



What's going on in ...

# Sport and PE

Our A Level PE year 13 students have completed their Sports Psychology studies, where they have looked in depth at goal setting, leadership and stress management. They are now including this information into their written coursework piece and into their day to day lives.

Students studying BTEC Level 3 Extended Diploma in Sport and Exercise Science have been developing their skills in Sports Massage and Sports Injuries. They have learnt the correct techniques for Sports Massage, are able to create their own massage plans and can now tape and strap joints to prevent and reduce injury.

Students in year 12 and 13 A Level PE have recently attended a trip to the Manchester Tennis and Racquets Club where they experienced playing 'Real Tennis' a sport that is covered during the Sport and Society topic area. The students had a great lesson taught by current world no.11, Darren Long



## Head of Department

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## Keep in touch...



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## SJR Extra...

- College Sports Team: Men's Football 1sts and 2nd.
- College Sports Team: Women's Netball
- Sports Enrichment including: Badminton, Basketball, Golf, 5-a-side Football, Table Tennis.
- Future Sports Therapists Careers Academy

### Events this year so far:

- Guest speaker: Scott Rogers, England Amputee National Football Manager
- A Level PE Visit: Manchester Real Tennis and Racquets Club and Museum of Football.
- Sports Science Visit: Edge Hill University
- Sport and Sports Science Visit: Old Trafford Football Stadium

