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NCFE- LEVEL 1 CERTIFICATE IN SPORT

Developed by

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TMS Sports Education Lead 2024

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MEET THE TEAM



John Dalton

Role : TMS Sports Manager



Josh Taylor

Role : TMS Sports Education Lead



Jemma West

**Role : PSHE Lead, Attendance
Officer & Careers advisor**

MEET THE TEAM



Edward Williams

Role : Teaching Partner



Kevin Dawson

**Role : Practical Lead &
Education Mentor**



Skye Cross

Role : Education Mentor & PSHE Partner

OUR CURRICULUM

At TMS, we are excited to offer an NCFE Level 1 Qualification in Sport, specifically designed for young adults aged 16 to 18 with a passion for sports. Our curriculum aims to empower students by enhancing their confidence and providing them with the essential skills needed for a successful career in the dynamic sports sector. We focus on delivering knowledge and competencies that will help students thrive in various roles within the industry, such as coaching, sports management, and sports development.

The curriculum includes essential elements that combine physical activity with theoretical knowledge about the sports sector, promoting the development of vital teamwork and leadership skills.

Here's an overview of our five engaging modules:

Taking Part in Sport: In this module, learners will actively participate in various sports and understand why individuals engage in these activities. They will also learn essential skills and techniques, focusing on reflecting upon their participation to identify areas for improvement and growth.

Sports Coaching: This module emphasises the importance of communication skills, the qualities of an effective coach, and the responsibilities involved in creating a motivating environment. Learners will have the opportunity to plan, deliver, and evaluate a coaching session, equipping them with practical experience.

Strength and Conditioning: In this module, learners will explore strength and conditioning exercises and discover the equipment and facilities commonly associated with these activities. They will also learn how to plan, implement, and review a fitness program designed to meet personal goals.

Health and Nutrition: Understanding the importance of a balanced diet is crucial in any sports career. In this module, learners will explore significant food groups and various dietary plans, ultimately preparing a healthy diet plan tailored to individual needs.

Assist at a Sports Event: To conclude the program, learners will identify different types of sports events and set personal objectives. They will prepare for and assist at an event while reviewing their achievements and goals.

VALUES & ETHOS

At TMS, we strive to provide a holistic approach to learning that considers each student's overall development alongside their educational outcomes. We promote this by building trusting relationships and focusing on their social, emotional, physical, and psychological growth. This is achieved by creating an inclusive environment where students feel comfortable interacting, socialising, and forming peer relationships. Additionally, we implement programs and activities that cater to the diverse needs of our students, ensuring that everyone can thrive. These initiatives include physical activities that promote health and well-being and support emotional and psychological resilience.

TMS is committed to nurturing the whole person. We understand that the best educational outcomes are reached when students receive support in all areas of their development. Through our holistic approach, we aim to empower students to realise their full potential. We also recognise that values are crucial in shaping a positive learning environment, enabling our students to succeed in their journeys. By instilling these values, we provide a solid foundation for their futures.

Our core values are centred around three fundamental principles: Tenacity, Motivation, and Support.

Tenacity is crucial for helping young adults confront and overcome obstacles, fostering resilience and a determined mindset. This quality encourages students to engage in sports with dedication, understanding that effort and perseverance are crucial to achieving their goals.

Motivation is the driving force that empowers students to take ownership of their development and become self-sufficient. We assist them in discovering their intrinsic motivation, inspiring them to pursue a lifelong passion for sports and physical activity.

Support is central to our mission, as we strive to create a safe and nurturing environment. In this space, students feel valued, heard, and encouraged to thrive. By embedding these values into our sports curriculum, we aim to equip our students with the tools they need to navigate their personal and athletic journeys successfully.



HOW WE TEACH



At TMS, we believe that smaller learning groups provide a more personalised education, ensuring that each student receives the attention needed to thrive. This approach fosters an environment where students can engage more deeply with the material and feel comfortable asking questions or seeking guidance.

Practical, hands-on learning is central to our teaching philosophy. We immerse students in activities that not only reinforce their understanding of sports concepts but also allow them to apply their knowledge in real-world scenarios. This dynamic approach makes learning enjoyable and helps spark a lifelong passion for sports.

We also encourage students to build connections and relationships within the sports industry. By organising workshops and facilitating networking opportunities, we expose them to potential career paths and inspire them to pursue their dreams in sports. Together, these strategies create a comprehensive curriculum that prepares students for successful futures in the sports world.

Our curriculum will:

Track progress and achievements

We monitor progress and achievements by setting weekly targets, which helps keep everyone motivated and on track. This approach allows students to see their growth over time. Additionally, we conduct one-on-one tutorials each term to discuss their progress and establish short- and long-term goals. This personalised method ensures that every student receives the attention they need to succeed, making their learning journey more enjoyable and effective.

Employability (PFA Pathway to Adulthood)

We assist our young adults in understanding the world and managing everyday challenges. By fostering connections and creating pathways to post-16 options, we help individuals enhance their self-awareness and build self-confidence. We collaborate with other organisations to develop these post-16 pathways. We support our students through individual termly employability tutorials to review their progress and set new targets.

HOW WE TEACH

Meeting the needs of students with SEND

We support all students, ensuring that everyone feels included and valued. Our focus is on meeting the needs of students with Special Educational Needs and Disabilities (SEND) by tailoring our learning environments to accommodate individual requirements. We recognise the importance of addressing each student's social, emotional, physical, and psychological needs. By fostering an inclusive atmosphere, we create opportunities for all learners to thrive together, promoting collaboration and understanding. Our dedicated staff are committed to providing the necessary resources and support, ensuring every student can achieve their full potential.

Promote Practical Skills

We prioritise the development of practical skills in both the technical and tactical aspects of sports. Additionally, we are committed to promoting well-being and physical health throughout our course. This includes encouraging active lifestyles, teaching mindfulness, and fostering a sense of community. We aim to create a supportive environment where students feel empowered to explore their potential, enjoy the learning process, and build lifelong healthy habits. It's all about achieving balance and personal growth!

PSHE (Personal, Social Health and Education)

We are committed to cultivating a supportive and engaging environment for our learners! We hold PSHE sessions weekly focusing on physical, social, health, and education topics. These interactive sessions encourage participation and make learning enjoyable and relevant. We promote open discussions, group activities, and real-life scenarios to help students grasp the importance of these topics in their everyday lives.



ABOUT THE COURSE

Qualification Overview:

This qualification aims to help learners develop fundamental sports skills and knowledge. It supports their progress toward further study or employment by providing a flexible structure that allows them to tailor their program according to their existing skills, interests, and future career goals. Learners will acquire skills and knowledge relevant to the sports industry, including coaching, outdoor activities, the sports and active leisure sectors, sports volunteering, nutrition and health, and event support.

Who is this qualification for?

This qualification is designed for learners aged 16 to 18 who wish to enhance their understanding, skills, and knowledge of the sports sector.

How will it be delivered?

The course will be delivered over three days per week for the academic year.

Group one: Monday, Wednesday 9:15 am – 3:15 pm and Friday 9 am–12 pm

Group two: Tuesday, Thursday 9:15 am – 3:15 pm and Friday 12:30pm–3:30 pm

PROGRESSION & OPPORTUNITIES

The qualification will enhance employee potential in the outdoor or sport and active leisure sectors and supports learners to apply for entry-level roles such as:

- Leisure Assistant
- Recreation Assistant
- Assistant Coach

With further development, learners could ultimately hold roles:

- Fitness Instructor
- Personal Trainer
- Specialist Instructor in Sport/Outdoor Education
- Gym Manager
- Sports Development Officer
- Sports Development Manager
- Sport Activator
- Sports Coach

Will the qualification support progression to further learning, if so, what? This qualification prepares learners to progress onto Level 2 qualifications within the outdoor and/or sport and active leisure sectors.

For example:

- NCFE Level 2 Certificate or Diploma in Sport
- NCFE Level 2 Certificate in Fitness Instructing (all pathways)
- NCFE Level 2 NVQ Diploma in Instructing Exercise and Fitness (all pathways)
- NCFE Level 2 Certificate in Outdoor Activity Leadership
- NCFE Level 2 NVQ Certificate in Activity Leadership
- NCFE Level 2 Certificate in Event Planning
- NCFE Level 2 Certificate in the Principles and Preparations for Coaching Sport
- NCFE Level 2 Certificate in Understanding Stewarding at Spectator Events

Learners may choose to progress onto Intermediate Level Apprenticeships within this sector, including:

- Intermediate Level Apprenticeship in Instructing Exercise and Fitness
- Intermediate Level Apprenticeship in Activity Leadership
- Intermediate Level Apprenticeship in Spectator Safety





FACILITIES

Address:

Gloucester City Association Football Club 1980
Meadow Park, Sudmeadow Rd, Hempsted, Gloucester, GL2 5HS

Facilities:

- Catering Kitchen
- 5G football pitch
- Changing rooms & showers
- WIFI
- Learning Hub
- First aid and Defib





OUR PARTNERS





GET IN TOUCH

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