

Year 9 and 10 - SPORT PERFORMANCE

The programme's primary role is to identify, develop and educate Year 9 and 10 students who we believe have the potential to perform at the highest level in Basketball, Cricket, Hockey, Football, Rugby and Touch during their time at King's High School. The programme runs during Terms 1 and 4 for summer sports and Terms 2 and 3 for winter sports.

Selection to the Programme

The programme is open to all Year 9 and 10 students each year. Selection is made by the coaches and Teacher in Charge.

Expectations of the Programme

Boys are expected to show high levels of commitment to the programme and adhere to an acceptable level of attendance, behaviour, dress and performance both in the programme and in all other aspects of their schooling. They are expected to catch up on any classroom work missed because of their participation in the programme. Failure to do so will mean removal from the programme.

The programme will cover:

- Nutrition and Hydration
- Understanding rules
- Physical Conditioning
- Mental Skills Training
- Recovery Protocols
- Performance Planning
- Positional Specific Skills
- Core Skills required for the sport

The programme will give a Year 9 student an understanding of the curriculum taught in Sport Performance when it becomes a Year 10 Option.



"Since being involved with King's Basketball I have enjoyed the strong team culture and chemistry in both the Year 9 and Junior 1st teams. I have learnt a lot about my Basketball and this has been helped by the coaching I have received. They have been very helpful giving me things to improve on. The early morning training sessions have also helped and training with the 1st Team has been a good experience."

Jack Muir



"Before coming to King's I thought I was reasonably skilful and had good technique. In Year 9 I was lucky enough to have two Rugby Sport Performance periods a week during class time where Mr Jury and other guest coaches/presenters coached us to improve our skill level and improve on basic techniques. I certainly learnt that skill is king! We also learnt what we needed to do on a weekly basis to ensure we could perform to the best of our ability."

Bradley McPate

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Year 10 Option - SPORT PERFORMANCE

The Sport Performance course has been designed around the holistic development of an athlete. It provides our top junior athletes with the skills and behaviours required to perform at the highest level in their chosen sport at King's High School and beyond.

The main emphasis of this course is for each student to learn about his body as a sportsman and weekly application of the content in his own sport(s).

The theory and practical content delivered will prepare the student to continue with the Physical Education Achievement Standards course in Year 11.



Body Systems

The student will understand the functions of different body systems and how they relate to sport.

- Skeletal System
- Circulatory System
- Muscular System



Performance in Sports

The student will understand the importance of an holistic approach to enhance his performance.

- Nutrition and Hydration
- Recovery
- Performance Goal Setting
- Mental Skills



Physical Development

The student will learn the following concepts for training:

- Principles of Training
- FITT - Frequency, Intensity, Time and Type
- Health and Fitness Components



Coaching & Leadership

- Students will learn effective coaching techniques.
- How to develop a coaching session.
- Peer delivery of a coaching session to the rest of the class.



Sport for Development

The student will participate in one sport per term to develop their hand/eye coordination, foot/eye coordination, spatial awareness, decision making under pressure, and tactical awareness.

- Turbo Touch
- Small Ball Games
- AFL
- Wrestling



Athlete Case Study

Research an influential athlete in their main sport. Find out:

- Early life - sports played, school attended, family history.
- Key influences on their development and environment.



Types of Training

The student will participate in:

- Circuit Training, Functional Strength Training, Interval Training and High Intensity Interval Training (HIIT), Continuous Training, Weight Training and Cross Training.
- Injury Prevention - Stretch Development and Core Foundation.



Individual Development Programme

From understanding the Physical Development and Types of Training Units the student will develop a programme to assist in their development within their chosen sport.

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