

The Crypt School PE Department
Functional Movement Pathway in Partnership with Athlete Academy & Gloucestershire University

Sports Academy - for more able PE students who have been identified in PE lessons and within the S&C Group. The following set criteria is used to identify our most able sportsmen within the school

1. Performs at county level or above in their chosen sport.
2. Makes an outstanding contribution to various sport teams within the school, demonstrating all-round ability and a commitment to extra-curricular provision.
3. Consistently shows a higher level of ability and attainment in core PE lessons in comparison to the rest of their year group.
4. **Sets an example for other students to follow in terms of behaviour, effort and endeavour when representing the school.**

Sports Academy

Sports Academy is split into 3 different groups depending on ability rather than age. Student's progress into each group dependent on their performance within the Sports Academy.

Bronze Academy – Every Wednesday afternoon 3:30 – 4:30pm. Predominately Year 8 students, developing functional movement from KS3 lessons.

Silver Academy – Every Monday or Wednesday 3:30pm – 4:30pm. Accessing more 1-1 coaching with a focus on movement patterns alongside strength and conditioning training.

Gold Academy – open access to the fitness suite every day. Opportunity to work with coaches on 1-1 basis every Monday and Wednesday but emphasis is on independent training



Strength & Conditioning Group

S & C Group – Every Thursday 3:30 – 4:30pm

Group coaching from a strength and conditioning coach.

Target Audience – Open to all students who have not been selected for Sports Academy in Years 8 – 11, who have a good understanding of functional movement and participate in sport regularly.

Why should students attend? – Opportunities for students to further develop functional movement and training methods following core PE lessons.

A more challenging session than the Personal Development Group allowing students to be identified for Sports Academy.



Personal Development Group

Personal Development Group – Every Tuesday 3:30 – 4:30pm

Group coaching from a strength and conditioning coach.

Target Audience – Open to all students in Year 8 – 11 who are none sportsmen and who are not involved with Rugby or Football training after school.

Why should students attend? – Opportunities for students to further develop functional movement and training methods following core PE lessons.

Extra support and opportunity for students who possibly do not play sport for the school but want to progress and are motivated to take part in exercise.

Functional Movement Pathway

Functional Movement – Covered throughout Key Stage 3 PE Curriculum

Focus on key aspects of strength and mobility to maximise student's movement skills and performance/progress.

Functional Movement is broken down into 7 different exercises – Squat, Lunge, Hinge, Jump, Quad, Push & Pull.

From PE lessons students are then identified and access further support outside of the classroom as part of the Sports Academy, S&C group or Personal Development Group.