



Year 7 & 8 Junior Sports Academy

2024 Application Form

The Junior Sports Academy is a programme designed to enhance students all round fundamental sports skills. The programme will take place fortnightly from 7:45am-8:45am (Wednesdays.) All applications must be received on the application form only.

Name _____ Gender _____

Address _____ Phone _____

Current School and Year Level _____

1. Sports Profile - please list below your sporting involvement over the past two years. (Continue on another page if needed)

2. Please list below your sporting achievements over the past two years. (Eg, captain, player of the day, representative honours, sportsmanship etc)

3. Please write a brief account about why you wish to be considered for the Sports Academy (**student to write**)



SPORTS ACADEMY

Background

The Year 7 and 8 Academy structure and modules are designed based on research, and effective pedagogy using industry professionals, namely Dr Tania Cassidy (senior lecturer in Pedagogy at the University of Otago School of Physical Education, Sport and Exercise Science), and Karen Dunlea (Teacher of Health and Physical Education and former high-performance athlete).

From reviewing other academy systems around Dunedin, we believe we have a point of difference as our structure is age appropriate and best suits the students according to current research. Since its inception we have been requested to present our Academy system/structure at various meetings and conferences, for example at the; national conference of Regional Sports Directors, Otago Secondary Schools Sports Co-ordinator meeting, South Otago Area School, Catlins Area School, and Physical Education New Zealand. As well as this the ideas and practices associated with the Taieri College Academy have been well received in presentations in Ireland 2012 and Korea 2013.

Philosophy

The philosophy behind the Year 7 and 8 Junior Academy is based on fundamental skills of coordination, balance, spatial awareness etc. which will benefit all athletes regardless of the sport/s in which they participate. We have purposely resisted the temptation to have students in the Junior Academy specialising in one particular sport.

Not all members of the Junior Academy participate in ball sports, in the past, we have had sailors, equestrians, and dancers. Progressions are planned and provided to further challenge students once they have gained consistency in their performance of the targeted skill. Students are introduced to activities they would have had little experience in to develop their resiliency skills, which they will need to overcome obstacles they inevitably face if/when they progress to become high-performance athletes.

Part of our motivation is to have our Taieri College students compete on par with all local secondary schools and colleges.

Next Steps

Through Years 9 and 10 of Physical Education, there are options to further develop skills and knowledge to help progress towards being a high-performance athlete. Topics such as nutrition, specialist fitness testing, skill analysis, game sense, and decision-making are covered in these courses. These optional subjects are Year 9 Sports Studies, Year 10 Sports Pursuits, and Year 10 Sports Science.

Time of the Year 7 and 8 Academy

We have purposely not included any classroom or lecture based sessions for the Year 7 and 8 students. Sessions are held once a fortnight on a Wednesday from 7.45am to 8.45am in the gymnasium.

Feedback

A survey is conducted at the end of every year and any recommendations from this are considered for the following year. Feedback from this has been overwhelmingly positive and attendance rates since the academy's inception are well into the 90-100% range. There is also a high rate of students reapplying from Year 7 into the Year 8 programme.

Contacts

Karen Dunlea (kdunlea@taieri.school.nz) Sports Academy Manager or Blake Prince (bprince@taieri.school.nz) Director of Sport.