

16-19

MK•DONS



SPORT & EDUCATION TRUST

Milton Keynes Dons SET

Football & Education Programme.

OFFICIAL CLUB PARTNER



Introduction.

The MK Dons SET 16-19 Football and Education Programme (MK Dons SET 16-19 FEP) is an alternative education option for both male and female students looking for a different type of post 16 education.

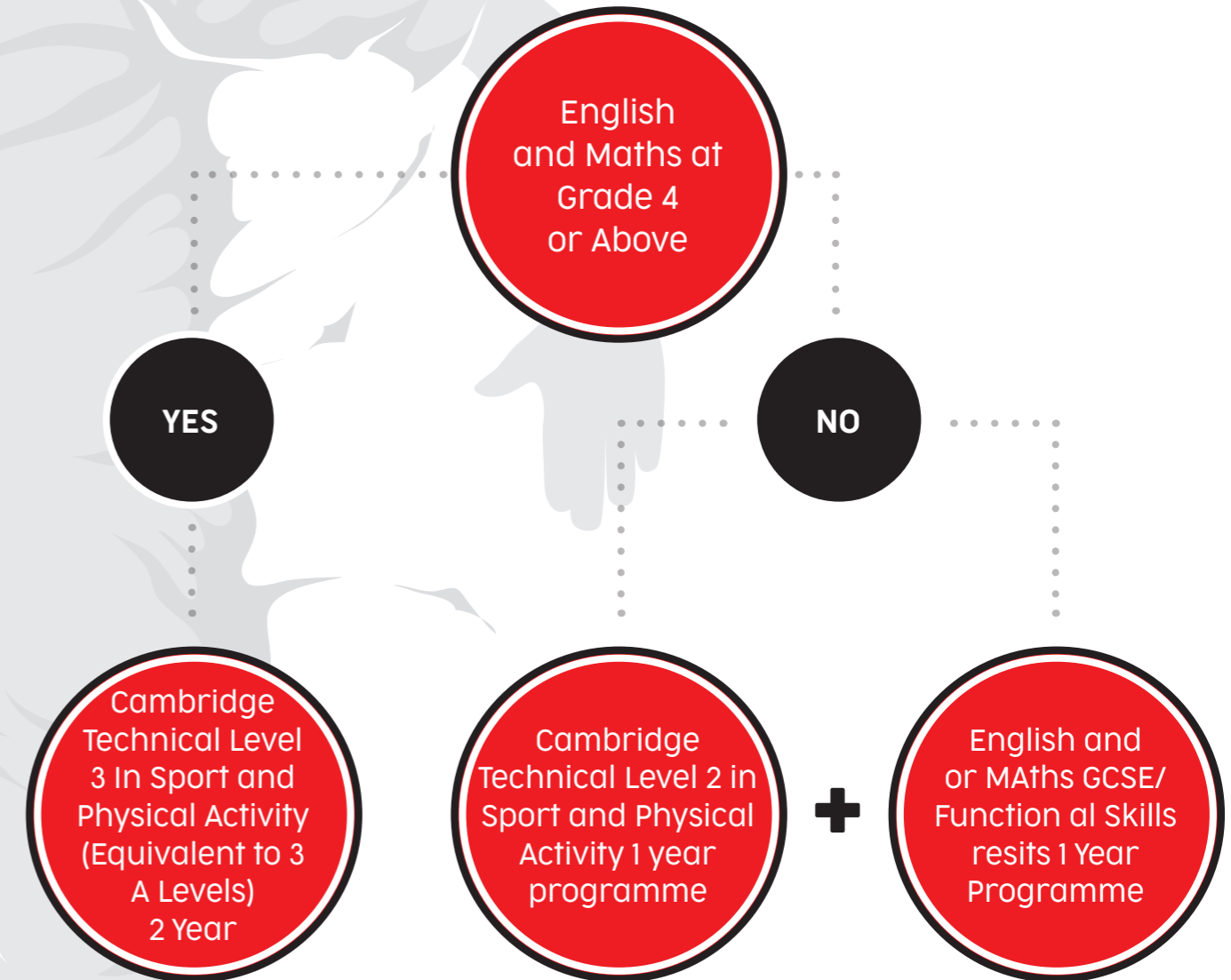
The programme combines an A Level Equivalent education programme with an extensive Football programme. The programme is designed for students that have a keen interest in pursuing a career in the sports industry as well as developing and pushing their football skills to the limit.

Education.

At MK Dons SET we have programmes available for all academic abilities at both Level 3 (A Level) and Level 2 gradings. The diagram to the right shows the pathway students may follow. Education is delivered by qualified MK Dons SET Staff and PE staff from our partner school. Students who do not obtain English and Maths GCSE in school have the option to complete a 1 year programme of Level 2 Sport and Physical Activity combined with English and Maths resits.

Once completed students can progress onto the Level 3 Sport and Physical Activity programme which is a 2 year programme extended their sixth form stay to 3 years. All students are eligible to play in the league up until the age of 19. This is the generic pathway but decisions will be made at the discretion of the teachers and sixth form staff.

'The Cambridge Technical Level 3 Extended Diploma' in Sport and Physical activity looks at a variety of different unit topics all related to the sports industry with a key focus on employment and jobs in the sports industry.



Students on the level 3 programme will complete a total of 14 units with a variety of coursework, exams and controlled assessments. The O and M indicate optional and mandatory units and E and I indicate Examination/ External (E) or internal (I) assessment (coursework).

<https://www.ocr.org.uk/qualifications/cambridge-technical/sport-and-physical-activity/#level-3>

M = Mandatory O = Optional				Certificate 180 GLH	Extended Certificate 360 GLH	Foundation Diploma 540 GLH			Diploma 720 GLH	Extended Diploma 1080 GLH	
Unit number	Unit title	GLH	Assessment method			Activity Leadership	Fitness Instructing	Recreational Coaching	Sports Coaching	Personal Training	Sport and Physical Activity Development
1	Body Systems & the Effects of Physical Activity	90	E	M	M	M	M	M	M	M	M
2	Sports Coaching & Activity Leadership	90	I	M	M	M	M	M	M	M	M
3	Sports Organisation & Development	60	E	-	M	M	M	M	M	M	M
4	Working Safely in Sport, Exercise, Healyh & Leisure	90	E	-	-	M	M	M	M	M	M
5	Performance Analysis in Sport & Exercise	60	I	-	O	-	-	-	M	-	M
6	Group Exercise to Music	60	I	-	-	-	M	-	-	M	O
7	Improving Fitness for Sport Events	60	I	-	-	-	-	-	-	M	M
8	Organisation of Sports Events	60	I	-	O	O	-	M	M	-	M
10	Biomechanics & Movement Analysis	60	I	-	O	-	-	-	O	O	O
11	Physical Activity for Specific Groups	30	I	-	O	M	M	M	M	M	M
12	Nutrition & Diet for Sports & Exercise	30	I	-	O	O	O	O	O	O	M
13	Health & Fitness Testing for Sport & Exercise	60	I	-	-	-	O	-	O	M	O
14	Working in Active Leisure Facilities	60	I	-	-	-	-	M	-	-	M
17	Sports Injuries & Rehabilitation	60	I	-	O	O	O	O	M	O	M
18	Practical Skills in Sport & Physical Activities	60	I	-	O	O	-	O	M	-	M
19	Sport & Exercise Psychology	60	I	-	O	-	-	-	O	O	O
20	Sport & Exercise Sociology	60	I	-	O	-	-	-	-	-	O
21	The Business of Sport	90	E	-	-	-	-	-	-	-	M

Level 2 Sport is initially a 1 year programme with a view to progress onto the level 3 programme in the 2nd and 3rd years. This programme consists of 4 units in year 1 and if continued into year 2 (Unable to obtain maths and english) a further 4 units are completed as well as resits. We tend to complete the Assistant Sports Coach option as it fits in with the football programme best but units can be manipulated to suit individuals.

M = Mandatory				Award 90 GLH	Certificate 180 GLH	Diploma 360 GLH		
Unit number	Unit title	GLH	Assessment method		Assistant Activity Leader	Assistant Sports Coach	Assistant Fitness Instructor	Leisure Assistant
1	Physical Activity, Health & Wellbeing	90	E	-	M	M	M	M
2	Physical Preparation & Readiness for Sport & Physical Activity	30	E	-	M	M	M	M
3	Inclusivity, Equality & Diversity in Delivering Sport & Physical Activity	30	I	M	M	M	M	M
4	Leading Sport & Physical Activity Sessions	60	I	M	M	M	M	M
5	Customer Service in Sport & Physical Activity	30	I	-	-	M	M	M
6	Components & Principles of Fitness Training for Sport & Physical Activity	60	I	-	-	M	M	-
7	Practical Sport	30	I	-	-	M	-	-
8	Assisting Sports Coaching	60	I	-	-	M	-	-
9	Fitness Induction & Testing	30	I	-	-	-	M	-
10	Using Fitness Equipment	30	I	-	-	-	M	-
11	Assisting in the Delivery of Exercise & Fitness Sessions	60	I	-	-	-	M	-
12	Assist in the Maintenance & Cleaning of an Active Leisure Facility	90	I	-	-	-	-	M
13	Supporting the Delivery of Sports & Physical Activity Events	90	I	-	-	-	-	M

Football Programme.

The Football programme consists of 3 weekly training sessions (Monday, Tuesday and Friday) at the end of the school day usually lesson 5 of around 90 minutes. Training is delivered by MK Dons SET coaches who are qualified to minimum FA Level 2.

In addition, the players will participate in usually 1 game per week (depending on fixtures) in the EFL Trust Community and Education Football Alliance. This league is designed specifically for programmes like the MK Dons SET 16-19 FEP for professional clubs community organisation education programmes. We currently participate in the South East leagues and play against the following clubs programmes, Fulham, Brentford, Southend, Millwall, Luton, Stevenage and many more. Please see the link below.

<https://fulltime.thefa.com/ff/LeagueDetails?leagueid=215118561>



Exit Route.

There are a variety of exit routes from the programme that we have experienced before. Many students have in the past decided to go to university to study sport related programmes. Sport at University is growing and growing with a large variety of courses both locally and nationally for students to study. Varying from physiology, psychology, coaching and PE teaching there are more and more jobs becoming available in the sporting industry.

Internally we have had a successful cohort of students study our Foundation Degree in Community Coaching and Football Development in a partnership with the University of South Wales and the EFL Trust. The programme is designed for club community departments to support and develop potential future staff members with a key focus on employment afterwards.



University of
South Wales
Prifysgol
De Cymru

UCAS

Furthermore we have seen 3 students over the past 3 years embark on a different challenge by studying and playing in America. There are a number of companies now supporting young people into education and football across the pond. More information available on request.

Next Steps.

Throughout the academic year, open training sessions will be held throughout the school holidays for prospective and current players to join. In addition 1-1 meetings at StadiumMK can be organised to discuss the programme in detail.



For more information contact Paul McNally,
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