



Sport Scholarship 13+ and 16+

What are we looking for in a scholar?

A sport scholar has a genuine love of sport and a strong desire to pursue their individual sporting goals. This is demonstrated through high levels of commitment and a positive, proactive attitude towards physical education and sport. Sport scholars are encouraged to represent the sporting ethos of the school which considers sport as an inclusive activity whilst striving for achievement and excellence at the highest levels of competition.

Potential sport scholars will:

- demonstrate a passion for sport and physical activity both in lessons and whilst representing the school competitively
- have high levels of sporting performance (e.g. county level minimum) in at least one sport
- play/perform at a good level within an external club setting
- commit to representing the school in appropriate ways (e.g. teams and performances) and be a positive role model
- be proactive in their approach to striving to achieve their individual sporting goals
- access opportunities available through the scholarship programme (e.g. strength and conditioning sessions)
- be prepared to work both independently and collegiately
- contribute to developing the sporting profile both within and outside of the school community

What does a scholar enjoy?

- Access to high level teaching and coaching
- Specific monitoring of performance
- Mentoring by a member of the department
- Access to a strength and conditioning performance programme with the Head of Performance and Athletic Development
- Access to sport science support
- Support through the elite player pathway progression in their chosen sport/sports

Expectations of a scholar

- Be passionate in their advocacy of sport at St Helen's
- Play a leading role in sport and physical education activities
- Attend clubs and practices regularly and be prepared to support and take the lead in these
- Contribute to the profile of sport and physical education, for example, through writing articles for both school and external publications or speaking at the Sports awards evening

- Assisting the Physical Education Department on Open Day and other events

Selection and assessment procedure

All candidates are required to submit an application form by the date stated on the form. All applications must be accompanied by a letter from the applicant as well as a letter of recommendation from the candidate's Headteacher or sports coach. Application forms are available in the Scholarships section of the school website. Late applications and/or letters of recommendation cannot be accepted. Shortlisted candidates will be invited to attend an assessment and interview day with the Director of Sport and the Head of the Athletic Development.

Assessment Day

Skills Assessment

Activities designed to show off your physical and sporting skills include team building activities; assessment of your fundamental movement skills, speed and explosiveness and an novel invasion game.

Interview

Candidates should be prepared to:

- discuss their sporting background and aspirations
- demonstrate their understanding of the role of a St Helen's sport scholar
- explain their understanding of the role that athletic development plays in their own progress

At 16+ candidates must also be prepared to discuss the above whilst also demonstrating a clear vision of their sporting ambition in the short, medium and long term.

Details of the Scholarship Programme together with schedules and application forms are available in the Scholarships section of the school website www.shsk.org.uk.