



Future Prospects Case Study 2022-23

What is Future Prospects?

Future Prospects is a sports leadership programme aimed at Year 9/10 students who have had some prior knowledge or experience leading at events. The programme aims to bring students together across a range of demographics from different communities. With this in mind, the schools that were selected this year were Nishkam, a Sikh school, The Coleshill School, a school with a high proportion of white students, and Aston Manor Academy, a school with a high black and ethnic minority population. Future Prospects also aims to give students more insight into employability pathways after they leave school, as well as the opportunity to meet with staff who are employed within a range of different job roles. The project is proud to work with Warwickshire Cricket Club, Aston Villa and Birmingham City University.

Participating Schools



**The Coleshill School
(Solihull)**



**Aston Manor
Academy**



Nishkam

Level 1

Future Prospects students attend a Level 1 orientation day, where they are complete 4 different workshops based around sports leadership. During this day, students from different schools work with each other, developing social links and empowering them to make connections. Students are given a task to complete back in school and receive a leadership workbook, pen, badge and hoodie. On completion of level 1, students receive a Future Prospects certificate and a Sports Leaders Activity and Volunteering certificate. Schools value these rewards as evidence of enrichment activities in their school.



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Level 2

From September to January, students are tasked to go back in to their school and help deliver either a personal challenge, a sports activity or they can help with the delivery of a club at school or outside their school. Students are provided with a booklet that takes them through the stages of planning they will need. Teachers are also provided with a resource to help them guide students.



“Working independently on these tasks has given my students confidence.”

Level 3



Students who complete level 2 of the Future Prospects programme will then progress to level 3. They will spend a morning working with Warwickshire Cricket coaches developing their leadership skills. In the afternoon, students go on a tour of Villa Park, looking specifically at the careers and job roles that staff have at the club.



Aston Villa Academy staff discussing the roles and career pathways available at the club.



Warwickshire Cricket coaches demonstrating sports leadership to Future Prospects students.



Taking a tour of Villa Park and learning about the different job roles at Aston Villa.

“Being part of Future Prospects has made me realise how many different jobs there are in sport.” Year 10 student

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Level 4



BIRMINGHAM CITY
University

Level 4 of the Future Prospects Programme involves students attending a day at Birmingham City University. The aim is to give students a better understanding of what courses may be available to them in the world of sport.

Students get the opportunity to use state of the art facilities and equipment whilst completing 4 workshops; fitness testing, anatomy and physiology, physiology testing and sports coaching. University lecturers lead the sessions.

Rachel Black, Course Leader for Sport and Exercise Science at Birmingham City University, discussing different career pathways with Future Prospects students.



“Using the machines was really interesting and helped me understand more what we were doing in GSCE PE.” Year 10 student

Students from Nishkam school learning about the anatomy and physiology of the body using the Anatomage machine.

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Level 4



Taking part in fitness testing.

“The fitness testing was really interesting. Using the computers gave me a reading of my strengths and weaknesses.” Year 10 student



Learning how elite athletes train in the altitude centre.



Sports Coaching with staff from Birmingham City University.

“I loved the sports coaching session. It has given me some great ideas to use when I go back to school and help young pupils in my school.” Year 10 student

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A huge thanks to the staff at Warwickshire Cricket, Aston Villa and Birmingham City University for working with us on the Future Prospects Programme 2022-23.



CLASS OF 2023

