



The EverLearner

Performer profiles

Helping students make examples
and perform higher on AO2

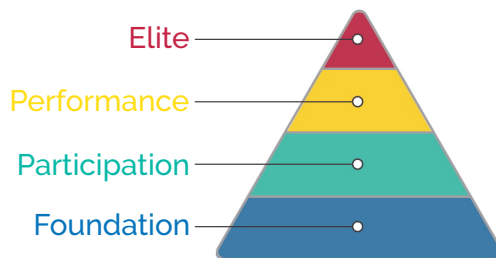
Posters

Performer profiles

Welcome to The EverLearner Performer Profiles.

As you use these profiles with your students, I would like to make you aware of the following:

- All profiles have a primary activity.
- All profiles have an age.
- All profiles have a participation level based on the performance pyramid structure:



- All profiles have an intensity out of 10. The closer the number is to 10, the higher and more anaerobic the performance is.
- All profiles have a duration in minutes. This can help students to consider energy system, recovery, component of fitness and training and testing type amongst other things.
- All profiles have an injury level out of 10. The closer to 10, the more injured a performer is. Use these injuries to add challenge to Q&A and to provoke more precise examples.
- All profiles have a competitive orientation out of 10. The closer to 10, the more outcome-focussed the performer is. A performer with a score of 10 is only focussed on winning. A performer with a score of zero does not care at all about winning.



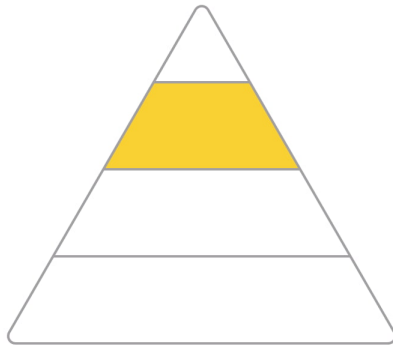
Jenson



Sport: Dance

Age: 18

Level:



Performance

Intensity: 7/10

Duration (min): 3

Injury: 4/10 (Shoulder sometimes dislocates)

Competitive orientation: 8/10



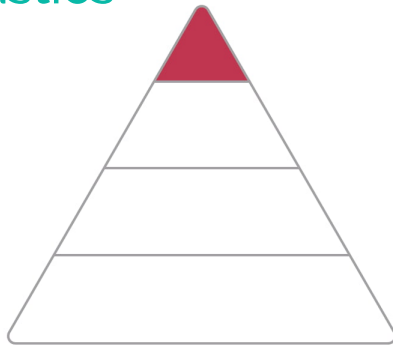
Laura



Sport: **Gymnastics**

Age: **15**

Level:



Elite

Intensity: **9/10**

Duration (min): **2**

Injury: **4/10** (Back pain and ankle ligament damage)

Competitive orientation: **9/10**



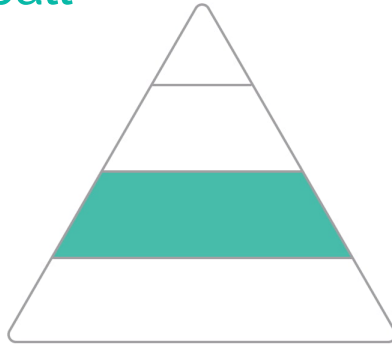
John



Sport: Volleyball

Age: 16

Level:



Participation

Intensity: 5/10

Duration (min): 60

Injury: 8/10 (Impact injuries to knee affects walking)

Competitive orientation: 7/10



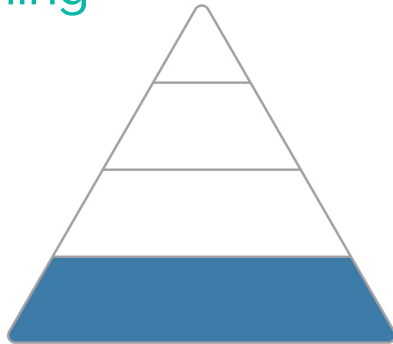
Sonaya



Sport: **Swimming**

Age: **22**

Level:



Foundation

Intensity: **2/10**

Duration (min): **50**

Injury: **0/10**

Competitive orientation: **1/10**



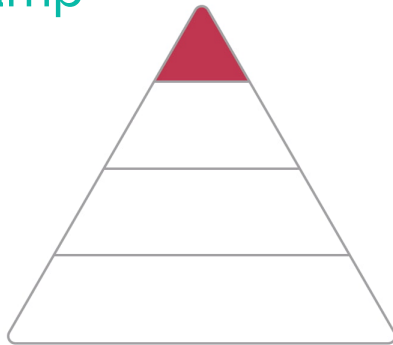
Jack



Sport: High jump

Age: 18

Level:



Elite

Intensity: 10/10

Duration (min): <1

Injury: 6/10 (Damaged hip joint on take-off leg)

Competitive orientation: 10/10



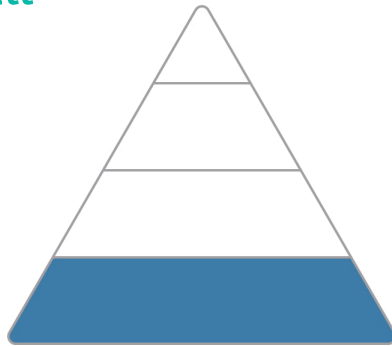
Marta



Sport: Football

Age: 42

Level:



Foundation

Intensity: 5/10

Duration (min): 90

Injury: 2/10 (Raynaud's syndrome)

Competitive orientation: 3/10



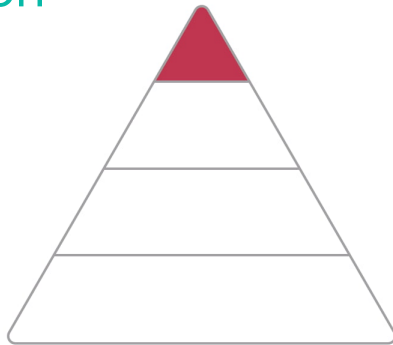
Kate



Sport: Triathlon

Age: 17

Level:



Elite

Intensity: 6/10

Duration (min): 160

Injury: 10/10 (Ongoing stress fracture of the tibia)

Competitive orientation: 10/10



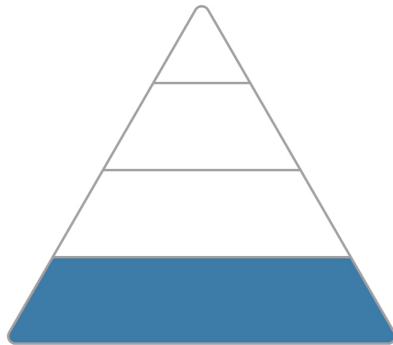
Tom



Sport: Tennis

Age: 43

Level:



Foundation

Intensity: 3/10

Duration (min): 120

Injury: 0/10

Competitive orientation: 1/10



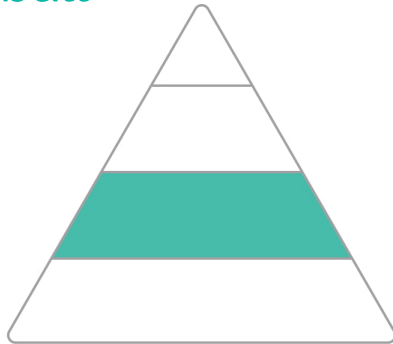
Konan



Sport: Basketball

Age: 15

Level:



Participation

Intensity: 8/10

Duration (min): 60

Injury: 4/10 (Damaged eye socket from an elbow)

Competitive orientation: 8/10



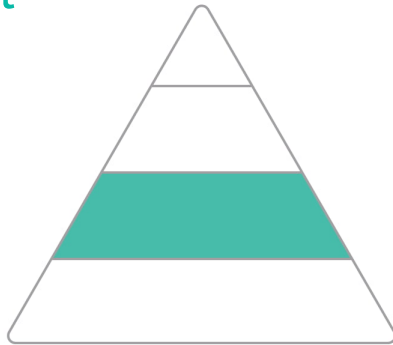
Nilam



Sport: Netball

Age: 18

Level:



Participation

Intensity: 6/10

Duration (min): 60

Injury: 2/10 (Tends to twist ankles)

Competitive orientation: 4/10



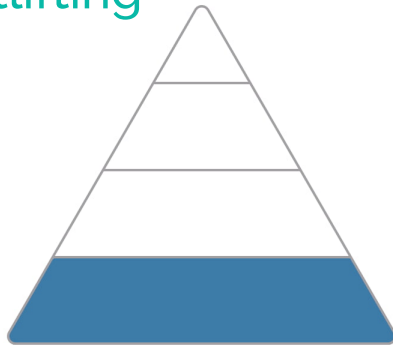
Billy



Sport: Weightlifting

Age: 21

Level:



Foundation

Intensity: 10/10

Duration (min): <1

Injury: 5/10 (Back pain)

Competitive orientation: 3/10



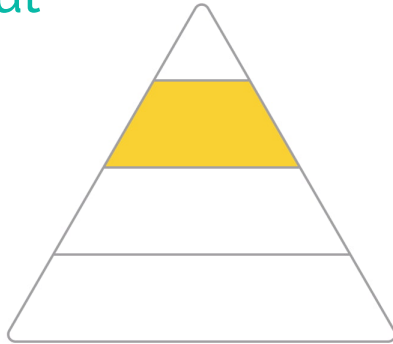
Anja



Sport: Shot put

Age: 15

Level:



Performance

Intensity: 10/10

Duration (min): <1

Injury: 6/10 (Suffers chronic elbow pain)

Competitive orientation: 9/10



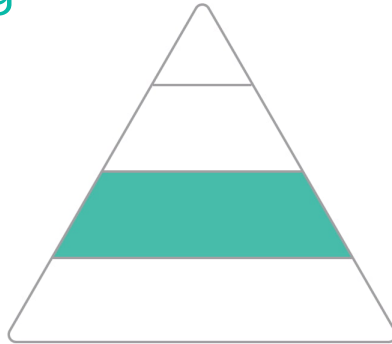
Mike



Sport: Rowing

Age: 14

Level:



Participation

Intensity: 7/10

Duration (min): 12

Injury: 2/10 (Blisters to fingers)

Competitive orientation: 7/10



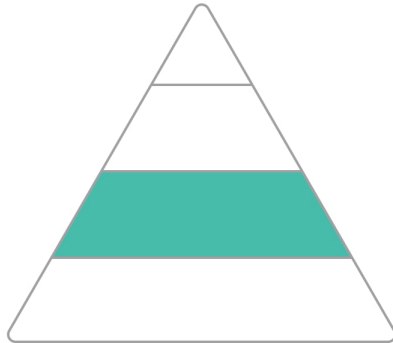
Chester



Sport: Wheelchair tennis

Age: 26

Level:



Participation

Intensity: 7/10

Duration (min): 120

Injury: 1/10 (Headaches when dehydrated)

Competitive orientation: 8/10



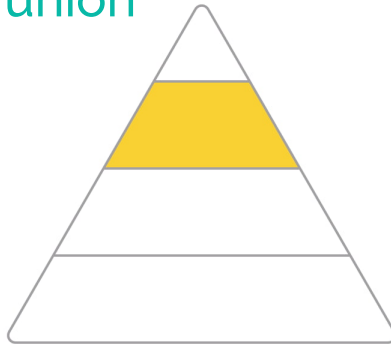
Fi



Sport: Rugby union

Age: 17

Level:



Performance

Intensity: 8/10

Duration (min): 80

Injury: 1/10 (Ear injuries from scrummaging)

Competitive orientation: 9/10



Kane



Sport: Rock climbing

Age: 23

Level:



Foundation

Intensity: 6/10

Duration (min): 60

Injury: 1/10 (Bruises to arms and legs)

Competitive orientation: 1/10



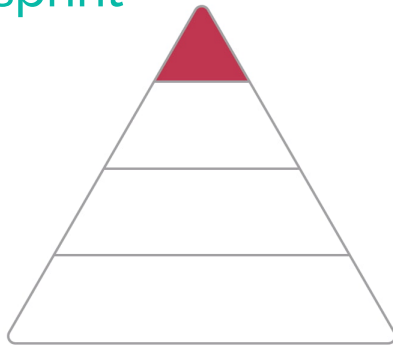
Shelley



Sport: 400m sprint

Age: 18

Level:



Elite

Intensity: 9/10

Duration (min): <1

Injury: 8/10 (ITBS)

Competitive orientation: 10/10



Eilish



Sport: Road cycling

Age: 36

Level:



Foundation

Intensity: 5/10

Duration (min): 360

Injury: 2/10 (Saddle sores)

Competitive orientation: 1/10



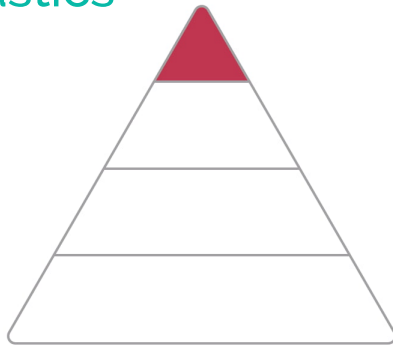
Kyle



Sport: **Gymnastics**

Age: **18**

Level:



Elite

Intensity: **9/10**

Duration (min): **2**

Injury: **7/10** (Chronic wrist pain)

Competitive orientation: **10/10**



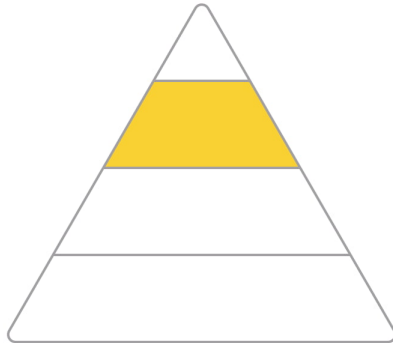
Rosa



Sport: 100m hurdles

Age: 15

Level:



Performance

Intensity: 10/10

Duration (min): <1

Injury: 6/10 (Achilles tendonitis)

Competitive orientation: 7/10



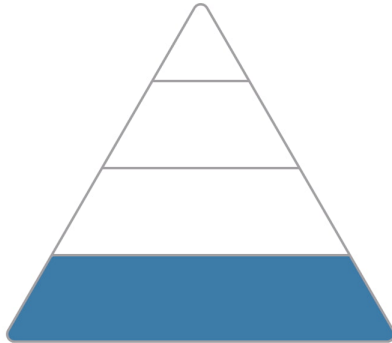
Ro



Sport: **Sailing**

Age: **12**

Level:



Foundation

Intensity: **2/10**

Duration (min): **100**

Injury: **0/10**

Competitive orientation: **1/10**



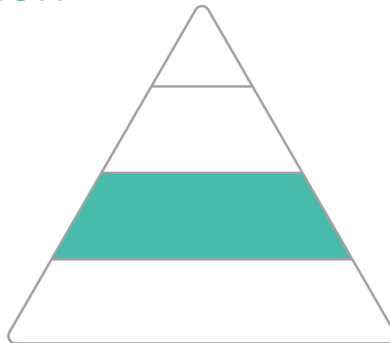
Neha



Sport: **Marathon**

Age: **18**

Level:



Participation

Intensity: **4/10**

Duration (min): **480**

Injury: **4/10** (Gluteal strain)

Competitive orientation: **2/10**





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