

Sports for Champions UK CIC

Visit by Commonwealth Games Finalist Robert Mitchell (High Jump)

5 April 2022

Renowned Commonwealth Games Finalist Robert Mitchell (High Jump) visited St Joseph's Catholic School on Tuesday 5th April 2022.



All pupils were involved in a workshop with Rob which helped support their mental and physical health after multiple national lockdowns. Rob talked about his specific sporting experience, the basics of his sport and his progress through to the more difficult skills he learnt through his sporting career. He gave hints and tips which have helped him the past, in a certain situation. He discussed the Four Key Elements associated with SUCCESS: Teamwork, Responsibility, Communication and Creativity. There was also a Q&A session with Rob.

Pupils were encouraged to raise sponsorship money towards supporting future Olympians as well as supporting St Joseph's PE department. Pupils were tasked with completing a range of circuits each lasting 60 seconds to see how many repetitions they could do. A huge amount of money was raised which will be put towards both these great causes. Well done everyone!



Really interesting

Good fun

Cool



