

ISE BROCHURE



BEDE INSTITUTE OF
SPORT & EDUCATION



2025/26



etc.





**BEDE INSTITUTE OF
SPORT & EDUCATION**

In 2018 we launched the now well-established Institute of Sport and Education (ISE) here at Bede Sixth Form College.

Bede's Institute of Sport and Education enables Bede students to study A levels, A level equivalents and full-time vocational courses whilst being part of our performance sports academies.

Sport and physical activity play a vital role in many aspects of health and are crucial to the learner experience. It is widely recognised that sport and activity offer an array of wide-reaching benefits for students, from boosting concentration to stress relief.

All students wishing to join one of our ISE Sports Academies must attend a trial and be selected by our coaching staff. Due to the high-performance nature of the programme, students are expected to demonstrate a suitable level of ability and commitment. Please note, participation in the ISE does not guarantee game or match time. Selection for competitive fixtures and squad inclusion is based on performance, attitude and coach

discretion. Students and parents should understand that match minutes are earned, not given. Where possible, we will also run development squads to provide further opportunities for those working towards first-team level.

The whole ethos of ISE is about using sport as a vehicle for positive progression. The ISE will provide opportunities unique to the Tees Valley for up-and-coming young sports people, and those passionate about sport and physical activity. The Institute of Sport and Education is committed to playing a key role within the community, clubs and schools to enhance physical and mental wellbeing through physical activity.

We recognise the pressures that young athletes face and the impact that this can have on academic progress and mental wellbeing. They can often feel they are being dragged in two different directions, having to decide whether they pursue their sporting ambition or academic success.

We have the infrastructure to fully support young athletes and have strategies in place to ensure they can make progress in both their education and sporting goals.

**WATCH OUR
PROMO
VIDEO HERE!**





Below is an example of how ISE can be combined with your study programme.

	10:00 – 11:10		11:25 – 12:35	12:35 – 13:00		13:40 – 14:50		15:00 – 16:00
MON	A		A	ASPIRE A		PPC		ISE ACADEMY
TUES	ISE ACADEMY	BREAK 11:10 - 11:25	ISE ACADEMY		LUNCH 13:00 - 13:40	D	BREAK 14:50 - 15:00	D
WED	C		C	ASPIRE C		ISE ACADEMY		ISE ACADEMY
THURS	D		D	ASPIRE D		A		A
FRI	PPC		ISE ACADEMY			C		C

SPORTS ACADEMIES

Our sports academies are high performance academies, athletes are selected based on assessment days, Talent ID days and trials.

Whilst we look to support all athletes where possible, our first team athletes receive additional benefits due to their commitment to their sporting career. We continue to support emerging and developing players wherever possible but can not guarantee these benefits for all players.

Students can be a part of academy programmes whilst studying A level and A level equivalent courses.

All of our ISE academies strive to provide aspirational progression routes including USA semi-professional and professional contracts as well as opportunities to study and play in Sutton 30 UK university teams.

Bede Sixth Form College holds Dual Career Accredited College status from the Talented Athlete Scholarship Scheme (TASS), a Sport England-backed programme. The accreditation is a mark of quality that is awarded by TASS, recognising the academic support available to athletes to ensure that they meet their academic aspirations, whilst balancing their sporting commitments.

Our academies offer:

- On-site sports injury and sports massage clinic
- Bespoke strength and conditioning plans
- Free access to our gym facilities
- Athlete support including nutrition, sports psychology and lifestyle
- Video analysis
- USA scholarship support
- Links with local clubs and universities
- ISE International Tours



SPORTS CENTRE



RESULTS

REASONS TO JOIN BEDE SIXTH FORM:

- > Ofsted rated Outstanding
- > We have a 10am start time
- > Free travel where possible
- > Breakfast club, enjoy free tea, coffee and toast
- > Excellent facilities

WE HAVE A 5-YEAR
TREND OF

98%

POSITIVE DESTINATIONS.
WHICH MEANS WE GET YOU
ON THE RIGHT PATH
TOWARDS YOUR FUTURE
CAREER.

WE HAVE AN ASTOUNDING

99%

PASS RATE FOR ALL OUR
A LEVEL STUDENTS. THIS
IS ABOVE THE NATIONAL
AVERAGE WHICH IS 97.2%
AND ABOVE THE NORTH-
EAST WHICH IS 97.6%.

AND MORE ENTRIES FOR
A LEVELS THAN EVER
BEFORE.



“Across our provision at Bede, we recognise the importance of student health and wellbeing, as reflected in our innovative ‘10am start’ timetable. The profound effect that Sport and Exercise can have on student wellbeing is widely reported, with significant benefits seen in cognition, attitude, achievement and results.

Our popular ISE Academies, with their excellent facilities and coaching staff are designed to support students in reaching their highest potential both as athletes and as academics.”

Patrick Jordan,
College Principal

“Supporting your development in your sport, education and career is paramount to the ISE ethos. By adopting a dual career approach our programmes will allow you to excel and develop holistically, enhancing your chances of reaching your goals. We will work with you to balance the demands placed on you through athlete education, such as lifestyle, wellbeing and educational support alongside a high level of performance coaching and conditioning from our talented and experienced team of coaches and professionals.



Our facilities are exceptional, and we continue to invest in the programme to ensure the highest level of student participation and experience. Whether a club player or an international athlete, you will be part of an inclusive and supportive environment that will truly enhance your time at Bede Sixth Form College.”

Ollie Hodgson,
Institute of Sport and Education (ISE) Lead

COURSES AT BEDE

A LEVEL COURSES

Art and Design // Biology // Business
// Chemistry // Computer Science //
Economics // English Language // English
Literature // Geography // History // History
(Early Modern) // Law // Mathematics //
Mathematics (Further) // Media Studies
// Photography // Physical Education
// Physics // Psychology // Religion,
Philosophy and Ethics // Sociology

A LEVEL EQUIVALENTS

Applied Human Biology // Applied Law
// Applied Psychology Applied Science
// Business // Criminology // Advanced
Manufacturing in Engineering // Health and
Social Care // Sound Engineering // Sport
and Exercise Science

FULL-TIME VOCATIONAL

Personal Training and Fitness // Policing
// Sport and Exercise Science // Sports
Coaching // Sport and Physical Activity
(Sports Coaching) // Uniformed Public
Services

OUR FACILITIES

ASTRO TURF PITCH



MITEAMDNA ATHLETE LAB



SPORTS HALL AND CLIMBING WALL



RUGBY PITCH



GYM



SPINNING SUITE



PHYSIO ROOM



STRENGTH AND CONDITIONING BALCONY



OUR ACADEMIES



MEN'S RUGBY ACADEMY

BASKETBALL ACADEMY



MEN'S FOOTBALL ACADEMY

NETBALL ACADEMY



WOMEN'S FOOTBALL ACADEMY

WOMEN'S RUGBY ACADEMY



ATHLETE ACADEMY

Our Men's Football Academy has entered into an exciting partnership with National League North side, Spennymoor Town FC.



Providing Bede ISE first team players the opportunity to represent Spennymoor Town FC Academy in the National Football Youth League (NFYL), one of the highest levels of football outside of Academy leagues. The partnership allows students to progress into semi-professional football, represent Spennymoor Town FC Academy and still represent their local club on a weekend.

Spennymoor Town FC Academy players will benefit from training three times per week, competitive games in the NFYL on a Wednesday, free physiotherapy and rehabilitation if needed, bespoke strength and conditioning sessions and video analysis with high level Spennymoor Town FC coaching staff.

The ISE Football Academy also host a competitive development team that also benefits from high level training sessions and

competitive games on a Wednesday.

The Men's First Team will benefit from trailing with our USA partner, First Point USA, where if selected by FP USA, can gain scholarships in the USA.

As a College we will be hosting Talent ID and trials throughout the year for players to have the opportunity to be selected for one of the teams prior to attending the College.



ALL ACADEMY // MEN'S FOOTBALL ACADEMY // MEN'S FOOTBALL ACADEMY

Launched in 2020, the Men's Rugby Academy at Bede Sixth Form College has rapidly grown into one of the most ambitious and successful rugby pathways in the region.

Now operating as part of the prestigious RFU ACE (Academy Colleges and Education) League, the academy is one of a select group of institutions nationally offering a fully integrated dual-career rugby programme.

In official partnership with Newcastle Falcons, the Bede Falcons ACE Programme provides student-athletes with access

to elite-level coaching, performance analysis, and physical development while pursuing academic excellence. With two full-time specialist coaches and a direct pathway to professional rugby, the programme is designed to identify, develop, and prepare the next generation of Falcons players.

The Men's ACE Programme offers a high-performance rugby experience, including select ACE games and training sessions at the prestigious Kingston Park Stadium. Players benefit from bespoke, position-specific strength and conditioning programmes and tailored Individual Development Plans.

The programme also includes the opportunity to take part in yearly overseas rugby tours, providing players with unrivalled development both on and off the field.



Working in partnership with Durham Women's Football Club, the Women's Football Academy gives young players the opportunity to progress and play at a professional level whilst also studying for their futures.

Players in the Academy will get the chance to compete against some of the best young players in the country as they can represent both Bede Sixth Form in the AoC Premiership and represent Durham Women's FC in both the National Football Youth League and the WSL Academy League.

Training three times per week with high level coaching provided by Durham Women FC, the programme offers opportunity for players to progress within the pathway. Competitions we have recently been successful in is the ESFA Super League, NFYL and the AoC Performance League.

Our success stories include Eleanor, who graduated

from Nebraska University in the USA and plays professional football. Faye, currently on a Palatinate scholarship at Durham University. Grace, who has been representing Durham Women FC in the WSL PG U21 Academy League and Kulreet, who was selected for the England Colleges Representative side.



Established in 2021, the Netball Academy has become an instant success, winning the AoC North East League in 2022/23 and qualified for the National Championships at the Regional Schools Champions in 2024/25.

Whilst the team has had success as a group, it is the individual success that has been inspiring. Netball Academy player, Evie, has been representing Grangetown in the Premiership 1 league. Lucy, Rhianne and Millie were all selected for the England College's Representative team.

This exciting academy offer's young players aged 16 to 19 the opportunity to play netball alongside studying any course at Bede Sixth Form, without having to compromise on either one. Players in the Academy will get the chance to compete

against some of the best young players in the country in the AoC Sport North East Netball league with the ambition of competing in the AoC premiership within the next two years. Players that have represented their clubs at Nationals or have competed for either South Durham and Cleveland County or North Durham County will be nominated for the AoC England College's Netball team.

The ISE Netball Academy are coached by a former Vitality Super League player, which provides the players with insight into the professional game.



Established in 2021, the Women's Rugby Academy was developed to give local players the opportunity to enhance their rugby skills whilst gaining excellent qualifications for their future.

Benefitting from two female specific coaches, the Academy aims to prepare players to play at a professional level.

Training three times a week with expert coaches, players will benefit from regular festivals and fixtures to help them develop their rugby alongside their clubs. During the 2024/25 season as well as playing local fixtures the academy travelled further afield and played fixtures against teams from the women's AoC Premiership.

What has been a very successful season, players have represented both Durham County and Centre of Excellence.

Our Women's Rugby players benefit from the following performance support:

- Bespoke position specific S&C program
- Tailored Individual Development Plans (IDP)
- Performance analysis
- Yearly rugby overseas rugby tour



Working in partnership with Teesside Lions and Durham University Men's Basketball team, Bede ISE's Basketball Academy provides the perfect opportunity for young players to train alongside some of the best players in the area.

Bede ISE Basketball Academy became North East Regional Champions in 2024/25 and represented the North East at the National Championships in Nottingham. This success has led our Academy to entering the CBL (College Basketball League) for the 2025/26 season, offering performance level basketball to Bede basketball players. Coaching is provided by

former professional BBL player, Louis Sayers, who has experience playing at GB Junior and winning BBL trophies.

Top performing ISE Academy basketball players are provided the opportunity to train with former BUCS Premiership champions, Durham University, in order to accelerate their development.



The Athlete Academy was the newest addition to 2023/24 and caters for high level athletes that sit outside of our six main sports academies.

The Institute of Sport and Education at Bede Sixth Form College has partnered with the Teesside Athletic Academy to develop a hub for local talented athletes that sit outside of their mainstream ISE Sport Academies.

Athletes from around the Tees Valley and County Durham area that excel within their sport will now have the opportunity to train as a professional athlete alongside their A level or vocational study programme at Bede Sixth Form College. Bede is a TASS Dual Career

Accredited site and ISE athletes currently have access to their state-of-the-art facilities including the strength and conditioning suite called the 'Athlete Lab', Fitness suite as well as receiving access to free on-site physiotherapy on a weekly basis.

The partnership will see Teesside Athletic Academy deliver and design two weekly strength and conditioning sessions, alongside performance testing and a complete athlete centred development plan including mental health support and nutrition plans.





TASS ACCREDITATION

We are proud to have been awarded Dual Career Accredited College Status by the Talented Athlete Scholarship Scheme (TASS).

The accreditation is a mark of quality that is awarded by TASS, recognising the academic support available for athletes to ensure that they meet their academic aspirations whilst balancing their sporting commitments. We offer a fully supportive environment, helping our students to balance the demands of education with training and competition, without having to choose between the two.



ISE SCHOLARSHIPS

The Institute of Sport and Education continues to strive to help talented athletes excel, in order to support this goal, the ISE scholarships were launched in 2021 in partnership with Teesside University. The scholarships have been designed to maximise athletic development in a holistic approach whilst also considering our dual career model.

- Free onsite physiotherapy appointments guaranteed each week
 - Bespoke strength and conditioning plan
 - Access to specialist workshops including mindset, nutrition programming and more
 - Free Macron training kit worth up to £100
 - Priority placements on our Holland training camps
 - Individual Development Plans produced by our high level coaching staff
- 

ISE SUCCESS



KULREET

Kulreet was selected to represent the England Colleges team in Italy.

Millie, Rhianne and Lucy represented the England College's team in Ireland.



MILLIE, RHIANNE AND LUCY



ARCHIE

Archie was selected to represent the England Colleges team in Italy.

ISE SUCCESS



ELEANOR

Eleanor is majoring in pre-law at Nebraska University, USA, on a scholarship for Women's Football. Eleanor recently made the England U23 Women's Football squad and was named a Big Ten Conference All-Academic.

Charlie studied AS and A levels at Bede Sixth Form College before being offered a scholarship to play for Charnwood College in the EABL and NBL. Charlie was recently selected for Charnwood's AAU team that competed in the States this summer.



CHARLIE



CALLUM

Callum achieved a scholarship for Men's Football in St. Louis, USA, at Missouri Baptist University. Majoring in Exercise Science and Kinesiology.

Currently studying BTEC Level 3 Extended Diploma in Sport and Exercise Science. Amelia has been selected for the England U19 Women's Rugby Summer training camp and Durham County Senior selection.



AMELIA



APPLYING FOR ISE AT BEDE

Bede Sixth Form College's ISE Sports Academies are hugely successful and because of that we have a limited number of places on each programme.

We cannot guarantee a Bede Sixth Form student a place on our ISE Sports Academies, therefore, it is very important that you apply for Bede and interview, then attend one of our Talent ID or Assessment Days

so your place is guaranteed on the team.

There are still trials at the beginning of the year for students to attend and an opportunity to apply for ISE at Bede during enrolment but this does not guarantee your place on an ISE Academy. Please contact ian.hewitt@stockton.ac.uk for more information and follow us on instagram [@bede_ise](https://www.instagram.com/bede_ise) to keep up to date on our camps and events.

PERSONAL DEVELOPMENT

Bede Sixth Form College and the Institute of Sport and Education are highly committed to developing the student athletes personally and professionally. Here are just some of the examples of how we invest in each athlete as a person, in order to prepare them for academic, vocational and sporting careers.

VOLUNTEERING AND EMPLOYMENT OPPORTUNITIES

**TEES ACTIVE - FUTURE
WORKFORCE ACADEMY**



**ENGLAND COLLEGES' FA
ACTIVATOR PROGRAMME**



SCHOOLS OUT SPORTS IN SOSI



**COUNTY DURHAM
FA REFEREE HUB**



UNIVERSITY TRIPS

LEEDS BECKETT UNIVERSITY



NEWCASTLE UNIVERSITY



TEESSIDE UNIVERSITY



DURHAM UNIVERSITY

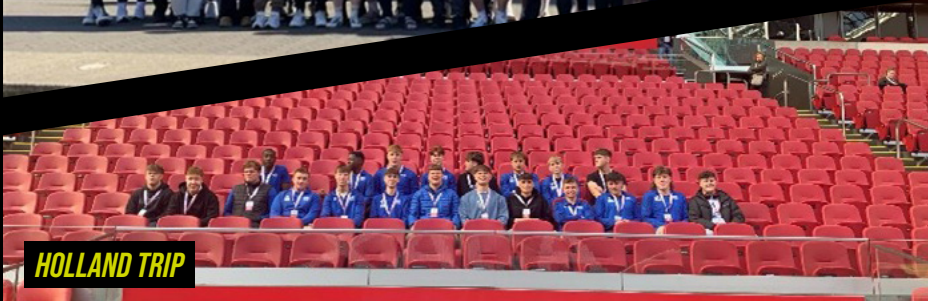


ISE TRIPS OVERSEAS

HOLLAND TRIP



HOLLAND TRIP





BEDE INSTITUTE OF
SPORT & EDUCATION

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