



# PE Super Curriculum KS3
























<p>Articles about the past two Olympics.</p>	<p>BBC Sports News regularly.</p>	<p>Any sports autobiography.</p>
<p>A sporting event from the past two Olympics.</p>	<p>A sport of your choice at the elite level.</p>	<p>Any sporting documentary.</p>
<p>Any sporting stadia.</p>	<p>A live school or elite level sporting competition.</p>	<p>Local sport club facilities.</p>
<p>Perform for the school in any sport including House Sports.</p>	<p>Perform for a Sports club.</p>	<p>Develop fitness through trying out a new sport or doing a Park Run.</p>
<p>Lead a group of students in a sporting competition.</p>	<p>Attend a school sports club - consider trying a new sport or leading a warm up or cool down.</p>	<p>Lead your tutor group in an interhouse event and consider becoming a House Sports Captain.</p>
<p>Write a Sports report for the School.</p>	<p>Write a glossary of skills used in your sport.</p>	<p>A journal of sports you have participated in over the past two weeks.</p>
<p>Create a scrapbook of any sport, sportsperson or sporting event from social media.</p>	<p>Create a timeline of the history of your chosen sport.</p>	<p>Create a new game or gymnastics routine and teach it to someone else.</p>










	Reading Task		Creative Task
	Research Task		Writing Task
	Watching Task		Student – Led Task
	Listening Task		Trip or Visit
	Active Task		



# PE Super Curriculum KS4&5



 Read books on sport including: <ul style="list-style-type: none"> <li>• The Sports Gene by David Epstein</li> <li>• Bounce by Matthew Syed</li> <li>• The Talent Code by Daniel</li> </ul>	 Read the Journal of Applied Physiology, Sport and Society.	 Read the Journal of Sport and Exercise Psychology.
 Icarus (2017) Bryan Fogel, Netflix.	 BBC One Panorama – Catch me if you can (2015).	 Sports Science (2013). ESPN The Program (2015).
 The MCC and Lords museum.	 Wimbledon Lawn Tennis Club Museum or Championship, Hatfield House/ Hampton Court - Real Tennis courts.	 University of Hertfordshire Physiology Laboratories.
 Represent the school in any sport including House Sports. Challenge yourself to represent the county.	 Perform for a sports club and challenge yourself to attend a new one.	 Perform at the Senior Athletics Championships.
 Lead an activity in Fit for Life Week.	 Captain a schools sports team.	 Lead a session at a club or in school at a KS3 sports training session.
 Write an article for the Ignite journal on an area of interest to you.	 Write a glossary of anatomy and physiology used in your sport.	 Write a coaching plan for any sport.
 Create a scrapbook of any sport, sportsperson or sporting event from broadsheet newspapers.	 Assess another performance and coach someone how to develop their skill and strategy in performance.	 Create a timeline of the history of your chosen sport.

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	Watching Task		Student – Led Task
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	Active Task		