

## The King's next generation live for sport.

sky SPORTS

LIVING FOR SPORT

The King's has recently linked up with the Sky Sports: living for sport project, who assigned the school a mentor - Rachel Brown-Finnis (England Women's Goalkeeper). The project provided our gifted and talented PE students an excellent opportunity to develop their knowledge of sport science and the reasons physical activity is so important. We teamed up with Staffordshire University who very kindly gave up their time, facilities and resources to put on three excellent lab sessions for our students.



The first lab was based around nutrition. Students had to record their eating habits for 24 hours before inputting that data in to software that costs thousands of pounds. This software then gave each student an accurate assessment of exactly how balanced their diet was and what they need to change for it to become a healthy diet for a sports performer.



The second lab was a sports psychology workshop where one of the students was given a task to complete under pressure. Using equipment that measured physiological responses to pressure (sweating, heavy breathing etc.) where students were able to find out how their peer coped under the weight of expectation.

The third and final workshop was a physiological master class. The students got the test some of the key variables that contribute to a healthy life style on equipment that cost hundreds of thousands. They completed; a lung function test, hand grip test, blood pressure and body fat analysis. One student also got to demonstrate an excellent piece of software that could work out the exact amount of oxygen the participant was using during exercise.

The project was extremely rewarding for all involved as not only did our students meet an international sportswoman but were allowed access to the amazing facilities at Staffordshire university. We are now hoping that the experience that these students have had will allow them to realise that university is a realistic goal and with a University such as Staffordshire on our door step, we are very lucky to have such fantastic facilities and education so easily accessible.

