

## CASE STUDY

# THE GRANGE SCHOOL



## EQUIPMENT

- 10 Bay Free Standing Storage Rig
- Branded Oak Platforms x 5
- Branded Adjustable benches x 9
- Olympic bars
- Techniques bars and plates
- Hex bars
- Kettlebells
- Slam balls
- Prowler
- Resistance bands
- Sliders
- TRX Pro
- Plyometric boxes
- Gym Balls
- Foam Rollers
- Vinyl Mats
- Concept Bikes x2
- Concept Ski Ergs x2
- Performance flooring
- Turf Track

The Grange School's gym facility previously served as a multipurpose leisure and sports centre, utilised by staff, students, and the local community. It was equipped with cardio machines, selectorised strength equipment, a single squat rack, and a small functional rig. While practical, the space did not fully meet the evolving requirements of the school's PE curriculum or its athletic development programme.

Working together, the Director of Sport, the Strength and Conditioning Coach, and Perform Better planned and developed a space that fostered a more effective and adaptable environment to encourage physical literacy, better support the needs and development of young athletes, and efficiently accommodate the flow and management of large groups. The redesign ensured the facility could handle high usage demands while maintaining functionality and accessibility for a variety of activities.

