management** – Lead the organisation of an inter-school sporting event and contribute to the delivery of Sports Day.