



Tomaree High School

Talented Sports Program

Program Overview

2023

Rationale

The Talented Sports Program (TSP) at Tomaree High School is designed to cater for students who are committed to their sport and wish to supplement their training with a holistic complementary training program. The focus of this program will be strength and conditioning, and injury prevention. Students participating in the initiative will receive individual strength and conditioning programs. The TSP will be delivered before and after school. An integral component of the TSP will be the utilisation of external professionals to educate students about sports nutrition, sports psychology and physiotherapy, including pre-habilitation and rehabilitation.

The TSP is targeting athletes in Years 9 and 10 to who want to improve their training. Each student in the program will get a strength and conditioning program tailored to their sport. Once students have completed the Specialist Sport Class in Years 7 and 8, they will be able to move into the Talented Sports Program.

Students will be able to apply for the TSP by completing a form through Microsoft Forms. This will need to be completed before Term 1 Week 9.

The TSP will run two mornings (7:30am start) and two afternoons (3:30pm finish) a fortnight. The days that the program runs may change each term, depending on the students and their sporting commitments. Morning sessions will be for the students to complete their individual programs. This will allow students who have sport on in the afternoon to still be a part of the program. The afternoon session will alternate between a sprint session, focusing on speed and agility and completing a gym program. The students will run through the importance of what they are doing in their programs (e.g. why they are working certain muscles, why it is important to work all muscles and what their technique should look like for each exercise).

Until the shed is completed, we will utilise the gym inside the MPC. Once all the equipment is set up in the shed, that will be our primary space once students are confident with all exercises and their technique is correct. All students will not be able to access weights until their technique is correct and they understand each exercise that needs to be performed.

Objectives & Outcomes

- Develop a foundation for efficient participation and performance in physical activity and sport.
- Enhance the participation and performance of themselves and others in physical activity and sport.
- Develop the personal skills to participate in physical activity and sport with confidence.
- Discusses factors that limit and enhance the capacity to move and perform.
- Analyses the benefits of participation and performance in physical activity and sport.
- Demonstrates actions and strategies that contribute to active participation and skilful performance.
- Performs movement skills with increasing proficiency.

Assessment

Students will complete a range of fitness testing at the start of the year (used this to build their program for the year). Fitness testing will then be regular (at least once a term) to ensure their individual program is up to date.

Scope and Sequence 2023

		Week 10	Week 11
Term 1	Morning	Fitness testing	
	Afternoon	Fitness testing	

		Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
Term 2	Morning	Individual Programs								Fitness testing	
	Afternoon	Sprint sessions/ group gym sessions								Fitness testing	

		Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10
Term 3	Morning	Individual programs									
	Afternoon	Sprint sessions/ group gym sessions									

		Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10/11
Term 4	Morning	Individual programs								Fitness testing	
	Afternoon	Sprint sessions/ group gym sessions								Fitness testing	