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| Organisation   | Sir Frederic Osborn School |
| Funding Source | Sport England Small Grant  |
| Project Title  | 'Sir Fred's First Down'    |
| Award Won      | April 2017                 |
| Amount Awarded | £9,996                     |

### Organisation Background

Sir Frederic Osborn School is a specialist sports college based in Welwyn Garden City in Hertfordshire. A school that prides itself in offering sports opportunities, after hiring their facilities to local American Football Club Welwyn and Hatfield Mosquitoes, the school PE team wondered if there was an interest in the game in the school.

### What was the need for funding?

At the end of 2016, the school arranged a taster day with the local American Football club and were heartened by the response from the students. Staff set about doing some self taught flag sessions but wanted to be able to take their students to the next level in the game. The local club currently have no Youth or Junior program, although would look to form one in the next few years, so a need for children to participate in the sport would centre on the school.

The project would address three key areas:

- Provision of coaching to students
- Teacher Education
- Equipment Provision

### What did they achieve?

The project has just got underway with CPD already having been provided to teachers both at Sir Fred's and some neighbouring schools to help local participation.

Equipment has been ordered and the school has everything they need for both padded and flag football from helmets and shoulder pads to balls and tackle bags.

Sir Fred's students will receive 2 lots of 1 ½ hour coaching sessions in extra curricular time - one per week of padded football and one of flag football with a dedicated coach and enthusiasm is high even after the first few sessions!

We look forward to seeing how the school progresses over the year.



### What do the school say?

*"Starting an American Football program has been an ambition for a while but costs have prohibited us. Thanks to AFD, we have both padded and flag football to offer students from the summer with a grant paying for both equipment and coaching support.*

*While the program has only just officially started we are overwhelmed by the enthusiasm shown by the students and levels of engagement. I would recommend other schools to get involved and start American Football with AFD.*

Lee Walker, PE Department, Sir Frederic Osborn School

