Testimonies

"Sport and thought has literally changed the lives of the students who have participated well in the programme...The quality of the mentoring and the time and effort put in by those running the course is second to none." Deputy Headteacher, Alperton Community School, Brent

"In 25 years working in London schools, Sport and Thought is the most effective provision I have come across in tackling the problems of social inequality and its links to performance at school. The combination of soccer and reflective, collaborative analysis has proven to be a powerful tool in improving attitudes towards school." D P Coyle, Headteacher, Cardinal Wiseman, Ealing

Pause-Reflect-Progress

A respite provision for pupils with emotional, behavioural and academic challenges. We are located at Newman Catholic College in a separate space from the school. PRP combines the expertise of our staff with the skills and progressive approach of the Sport & Thought organisation. Our focus is on cognitive therapy, reflection, reintegration and academic success.

CONTACT US

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Pause Reflect Progress

A respite provision for KS3 & KS4

FREQUENTLY ASKED QUESTIONS (FAQS)

Who is PRP for?

PRP welcomes boys and girls in Years 7–11 who may benefit from additional support alongside their mainstream schooling.

What kind of support does PRP provide?

We help pupils who need a short-term break from mainstream school or who have had fixed-term exclusions. Our aim is to provide a safe, structured, and supportive environment.

What does a typical day look like?

Our day runs from 9:15am to 2:15pm and includes:

- Core teaching sessions
- Group therapy activities
- One-to-one mentoring

How is the home school involved?

We keep the home school in the loop by providing weekly reports and summary strategy information at the end of the placement.

What does it cost?

The fee is £80per student, per day.

Why Choose PRP

- Local exclusion data shows a clear need for a more therapeutic and intervention-focused approach to supporting emotional and behavioural difficulties
- A unique partnership between the school and the Sport & Thought organisation, combining educational expertise with psychological insight
- An approach grounded in child and adolescent cognitive development, helping pupils understand why behaviours happen
- A balanced programme of academic learning, group work, sport-based activities and one-to-one mentoring
- A safe, calm and secure environment, separate from the pressures of mainstream school
- Development of behaviour coaching strategies that pupils can take back into the classroom
- The Sport & Thought ethos of reflection, self-awareness and transferable thinking skills that support long-term positive change

HOW PRP STARTED

Sport and Thought began as a psychological football programme and quickly proved so effective that its pitch-based approach moved seamlessly into the classroom. Today, the project delivers whole-school, holistic behaviour programmes, including direct classroom interventions, psychotherapeutic support, internal inclusion spaces, and two PRP provisions.

The programme was founded by Daniel Smyth, a London-based psychodynamic therapist and creator of Sport and Thought: Football as Therapy. Daniel works with adolescents and adults, provides consultancy to schools and organisations, and delivers motivational workshops across the UK.

His work has received government recognition and has been featured at international conferences, on TV and radio, and at institutions such as the Freud Museum London. His Routledge-published research explores the powerful role of sport in therapeutic and educational settings.