



PERSONAL DEVELOPMENT PATHWAY

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THE PDP IS BUILT ON FIVE PILLARS

TRAINING - SLEEP - NUTRITION - MENTALITY - CONNECTION

Each of these pillars play a significant role - however, due to the nature of our classes and the time constraints, training serves as the primary goal - BUT, not the only one.

HOW DOES 'TRAINING' IN THE PDP LOOK



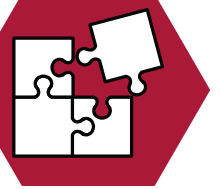
The PDP is a movement driven program. This means that we aim to teach all the boys the foundational movement patterns that is deemed important in sport and functional movement of everyday life - push, pull, squat, hinge, lunge and more. It is important to note - that this is NOT limited or aimed only at those boys doing sport. We aim to get better at movement and exercise - not necessarily sport - even though that should in all sense of the word, be a sought after effect.



YES - BUT TO WHAT END_WHY?

One word - OPPORTUNITIES. For the first time in our history, and maybe country wide, there exists a program that does not discriminate between the physical capabilities of any of our boys - rather, whether you are the most talented sport-star or the most gifted musician. Each boy has the opportunity to learn - even though the choice to do so, remains his own.

HOW DOES THIS DEFINE A PRG BOY?



Rather than seeing the PDP as a separate program in PRG, we see it as an integral part in forming a PRG HEIR. The high performance staff see their roll as equally important in achieving this goal - and how can we not? This is the only program in the school that works with all 1300 PRG boys at least once every 10 days. The impact the PDP could have is immensely important to realize. Discipline here is key - as any boy would testify.

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STATISTICS RELEVANT TO THE PDP

Over the estimated 40-weeks of school, the PDP worked with an average of 230 boys a day - some days up to 380 boys. Over the year, we get to work with grade 8 to 12's - most of the time at least two times in a 10-day cycle. That means that every boy in PRG gets a minimum of 40 days a year to improve physically with training - or connecting outside the classroom with his friends. Between 40 to 80 opportunities to develop. If you look at that statistic alone - you can not help but see the immense potential of this program for every boy in die school.



WHAT DOES THE FUTURE HOLD FOR THE PDP?

Facilities - this is as important as the content of the program itself. Part of the PRG master plan is to upgrade the current school gym to a bigger, better and state of the facility. This is crucial for the PDP program as this is where the bulk of the work takes place. Looking at the gym as a mere sport facility is the wrong outlook. A average day in the PRG Gym - 250 boys with the PDP program; 100 boys part of sport-specific player sessions; afternoon and evening gym slots for every single PRG boy or staff member who wish to train on their own.

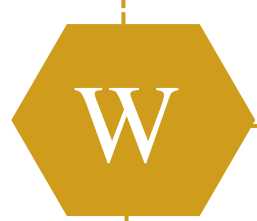
That is on average more than 400 people that enters and uses the PRG gym facility on a daily basis. That is more than 7000 people a year. Our equipment takes a hammering - so much so that our official gym-equipment partner checks in regularly because he states that no gym he stocks or works with has this amount of traffic. If you look at these numbers - every medicine ball, barbell, weight-plate or cardio machine is crucial to the success of the facility and the program. We simply can't neglect to see the importance of this.

Using the grass fields around the gym and swimming pool has become a norm in the PDP. We use it for playing - an essential part of the PDP. It ticks the boxes of cardio vascular development, but also enjoyment in training and taking part, especially for our junior groups. Thus - developing and maintaining these fields to handle this activities becomes important - this, not withstanding the fact that these same fields are by far the most used playground, training field or "evening hostel touchies or soccer pitch".

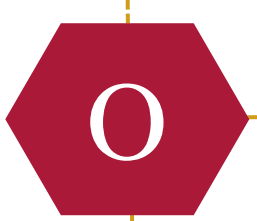
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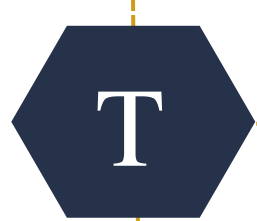
The power of the PDP program is in the fact that we give every single PRG student an opportunity to learn valuable lessons in well-being and health. The learn skills that they will never learn otherwise apart from social media - which is more often than not the exact opposite of what they should be learning. Even more so - the team working with the boys, knows the ins-and-outs of strength training, physical development - we will never expect anything from the boys that we do not hold ourselves accountable to.



In the first year of the PDP program at PRG, we always expected a few obstacles. We were never under the impression that everything would work perfectly - in fact, more often than not we thought about the daunting task of reviving a dying subject field that is PE (Physical Education). In 2022 - our biggest weakness was the big groups. We had double and triple classes, meaning 1-2 teachers. almost 85 boys. Most days we made it work, but it can be better. And with smaller groups expected in the future - it should improve.



The opportunities seems endless. As far as we know - this is the first program in a SA-school of this sort. Yes - the PE classes exist and many schools utilize this efficiently. However - a big part of the future of the program is the sport-specific skill development that is an integral component for all grades. This will entail that we give special attention to skill development in different sport codes - where our world class sport coaches will get an opportunity to work with individual smaller groups - meaning more one on one attention to detail.



Our biggest threat will certainly be not being able to match the potential of the program. The uncertainty of what the program can be is so big - but the more daunting prospect is that the PDP will grow bigger and better than we ever thought possible. So is it possible to see this as a threat - maybe, but it certainly seems that we are our own threat. The standard of this year's program was high - matching that is what will make or break the PDP program, and possibly determine the next steps.



As a school - we pride ourselves in the fact that every single boy that walks through the PRG gates, will have an opportunity to form himself - find his identity, discover his passions and develop certain key moral values. We pride ourselves in being the school that can offer more than most. We are subjectively ranked in the top 3 schools regarding overall sport performance, and the PDP can simply improve that. We have boys with physical disabilities that are achieving things in the PDP program few thought possible. We have the leading voice in our number 1 ranked choir, playing and avidly training with the first team sport captain. In the PDP staff gets to work with every single student in the school - and every days begs the chance to get to know each boy personally. We experience the ups and downs - we experience the breakthroughs.

We have only just scraped the surface of what this program can be.

SEMPER SPLENDIDIOR

