

## Routes to sporting excellence in the UK



Fill in the gaps

In the Atlanta Olympic Games of \_\_\_\_\_, Britain won just one \_\_\_\_\_ medal in rowing.

In \_\_\_\_\_ in \_\_\_\_\_, Team GB finished \_\_\_\_\_ in the medals table with 27 golds and a total of 67 medals. Golds were won in 15 disciplines, a wider spread than any other country.

Mark England, Team GB's chef de mission said: 'I have not doubt this is our greatest ever Games'.

- The twenty year turnaround has been due mainly to the n\_\_\_\_\_ l\_\_\_\_\_, which has made it possible to identify and train top athletes full time. £350 million was put into the Olympic effort between 2012 and 2016
- The impetus of hosting the 2012 Olympic and Paralympic Games in London also inspired future success

The specification requires knowledge and understanding of:

1. Development routes from talent identification through to elite performance

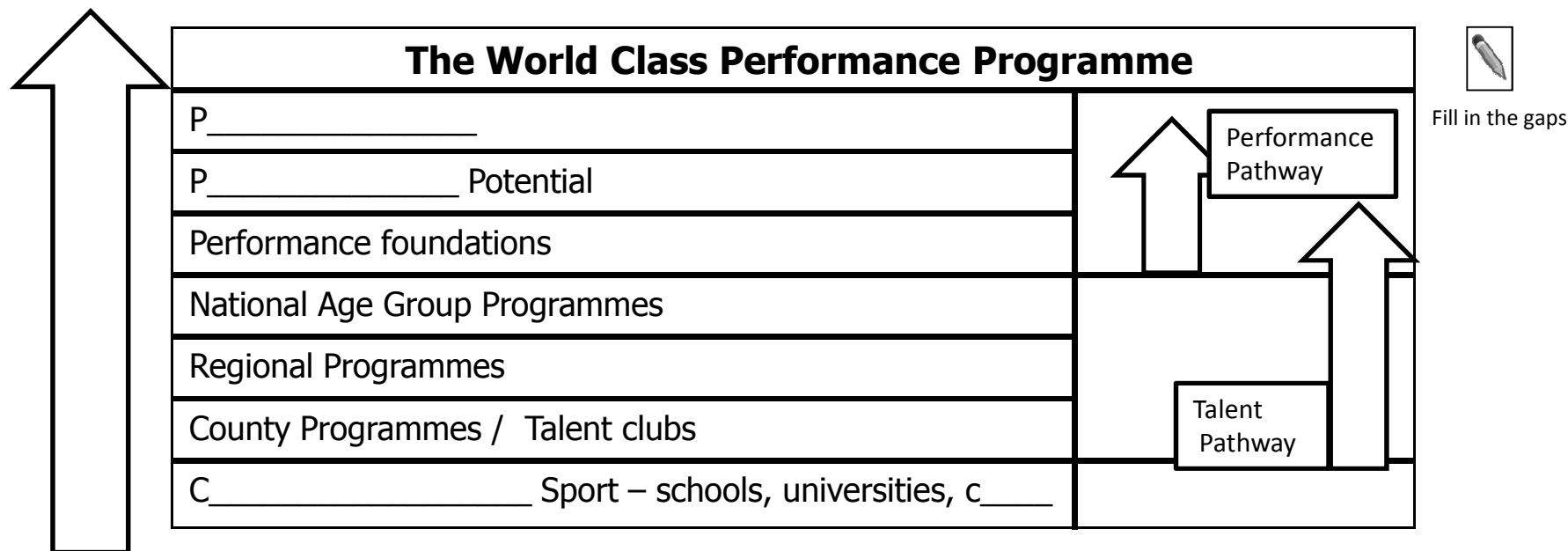
2. The role of schools, clubs, universities in contributing to elite performance

3. The role of UK Sport and National Institutes in developing sporting excellence/high performance sport

4. Strategies to address drop-out / failure rates from elite development programmes

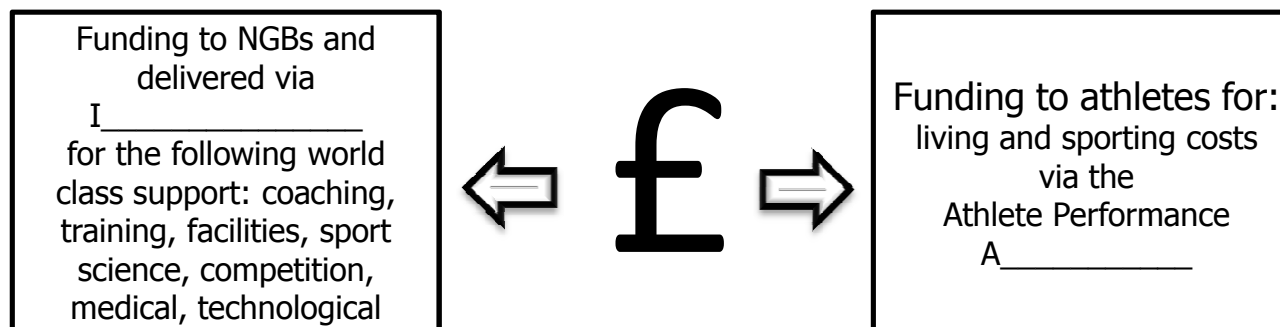
## Routes to sporting excellence in the UK...continued

1. Development routes from talent \_\_\_\_\_ through to \_\_\_\_\_ performance include:



A targetted approach which covers all funded summer and winter Olympic and Paralympic sport. It operates at two levels:

1. World class P \_\_\_\_\_ – for athletes with realistic medal chances at the \_\_\_\_\_ Games
2. World class P \_\_\_\_\_ potential – for athletes with realistic medal chances in next but one Games



### 2. The role of schools, clubs, universities in contributing to elite performance

#### Schools can provide:

- a strong Physical Education programme
- a strong and wide ranging \_\_\_\_\_ - \_\_\_\_\_ programme including competitive fixtures
- strong links with \_\_\_\_\_
- courses for sport and PE including \_\_\_\_\_ and \_\_\_\_\_

#### Universities can:

- award sports \_\_\_\_\_ and bursaries which include sport science support
- share facilities as a centre of excellence for elite performers
- provide undergraduate and post graduate funding through the \_\_\_\_\_ (TASS)

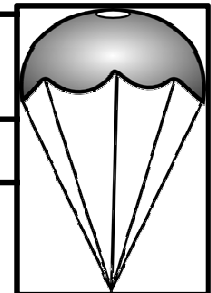


Fill in the gaps

### 4. Strategies to address drop-out failure rates from elite development programmes

#### These could include:

- help with \_\_\_\_\_ education (including skills such as dealing with the media)
- encouragement of close working relationships and support within teams and between performers and coaches
- taking a strategic and varied approach to coaching and m\_\_\_\_\_ young performers, with regular feedback and discussion sessions
- support with education/study alongside t\_\_\_\_\_ and c\_\_\_\_\_ eg a university being flexible with the time given to a student elite performer to compete a course / qualification
- help with planning for 'life after high \_\_\_\_\_ sport'



## Routes to sporting excellence in the UK ...continued

3. The role of UK S\_\_\_\_\_ and National I\_\_\_\_\_ in developing sporting excellence/high performance sport



Fill in the gaps

UK \_\_\_\_\_

- World Class P\_\_\_\_\_ – invests approx £100million annually /distributes/manages lottery funding
- works to promote \_\_\_\_\_behaviour / drugs free sport
- works to attract \_\_\_\_\_ events
- works closely with \_ \_ \_ s and N\_\_\_\_\_ Institutes
- works to increase the efficiency of the organisation and a\_\_\_\_\_ of sport in UK
- helps elite performers develop a \_\_\_\_\_ lifestyle
- Talent ID
- manages TASS (see previous slide)

National \_\_\_\_\_

The UK's nationwide \_\_\_\_\_of expertise and facilities. The 'team behind the team'. The UK has national institutes for / in: England, Northern Ireland, Scotland and Wales. The Institutes are UK Sport's science, medicine and technology 'arm'

### **They provide world class:**

- c\_\_\_\_\_ and analysis
- sports \_\_\_\_\_ support including:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

- facilities e.g. the English institute at B\_\_\_\_\_ and L\_\_\_\_\_ Universities, Bisham Abbey, Manchester and Sheffield

### **And:**

- lifestyle advice