



# Sporting Way Sessions

## What is this about?

Our Sporting Way Enrichment Programme blends sports participation with personal development to build essential life skills. Tailored resilience workshops teach students how to manage challenges, setbacks, and real-world pressures. A wide range of sports activities complement each student's interests and promote teamwork, leadership, and wellbeing. Educational trips and work experience placements offer hands-on insight into career pathways and personal growth. Workshops address key social topics such as drug awareness, financial management, and health and safety. Structured debates and Moot Court sessions strengthen communication, reasoning, and decision-making skills. Additional opportunities include First Aid, Mental Health First Aid, British Sign Language, and coaching qualifications. Students gain certification and can compete in prize-backed challenges.

## Location?

Croydon Campus, Lower Ground Floor,  
Common Room

## Day(s) and Timings?

Every Monday at 12pm to 2pm and every  
Wednesday at 12:30pm to 1:30pm.

**SCAN ME**



**SIGN UP NOW**



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