



# Ellesmere

Co-ed 7-18 Day and Boarding

# Sport

a Player Centred Experience



# Ellesmere College Sports Philosophy

**Sport is a contest fought on the battleground of the body, the mind and the heart. It teaches vital self-knowledge and lessons which endure a lifetime. This is what defines its value. Sport provides a unique opportunity to develop life-skills and learn life lessons that are difficult to replicate in other settings.**

At Ellesmere, our students play their hearts out for the sheer joy of it. We want them to express themselves through skill and risk, courage and cool-headedness.

We actively encourage players of all abilities and standards - from those who do it for the fun of it, to those who excel at Olympic standard.

Some are simply superb. Yes, we attract the best - those who join our Academies, then go on to represent their county and their country. In inter-school team competitions we ride high. In the last five years Ellesmerians have achieved international recognition in hockey, cricket, rugby, swimming, sailing, canoeing, tennis and shooting.

Our highly-qualified coaches never lose sight of the following vital fact: there's no point if it's no fun. They encourage everyone to play at the level at which they are comfortable but challenge them to take it as far as they can master.

Achievement, self-awareness, friendship, fun and self-confidence are some of the benefits of our well-managed and varied games programme. These long-term goals are at the forefront of our coaching philosophy and not the short term self-gratification of a win at all costs attitude.



# Explanation of National and International Recognition

**At Ellesmere, we take great pride in the success of our student community, and often the skills and abilities of those pupils propels the College to new levels of performance and recognition. In the last few years, Ellesmere has won two distinctive and highly valued International awards in relation to the sporting provision provided to our student body.**

## **World Academy of Sport (WAoS) – Athlete Friendly Education Centre (AFEC)**

The award is an aspirational accreditation mark for schools, universities and others that support athletes to achieve their education and athletic goals.

*As an affiliated school, Ellesmere students can expect:*

- A flexible curriculum giving student-athletes the opportunity to continue to train and compete whilst completing their education
- A dedicated pastoral care system providing the integral link between sport and educational requirements of the student-athletes
- A number of top performing student-athletes across a range of sporting areas who are in a similar situation providing an environment of positive peer support.

At Ellesmere, we recognise that student-athletes are required to make significant sacrifices on their journey to national and international competition. The World Academy of Sport in conjunction with Ellesmere College is committed to assisting athletes on this journey through working with those involved in their education provision to understand the unique needs that must be balanced by athletes in such circumstances.

## **School Games Gold**

The School Games Mark is a Government led award scheme launched in 2012 to reward schools for their commitment to the development of competition across their school and into the community. Participating in this process allowed us to evaluate our wide ranging PE provision and further progress it by developing an action plan for future progress.

*The award is in recognition of our commitment and delivery to:*

- Participation - how many young people at your school are being engaged in sporting activity?
- Competition - how many different sports are being played and how many competitions are being entered?
- Leadership - how many pupils are involved in leadership activities alongside taking part in competitions?
- Clubs - how many local links does your school have with clubs or establishments from the area?

At Ellesmere, we recognise that sport and the provision of sport is a vital part of every child's personal and social development. We value the breadth of opportunity and the wide range of specialism that we can cater for. Students see the Ellesmere approach as an essential part of their all-round education and the skills and qualities developed build a platform for living adult life successfully.



# Ellesmere Philosophy – About Success and Individual Success

**Ellesmere College is a co-educational school for pupils aged 7-18, set in 144 acres of beautiful rural North Shropshire, close to the historic canal-side town of Ellesmere. Whilst rural in its location, it is a relatively short distance from a number of main-line railway stations and international airports.**

The College continues to thrive and grow today due, in no small way, to our focus on the needs and development of each individual student. The College prides itself on its policy of accepting pupils across a wide range of the academic ability spectrum, but the focus on individual support and development means that all pupils can achieve their very best. It is this commitment to the individual that enables the College to welcome pupils with a wide variety of talents and ambitions.

## Academic

The school enjoys outstanding inspection reports from bodies such as the Independent Schools Inspectorate and OFSTED, the most recent of which can be found on the school website. Academic results are excellent. Ellesmere offers the International Baccalaureate Programme alongside A Levels in the Sixth Form, and the average score for the International Baccalaureate is in a range equivalent to A★, A★, A★ at A Level. In overall terms the school's Sixth Form leavers average the equivalent in A Level grades of A, B, B.

Recently one of our International Baccalaureate Diploma candidates achieved 45 points (the top mark), formally equivalent to 6 ½ A grades at A Level, and was one of only 100 candidates in the world to achieve that level. Given that the school continues to require only 5 GCSEs at grade C to enter the Sixth Form the results are quite exceptional. A wide range of subjects are on offer at GCSE level including GCSE PE and, introduced recently, BTEC Sports Level 3 (A-level equivalent).

## The Environment

Ellesmere is aware that sport is only one of the determining factors when considering joining the school. The academic timetable is carefully constructed to allow those pupils with sporting interests to be able to balance studies with training commitments. There is careful monitoring of academic performance to ensure the player is coping with the demands of both academia and sports.

The boarding houses within Ellesmere College are tailored to meet the needs of children from the age of eight upwards. All of the Housemasters and Housemistresses are provided with information on the specific needs of each player and wherever possible members of the academy are roomed together. All training takes place on the school campus, eliminating travelling time and ensuring a safe and familiar environment.



# Badminton

## Overview

Badminton has grown over the years at Ellesmere from a sport played for purely recreational enjoyment to a competitive team structure, due to the commitment and ability of staff and pupils. The teams have a clear training programme and a growing set of competitive programmes, competing in both local and national competitions.

Badminton is now a well-established sport at Ellesmere with over 40 participants each week. There is a strong fixture list which runs over two terms and a recreational program in the summer. Members of the Badminton groups enjoy up-to-date coaching from our visiting specialist every Tuesday. Students of all ages can access the coaching with additional sessions available on Wednesday afternoons.

## Facilities:

- 6 indoor courts
- Gym
- Outdoor courts
- Viewing spectator gallery



## Tom Haigh

"The training sessions are always great fun and the chance to play regular competitive fixtures is really good. There is always a challenge structure to ensure you improve and there is also lots of fun as the coaching is excellent. My game has really improved and I have made many new friends in the process."



# Basketball

## Overview

Basketball at Ellesmere has grown over the years due to the increasing abilities of those pupils interested in the sport. Access to the high level coaching has led to an increase in the demand for teams, and matches are played throughout the year in various cups and competitions.

Inter school matches are played on a regular basis during the year. Boys and girls are really encouraged to participate and the House Basketball events that run during the Lent term are often the most competitive.

## Facilities:

- 1 full size indoor court
- 2 indoor practice courts
- Viewing gallery
- Electronic scoreboard



## Douglas Ma

"Having access to such facilities for training and recreation has really seen many of my friends come down and join in with Basketball. There is a social game every evening and it is this community approach that has seen many new faces join the existing Basketball programme. The coaches allow us to help with training sessions and delivery and this has helped me with my Sports Leader Award."





# Cricket Academy

## Overview

Cricket is an integral and inclusive part of the sports provision at Ellesmere College. Our Cricket Academy provides an environment where young players, irrespective of their ability, strive to achieve their full potential by providing a comprehensive coaching programme and a culture of self-improvement.

The Ellesmere College Cricket Academy is proud of its modern approach and professional cricket environment. The facilities, coaches, training programmes and academic provision provide pupils with a fantastic opportunity to reach their potential.

## Facilities:

- Four lane indoor nets, with ample room for run ups
- Additional indoor space available for use throughout the year
- Thirteen outdoor grass nets with an additional six artificial nets
- Three Grass squares as well as an artificial wicket
- Six Bowling machines
- Fitness Centre and Performance Weights Room
- 25m Swimming Pool
- Strength & Conditioning Coach



Players who display a positive attitude to cricket are supported by the coaches who facilitate a growth mindset looking to provide exposure to challenging cricket experiences; these allow for independent, facilitated and accelerated learning to take place through continuous meaningful practice.





# Football Academy

## Overview

We currently run teams at 1st XI, 2nd XI, 3rd XI, U15, U14, U13, U12, U11, U10 and U9. We also provide regular competitive Football and regular structured training. There is also year round development in the form of the Football Academy's high level coaching.

There is a wide and varied fixture programme against many schools in the area. Some of our pupils are also a part of the Football Academy, run in conjunction with IH Manchester and this provides the opportunity for players to have up to 12 hours per week of specialised coaching from Academy Coaches, which focuses on individual player development and progression.

## Facilities:

- Full size pitches x4
- Junior 9-a-side pitches x2
- 6-a-side football pitches x4
- A brand new all-weather pitch
- Indoor sports hall
- Performance Weights Room
- Strength & Conditioning Coach



## Kasper Graff

"I joined the Football Academy at Ellesmere as I liked the set-up of the training schedule and the amount of focused coaching I could get each week. Within eight weeks of being at the Academy, we had the first of the open trial days in front of a wide range of professional club scouts. From that showcase, I was invited by a coach from a league club to a six week trial, which was awesome, which I would have never got without being part of the Academy."





# Golf Academy

## Overview

The Golf programme is open to both girls and boys and is available to players of all standards. The purpose of the programme is to enhance the excellent provision for participation in sport that exists at the school, and to allow individual pupils to experience a unique approach to their academic and sporting talents to a level not normally supported in schools.

We compete in National School tournaments, the Independent Schools Golf Association annual events programme, and the British Schools Golf Programme. Students will also be able to play in medal matches at local golf courses and friendly fixtures against other local schools.

## Facilities:

- Dedicated on-site CONGU 9 hole course
- Practice putting green
- SkyTrak Simulator
- One to one tuition and in game analysis
- Access to full course membership at a local club
- Local and national schools competitions
- Strength & Conditioning Coach



## Jonjo Ashbrook

"The Golf Academy at Ellesmere was a real attraction for me coming to the College and from day one, I have really been supported by all staff in my academic and golf development.

My game and confidence has really increased and to win at a recent national tournament is really pleasing as it shows I am making the right progress for my game."



# High Performance Hockey

## Overview

Hockey is the main sport for girls in the Michaelmas term and for boys in the Lent term. The school has enjoyed considerable success with many of its pupils going on to county or international representation and beyond and recent success in the Midland finals.

The school provides an excellent environment to develop all abilities in Hockey and is supported by superb fitness facilities.

The Hockey programme at Ellesmere College has three key aims: inclusion and participation, player development, and high performance. The programme benefits from experienced coaches and excellent facilities all set in a beautiful rural location.

Ellesmere Hockey is accessible to players of all abilities from beginner to elite, at both recreational and competitive level. Opportunities to play and compete include social mixed Hockey, inter House Hockey tournaments, inter school Hockey fixtures and local and regional tournaments.

## Facilities:

- Outstanding all-weather pitch
- Fully equipped cardio and weights room
- Two sports halls
- Onsite physiotherapy

- Onsite camps
- Expert and experienced Hockey team coaches
- High Performance Hockey coach
- Strength & Conditioning coach



## Alanah O'Brien

"To be part of the Hockey set up at Ellesmere has been amazing from day one. The coaching and facilities are great and the desire and team spirit of each member of the team always encourages everyone to work to their best. We have played in such a varied set of fixtures and with many tournaments within the calendar year, you are always looking forward to the next Hockey opportunity."





# Netball

## Overview

Ellesmere College runs numerous Netball teams from Year 4 to Year 13. Most of the school Netball is played during Lent term, however Netball coaching clinics are available in the other two terms during lunchtimes and after school.

The Netball teams compete in inter-schools friendlies, winter leagues and national tournaments. All teams train and / or compete a minimum of three times per week with highly qualified coaches.

These coaches have a huge depth of experience with the current Welsh U19 coach working across all teams. High performing Netballers are given the opportunities to further develop their skills through their player centred coaching and high performance sessions run by international coaches.

## Facilities:

- 6 outdoor courts
- 2 indoor courts
- 4 All-weather courts



Ellesmere has six outdoor courts, all close together, that creates an excellent spirit across the club. We also benefit from four all-weather courts, two full size indoor courts and a further indoor training area.



# Rugby Academy

## Overview

Ellesmere College has long been associated with rugby excellence. The Rugby Academy now employs a full time Level 3 qualified coach and continues to go from strength to strength. The philosophy of the Academy is one that focuses on individual development and seeks to get the best out of each and every player.

Each term of rugby is focused on developing both team and individual goals. Academy training continues to run alongside each rugby term to ensure that maximum development takes place.

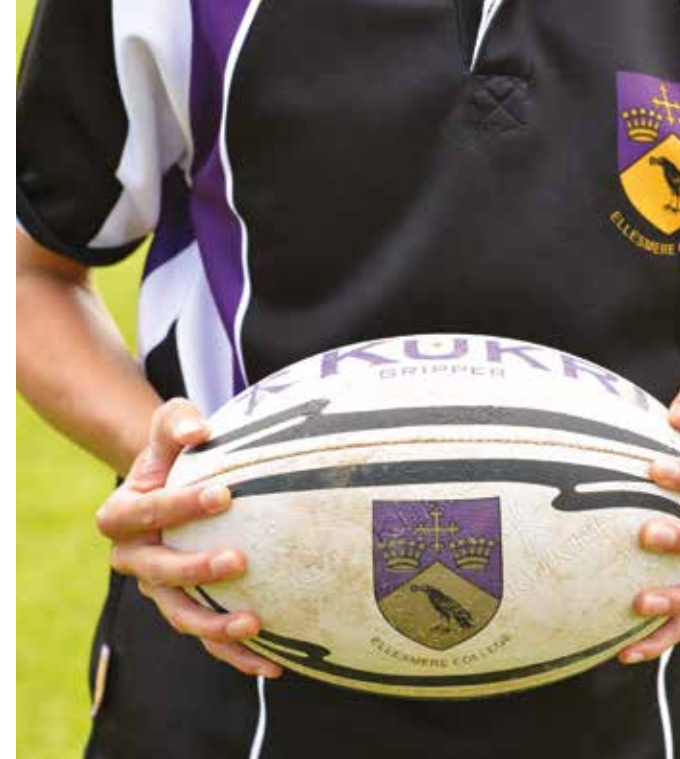
Rugby does not stop in the Summer term. This time is recognised as an ideal opportunity to develop core skill and physical areas of each player's game.

## Facilities:

- 7 Rugby pitches
- A brand new all-weather pitch
- Indoor swimming pool
- State of the art Cardio Gym
- Free Weights Gym
- Indoor sports hall
- Strength & Conditioning Coach



The Academy offers young rugby players the opportunity to progress to elite level sport by providing them with the necessary tools such as skill development and peak physical conditioning to allow them to achieve excellence.





# Shooting Academy

## Overview

The Shooting Academy vision is to identify, nurture, and develop talented athletes to enable them to achieve at elite levels and to provide a platform for them to launch their senior sporting careers.

Shooting is on the school curriculum as part of the Survive and Thrive options for Years 7 and 8, and there is some form of target sport coaching available every day of the College week. Evening sessions for Archery, Rifle, and Pistol ensure every discipline is covered and coaching for Fencing is included for Modern Pentathlon students.

An expert coaching team of current and past GB International competitors provides an excellent environment in which to develop students' talents, and the facilities at Ellesmere will allow every Olympic shooting discipline to be experienced.

## Facilities:

- Outdoor 50m range .22
- Indoor 25m range .22
- Air rifle and Pistol range
- Archery Gym
- Clay Shooting Range
- Electronic Targets



## Shooting Team Ashburton Shield Winners

The School participates in regional and national competitions (age appropriate) which are scheduled as part of the programme in each term. There are excellent links with regional and national shooting squads and pupils securing a place with their National squad will also benefit from National Coaches expertise.



# Swimming Academy

## Overview

Ellesmere College is well-known for the success of their Swimming Academy. From Regional and National Champions, to International and Olympic medals, the Swimming Academy has had a number of successes at the highest level of competition and continues to consistently develop athletes to achieve these levels of performance.

The Swimming Academy caters for athletes from Year 5 until Year 13. Our athlete centric approach and our coaching structure of 3 full-time Level 3 Coaches, a part-time Level 2 Coach and a dedicated Strength and Conditioning Coach, ensures all athletes get the highest level of coaching and individual focus from the start of their swimming journey.

The Swimming Academy works in unison with the College, to balance the demands of swimming and academic studies. This collaborative approach and commitment to the development of the programme and the athletes is what makes the Swimming Academy successful.

## Facilities:

- Two training pools (25m and 20m)
- Open water facilities
- Fully equipped gym and weights room

- Video analysis technology
- Onsite physiotherapy
- Two sports halls and all-weather pitches



## Freya Anderson

Freya Anderson MBE and Olympic Gold medalist Tokyo 2020, gained a Swimming Scholarship to the College where she boarded there during the week and made the most of the state of the art facilities and high performance coaches. "It was great because the teachers understood that we had a big commitment in the pool, and the coaches understood that I had a big commitment with my College work. It was perfectly balanced, we had all the help we needed, I couldn't have asked for more."





# Tennis Academy



## Overview

Tennis is an integral and important part of the Physical Education and Recreation curriculum at Ellesmere College and access to the facilities and coaching is available to all pupils, whatever their current level in the game. The team of LTA qualified coaches deliver a fully structured programme each week of the term and many pupils take advantage of the additional coaching, which is available to individuals, pairs and groups.

Our aim is to inspire and encourage young tennis players to be the best they can be, whilst nurturing their individual talent in a safe and supportive environment.

For selected High Performance players, the Academy has a professional programme providing individual tuition and group sessions, personal fitness, nutrition and competitive match play.

## Facilities:

- 4 indoor acrylic performance courts
- 6 floodlit all-weather courts
- 9 artificial grass courts
- Sports Hall with practice wall and mini red courts
- Strength and Conditioning coach
- Gyms



## Aditi Chezian

"The training sessions are really good and the opportunity to have coaching around the school day is brilliant. The new facilities are incredible and having this really inspires all the players to keep pushing to improve their game. Playing within a team that includes national champions and people with world ranking points is a real motivation to further your own game."





# Academy Sport @ellesmeresport

## Cricket



## Football



## Golf



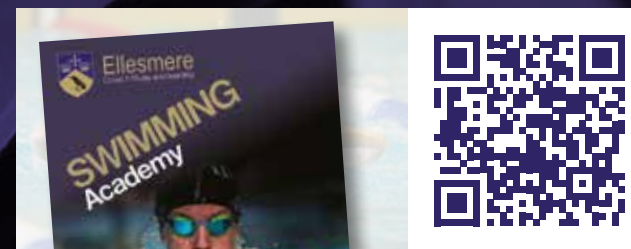
## Rugby



## Shooting



## Swimming



## Tennis



## How to Use:

To access the Academy pages on the website, open the Camera on your mobile phone and focus it on one of the QR Codes above. Click on the pop up message to open the relevant website page.

## QR Code Download:

Most mobile phones have a pre-installed QR Code App. If yours does not - download one from your App store and follow the instructions to install and scan.



# Scholarships

At Ellesmere, we are keen to recognise talent and offer the support and guidance to allow each individual to further develop their skillset within the confines of our tailored education pathways.

## Scholarships

A Scholarship or award is based purely on merit. An award can be worth up to 50% of the fees (boarding or day) and is made on the basis of an assessment of sporting ability. Where appropriate other skills can also be taken into account and a variety of other scholarships and all-rounder awards are available. As with all candidates for places at the College, we need to be confident when offering places that prospective pupils can thrive academically, so an academic and behavioural reference is an important part of any assessment.

As a general guidance for considering any sporting scholarship at the College, a candidate – to be worthy of consideration – will be performing at a level above or at County representation standard. To be performing at this level by no means guarantees an award, but performance below this level would be an indication that a scholarship award was unlikely to be made. In exceptional circumstances awards may be supplemented additionally by bursaries.

## Bursaries

Bursaries are best regarded as means-tested merit awards below the standard of scholarship level. There are two aspects to the award of a bursary: an assessment of merit, as outlined previously, and an assessment of parental financial circumstances. For further information on awards and bursaries please contact the College Admissions Department.

Type of Award	Age on Entry				
	8	9	11	13	16
All-Round	✓	✓	✓	✓	✓
Cricket	-	-	✓	✓	✓
Football*	-	-	-	-	-
Golf	-	-	✓	✓	✓
Hockey	-	✓	✓	✓	✓
Netball	-	✓	✓	✓	✓
Rugby	-	-	✓	✓	✓
Shooting	✓	✓	✓	✓	✓
Swimming	✓	✓	✓	✓	✓
Tennis	✓	✓	✓	✓	✓

\*awarded as part of the All-Round Scholarship

# Sports Awards and Recognition

**The College boasts an excellent reputation in sport by virtue of its facilities, its extensive grounds which extend to 144 acres and the professional standard of its coaching. Its facilities as well as numerous pitches include a golf course, shooting ranges and access to nearby sailing facilities.**

**A £1.3 million Sports Centre was built in 2004 and most recently a £1.2 million Indoor Tennis Centre was completed as well as new all weather astro turf pitches.**

Pupils from Ellesmere excel in a variety of sports. The major boys' sports are rugby, football, tennis, swimming and cricket. The major girls' sports are hockey, netball, swimming, cricket and tennis. Players in these sports, and others, have regularly gone on to county, regional and national representation (the former England RFU Captain, and President of the RFU Sir Bill Beaumont, is an Old Ellesmerian). In addition, the College offers opportunities in a variety of other sporting areas such as sailing, golf and shooting where pupils have gone on to national and international success.

As a general guide, sports scholars are normally only awarded for prowess in the College's major sports, and preference is given to talent in those areas.

As a further general guide, to be considered for a Sports Award, a candidate would need to be performing at the equivalent of one level above County standard, where such a hierarchy exists. For the purposes of tennis and swimming, the national ranking and rating systems are used.

To be considered for a swimming award a candidate will need to have achieved multiple District Qualifying times in the immediate period prior to the application and be ranked in the ASA top 75 swimmers by age and sex in at least one event. To be considered for a tennis award, a candidate will need to be ranked in the top 10 of his or her particular county at his or her age-group level.

Sports Awards may be up to a maximum of 50% of school fees, although entrants below Sixth Form level are unlikely to receive merit awards higher than 25% of school fees.

## The Assessment Procedure

Sports Scholarships are awarded annually, based on a general fitness test at the College, a report or recommendation from the current school, and (where relevant) sports club and meeting the school's academic criteria for entry.

## Key Terms

**Award:** a term used for scholarships and exhibitions, which are made on the basis of merit and without reference to parental financial circumstances.

**Scholarship:** usually an award with a value above 25% and up to 50% of school fees.

**Exhibition:** usually an award with a value up to 25% of school fees

**Bursary:** a reduction in fees based on an assessment of the merit of a pupil and consideration of parental financial circumstances, assessed following the completion of the College's financial circumstances form.

Bursaries may be awarded separate from, but in addition to, scholarships and exhibitions scholarships and financial assistance.

# Academy Sports

## Cricket

Points of Access i.e. (Yr 9 / Yr 11)	Yr 9 onwards
Standard or ranking required	County standard or above
Professional Partnerships	Glamorgan & Lancashire
Head of Academy	Mr G Owen
Trips, visits and tours	Lords MCC Barbados
Training hours per week	Winter training + 8 hours a week in season
How do I join?	Assessment and Interview via a taster day

## Football

Points of Access i.e. (Yr 9 / Yr 11)	All entry points
Standard or ranking required	Entry via assessment
Professional Partnerships	Wide variety of clubs and scouting network
Head of Academy	Mr D Raven
Trips, visits and tours	China St George's Park Etihad & Wembley
Training hours per week	12 hours a week + fixtures
How do I join?	Assessment and Interview via a taster day

## Golf

Points of Access i.e. (Yr 9 / Yr 11)	All entry points
Standard or ranking required	Based on golf handicap system
Professional Partnerships	Links with pro coaches & many clubs. USA university route
Head of Academy	Mr R Ashbrook
Trips, visits and tours	Scotland Ireland
Training hours per week	6 hours a week + weekend competitions
How do I join?	Assessment and Interview via a taster day

## Rugby

Points of Access i.e. (Yr 9 / Yr 11)	Yr 9 onwards
Standard or ranking required	County standard or above
Professional Partnerships	Sale Sharks Worcester Warriors Leicester Tigers
Head of Academy	Mr A Murphy
Trips, visits and tours	Dubai, Canada South Africa
Training hours per week	8 hours a week + fixtures
How do I join?	Assessment and Interview via a taster day

# Academy Sports

## Shooting

Points of Access i.e. (Yr 9 / Yr 11)	All entry points
Standard or ranking required	County standard or above
Professional Partnerships	Links with GB shooting and Pentathlon bodies
Head of Academy	Mr T Rylands
Trips, visits and tours	Bisley Germany
Training hours per week	8 hours a week based on individual need
How do I join?	Assessment and Interview via a taster day

## Swimming

Points of Access i.e. (Yr 9 / Yr 11)	Yr 5 onwards
Standard or ranking required	Based on competitive timings
Professional Partnerships	Direct links to GB Swimming
Head of Academy	Mr G Worrow
Trips, visits and tours	Overseas training camps throughout the year
Training hours per week	15 -20 hours a week – via pool and gym work
How do I join?	Assessment and Interview via a taster day

## Tennis

Points of Access i.e. (Yr 9 / Yr 11)	All entry points
Standard or ranking required	Based on LTA points system
Professional Partnerships	Links with University programmes & international coaches
Head of Academy	Mr S Welti
Trips, visits and tours	Spain Portugal
Training hours per week	Individual programme available 8hrs a week + practice sessions
How do I join?	Assessment and Interview via a taster day

**Further information on the Academy programmes is available via the website.**

- Both the Football and Golf Academies are a chargeable programme.
- Tennis is chargeable if extra lessons are requested outside of the normal programme.
- Swimmers have an additional subscription membership fee to the Ellesmere College Swimming Academy.

**Further details can be found on the Sport pages on the website.**



# Additional Sports



## Archery

From beginner to International; indoor and outdoor facilities available.



## Fencing

The three disciplines in modern fencing are the foil, the épée, and the sabre. Learn them all in this growing sport.



## Pentathlon

The Modern Pentathlon is an Olympic sport that comprises: fencing, freestyle swimming, equestrian show jumping, pistol shooting and cross-country running.



## Rounders

Popular summer term sport with competitive fixtures and internal events.



## Sailing

Available as a standalone activity and through the Navy section of the CCF.



## Squash

A popular team event with two great indoor courts. Coaching is available by our professional on a weekly basis throughout the year.

**A wide and diverse range of sports are available at Ellesmere College - if you would like to discuss specific ones please contact our Registrar at [registrar@ellesmere.com](mailto:registrar@ellesmere.com)**

## The Fitness Provision

The fitness provision at the College covers all sports. There is access to two gyms, as well as our health, fitness and conditioning coach, who will work with all academies to offer tailored individual sessions. We also have support by an onsite physiotherapy team and nutritional and psychology lectures throughout the year.

# Academic Options

**Ellesmere has a very clear curriculum platform which allows those students with a clear focus on sporting excellence to combine it with a rigorous Academy programme which ensures breadth and balance in all areas of school life. To that end, we offer a number of key sport based academic routes.**

## Sports Leader Qualifications

The aim is to develop confident, healthy leaders through sport and physical activity.

Ellesmere students undertaking a qualification in Sports Leadership will learn and demonstrate important life skills such as effective communication and organisation whilst learning to lead basic physical activities to younger people, their peers, older generations and within the community.

The courses involve both guided & peer-to-peer learning and supervised leadership to ensure that learners have all the skills they need to teach basic physical activities for other people.

## GCSE PE

Pupils following the GCSE PE curriculum study various aspects of health, fitness, anatomy and physiology theoretically over their two years on the course, and are assessed in a range of different practical activities. Pupils also complete two controlled assessments, which adds to the practical element.

## A Level PE

The coursework concentrates on the individual and how he or she can develop their own performance in a range of activities.

### The course aims to:

- develop knowledge, understanding and skills in a range of physical activities;
- understand factors that impinge on their performance and participation;
- observe, analyse and evaluate performance as thoughtful participants and intelligent performers;
- improve their own and other peoples' performance;
- develop critical appreciation of historical, social, cultural, and moral contexts that give meaning to participation and performance in physical activity.

A clear focus on understanding of human performance through anatomy, physiology, biomechanics, training, and fitness theory. The discovery of how sport has influenced society through historical studies, and social issues such as private schools, industrialisation, and professionalism, drug use in sport, race, gender, role-models, and lifestyle.

## BTEC Level 3 (Sport)

The BTEC National Diploma in Sports Coaching and Development enables students to develop their understanding of the essential skills and knowledge needed when looking to build a career in sport.

The length of the course is two academic years, same as A Levels. The course can be adapted to meet their talents and aspirations - it consists of eight compulsory core units plus their choice of specialist units.

World Academy of Sport (WAoS) accreditation also allows for an extended BTEC course to three years. This allows our elite student athletes to be able to manage their rigorous competitive schedules with academic timetabling to ensure success at both without compromise.

The structure of the course lets students focus on the areas that will benefit them the most, such as, sport as a business, talent identification and development in sport or exercise, health and lifestyle.

Please note that the units studied may vary to meet local or learner needs.

# How to Find Us

## By Road

Ellesmere College is situated midway between Chester and Shrewsbury, just off the A495 and is easily accessed via the UK motorway network. Download our Directions Guide from our website.

## By Air

Manchester (1 hour 15 minutes by road), Liverpool (1 hour by road) and Birmingham (1 hour 30 minutes by road) airports are within easy reach of Ellesmere.

Each have regular scheduled flights from all parts of the UK, Europe and International destinations.

## By Rail

Rail users may travel to nearby Shrewsbury Station (25 minutes by road), Gobowen Station (15 minutes by road) or Crewe Station (45 minutes by road), which are main-line stations operating regular services around the UK.



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## Ellesmere

Co-ed 7-18 Day and Boarding

Ellesmere College, Ellesmere, Shropshire, SY12 9AB  
Email: [registrar@ellesmere.com](mailto:registrar@ellesmere.com) Tel: 01691 622 321

## [www.ellesmere.com](http://www.ellesmere.com)

For more insights into Ellesmere College, follow us on:

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