



# PE Super Curriculum KS3



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

	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.

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