

Subject: Richard Hale Sports Academy - 'When given an opportunity, deliver excellence and never quit'

Programme of Study



Area 1 - BTEC Sport Extended Certificate

(Equivalent to 1 A Level)

- 1.1 – Anatomy and Physiology.
- 1.2 - Fitness Training and Programming.
- 1.3 - Professional Development in the Sports Industry.
- 1.4 - Fitness Training and Programming.

Area 2 - Training Coaching and Performance

- 2.1 - S&C Sessions – Athletic Development.
 - 2.2 – Skills Based Training.
 - 2.3 – Wellness Programme.
- 2.4 – Coaching and Officiating Awards.

Area 3 - Performance and Analysis

- 3.1 – Identify and Develop KPI's.
- 3.2 – Performance Profiles.
- 3.3 – Performance Report Sheets.
- 3.4 – Statistical Analysis.

Area 4 - Player Development

- 4.1 – Player Profiling.
- 4.2 – Goal Setting.
- 4.3 – Individual Development Plan.
- 4.4 – Leadership in Sport.

Aims of the RHS Sports Academy

The Richard Hale Sports Programme will provide aspiring young performers an elite training schedule with focus on personal development and engagement into the wider community through sporting initiatives. Furthermore, the programme will be combined with an excellent and varied academic environment for every student to develop and reveal their potential.

The studies, training and wider aspects of school life at Richard Hale will enable all students to experience and be part of a culture that will have a positive and long lasting impact on the individual throughout their school life and beyond by developing the all-round sportsman and good citizen.

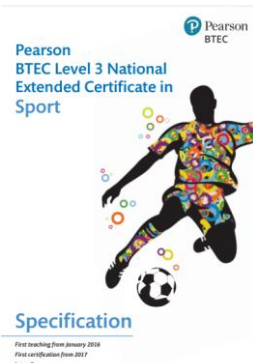
Progression Routes

- University – Numerous RHS graduates balance higher education and sport at elite Universities that compete in the Premier BUCS Division
- Employment - The programme as a whole will greatly develop employability skills through sporting qualifications and experiences obtained enhancing a student's chances of progressing their careers.
- Apprenticeships / Coaching Opportunities – RHS and local schools offer the chance to obtain a nationally recognised Level 2 qualification for sport whilst coaching in an educational environment.

Richard Hale Sports Academy Partners



Scan the QR code to view the BTEC Sport Extended Certificate Specification



Alumni

Student A

Honours – Wales U18, Herts U18; Herts Senior XV;
Saracens Academy
A Levels - PE, Geography; Business Studies
Cardiff University – Business Management

‘The staff at Hale have passed on all of their expertise that has made me be the individual that I am today. I achieved 3A’s at A level and the support and guidance ensured that Cardiff was the correct destination to reach my rugby and academic aspirations’.

Student B

A Level - Biology; Economics; Maths
Leeds University - Economics

‘My time at Hale was a fantastic journey. 6th Form ensured that I could excel both in my studies and my rugby for which I am so thankful. My rugby experiences at Hale will last with me for a lifetime. The Haileybury game at HRFC in front of a crowd of 600+, unbeaten Saturday fixture card and our County success were particular standouts’.

Student C

Honours – Herts U14 – U20; London SE U20; England Counties U20
BTEC – Sport Studies
Bath University - Sports Performance

‘Richard Hale not only provided me the foundations and opportunity to explore my sporting and academic potential, I was able to train and play with some of my best friends for 7 years’.

Student D

Honours – Saracens Academy; Herts U20
A Level – Business; Media; PE
Leeds Beckett University – Sports Management

‘Joining Hale in the Sixth Form was one of the best decisions I have ever made. I did not want to join a rugby college and wanted to pursue my A Levels in a School environment. The rugby programme and studies allowed me to achieve my first choice university’.

What students can expect from the course:

- Attain BTEC Level 3 National Extended Certificate in Sport (equivalent to 1 A Level)
- Attain NGB accredited coaching, refereeing and sports leadership qualifications.
- All students will follow a structured coaching syllabus which will develop their technique, knowledge and understanding of their chosen sport.
- Richard Hale Sports Academy will provide the opportunity to participate in a comprehensive training schedule designed to improve all attributes of your game in conjunction with an excellent academic programme to access an academic pathway that suits the individual’s needs.
- As part of the Richard Hale Sports Programme you will be a student athlete, with education of equal priority as sport.
- Opportunity to enjoy a wide range of activities, including extra-curricular sport, music and drama, and to develop leadership skills through Sports Leaders, the Duke of Edinburgh’s Award, the House System and to support younger students in a range of subjects and situations.
- To provide students with lifelong learning opportunities by developing links with universities; offering new career pathways which the student may not have been previously aware of.

Expected/Anticipated/Required qualifications:

Entry requirements for A Levels

- Average Points Score of 5.0 over your best 8 Full Course GCSEs and English and Mathematics GCSE at Grade 5 or more.
- You will be required to have gained a Grade 6 in a subject, or a related subject, you wish to take at A Level.

Entry requirements for BTEC

- Average Points Score of 4.5 over your best 8 Full Course GCSEs and English and Mathematics GCSE at Grade 4 or more.
- Students may also opt to take an A Level subject alongside the BTEC course. Please see individual subject entries for further recommendations as regards entry requirements.

Commitment

- To be part of the RHS Sports Academy will require complete dedication to your sport and to your studies.

