

# A DAY IN THE LIFE OF AN ELITE SPORTSPERSON

Personal Development- Year 9 and Year 10



The life of an elite sportsperson is more than just 'training and playing'. Each elite athlete spends time each day developing skills outside of the sport they play in order to improve their overall health and wellbeing, and we believe that students should be no different.

This program focuses developing life skills that will assist each student in their day to day life as well as encourage life-long healthy habits. We have adopted strategies and resources used by Elite Sportspeople covering the following topics:

- **Developing Mindfulness:** Being Mentally Aware
- **Staying Healthy:** Sleep, Nutrition, Physical Activity, and Fun
- **Creativity and Problem Solving:** Embracing problem-solving and releasing creativity
- **Resilience and Grit:** Overcoming the 'uncomfortable'. Stickability.
- **Developing a Growth Mindset:** Explore the benefits of having a Growth Mindset.



Each AFL Max Education experience is structured into three parts, and you will receive the following with your booking:

**1**

Pre-Visit to AFL Max- Lesson plan and resources provided by AFL Max. (Approx. 45 mins)

**2**

Visit to AFL Max- Participate in a variety of practical activities facilitated by qualified Educators at AFL Max. (120 mins)

**3**

Post-Visit to AFL Max- Lesson plan and resources provided by AFL Max. (Approx. 45 mins)

**Curriculum Links:** This program can contribute to the following aspects of the Year 9 and 10 Health and Physical Education achievement standard.

- By the end of Year 10 students critically analyse contextual factors that influence identities, relationships, decisions and behaviours.
- They apply decision-making and problem-solving skills when taking action to enhance their own and others' health, safety and wellbeing.

**Content Descriptors Addressed:**

- Examine the role physical activity, outdoor recreation and sport play in the lives of Australians and investigate how this has changed over time (ACPMP104)

## More Information

**About the Venue:**

AFL Max is Australia's first immersive football Entertainment, Development and Education facility. Check out AFL Max here.

**Authentic Education:**

Each AFL Max Education program is designed and led by a qualified educator.

**We've done the planning for you!**

As a part of this program, you will receive Preliminary Lesson Plans and Student Resources to prepare students for their visit to AFL Max.

During your class visit to AFL Max, activities integrate both theory and practical elements, and cover specific focus-topics in each program.

Your post-visit to AFL Max will consolidate your students learning of the key focus topics taught. You will receive well-rounded lesson plans and student resources for your students to complete back in the classroom.



**Australian Curriculum Diagram:** We have designed our programs to prepare and consolidate the learning of each student in order to make their visit exciting and meaningful.

**Price:** \$23 per student (exc. GST) price includes grip socks. \*Min. of 20 students per booking, 50% deposit is required to secure booking.

**How to book:** To make a booking or enquiry please contact us at [bookings@aflmax.com.au](mailto:bookings@aflmax.com.au)

And provide the following information:

- Name of your school and address
- Contact Name and contact number
- Your desired booking date
- The preferred time of your booking e.g. before recess, before lunch, or after lunch.
- Year Level and number of students attending.

Alternatively, please call (08) 8312 6585 9am-4pm Monday to Friday

**Additional Information:**

- Food and Beverage facilities available, especially great coffee!
- Secure car parking available
- Bus pickup and drop-off zone located on site
- Lift Access available
- Fully Airconditioned/Heated Venue

## Our Other Programs >



High Performance Wellbeing



Leadership and Social Development

\*Book all 3 and receive a discount