



Super Curriculum – Sport KS3



Reading:

- Articles about the past two Olympics
- BBC Sports News regularly
- A sports autobiography of your choice.



Watching:

- A sporting event from the past two Olympics
- A sport of your choice at the elite level
- Watch **'sport psychology - inside the mind of champion athletes:'**
https://www.youtube.com/watch?v=yG7v4y_xwzQ&disable_polymer=true
- **Watch 'World Beaters: women in sport'** on the BBC:
<https://www.bbc.co.uk/programmes/p079jths/episodes/guide>
- Watch **'are athletes really getting faster, better, stronger?'**
https://www.ted.com/talks/david_epstein_are_athletes_really_getting_faster_better_stronger?language=en
- https://www.ted.com/talks/leah_lagos_and_jaspal_ricky_singh_how_playing_sports_benefits_your_body_and_your_brain: A short TED talk on the benefits of playing sport at school
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Listening:

- Listen to a BBC Sport Podcast: <https://www.bbc.co.uk/podcasts/category/sport>
- Building Confidence in Young Athletes: <https://player.fm/series/building-confidence-in-young-athletes>
- The Athlete Development Show: <https://player.fm/series/the-athlete-development-show-2726833>
- Olympic Channel Podcast: <https://player.fm/series/olympic-channel-podcast>
- Youth Focused Sport Nutrition: <https://player.fm/series/olympic-channel-podcast>
- Sports Squad Podcasts: <https://www.funkidslive.com/podcast/sports-squad/#>
- Lizzy Yarnold's skeleton bobsled dreams
- Moe Sbihi tells of Rio Olympic gold



- T34 wheelchair racer Hannah Cockcroft
- Netball's Tracey Neville talks brother Gary and cups of tea
- Rebecca Adlington's training routine
- Cycling superstar Chris Hoy



- Write a sports report for the Schools Sport Twitter page/ SOCS news section on a school team's latest performance or an area of interest.
- Watch the advert 'Dream Crazier' by Nike. Write a paragraph about the message you think it is trying to convey.
- Write a persuasive letter to the Prime Minister explaining why PE should have an important role in the curriculum.
- Write a journal of sports you have participated in over the past two months.
- Create a scrapbook about a famous female sports role model.



Academic Enrichment:

- Whole School Sport Enrichment
- Programme- SOCs/ Pupil Portal and PE noticeboards
- There is something physical you can attend each day.
- Create a new game or gymnastics routine. Teach your new game or gymnastics routine to someone else.



Competitions:

- Attend a school sports club. Consider trying a new sport or leading a warm up.
- Perform for the school in any sport including House Sports Competitions and Inter School Sport
- Develop fitness through trying out a new sport or doing a Local Park Run/ 5km



Super Curriculum – Sport KS4



Reading:

- The following two books offer differing theories on skill acquisition and sporting performance
- **'Bounce'** which considers the 10,000 hour rule and considers nurture to be the most important factor in sporting success, and the **'Sporting Gene'** which offers a counter argument and cites nature as being paramount
- Read the article in 'The Guardian' about 'Sporting Pioneers:'
<https://www.theguardian.com/society/2009/apr/07/women-winter-olympics-skijumping>
- Watch the documentary 'Mo Farah: No Easy Mile' (2016).
- The Talent Code by Daniel Coyle 2010
- Read the Journal of Applied Physiology, Sport and Society
- Read Journal of Sport and Exercise Psychology
- Legacy by James Kerr *What the All Blacks Can Teach us About the Business of Life*



Watching:

- Icarus (2017) Bryan Fogel, Netflix BBC One
- Watch the documentary 'I am Bolt' (2016) which follows the sprinting legend as he prepares to go for Gold at the 2016 Rio Olympics.
- Panorama – Catch me if you can (2015) which investigates serious allegations of doping in athletics, involving some of the biggest stars in the sport: <https://www.bbc.co.uk/programmes/n3cszjzn>
- Sports Science (2013)
- ESPN The Program (2015)
- 'Ted Talks' Sports on you tube eg. 'In the minds of champions' and 'Are athletes really getting faster, better, stronger.'
- Panorama 'Sports Hidden Crisis' about nutrition and eating disorders in elite sport
- Michael Jordan series "The Last Dance" - athlete-coach relationships/emerging leaders and team dynamics.



- Write a report on one of the films/documentaries you've watched and state the main findings from it.
- Create a blog or vlog with your own points of view and findings.



Listening:

- Experts in Sport Podcasts-Loughborough University:
<https://www.lboro.ac.uk/departments/ssehs/experts-in-sport/>
- Find out more about 'The Game Changers' film about meat, protein and strength: <https://gamechangersmovie.com/>
- E1 - Sports Psychology at an Elite Level
- E2 - How will Brexit impact the Premier League?
- E3 - Female athletes and the menstrual cycle
- E4 - How to become one of the world's best coaches
- E5 - Corruption in Sport (Part 1)
- E6 - Corruption in Sport (Part 2)
- E7 - Athlete development and injuries
- E8 - Does sponsorship in sport have an unhealthy relationship with junk food?
- E9 - What is Strength?
- E10 - Has concussion in sport hit crisis point?



Doing:

- 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
- Research and do a presentation on the gender pay gap in the sports industry.



Academic Enrichment:

- Whole School Sport Enrichment
- Programme- SOCs/ Pupil Portal and PE noticeboards
- There is something physical you can attend each day.
- Research the news coverage of Caster Semenya.



Competitions:

- Create/plan a fitness circuit to help improve a component of fitness or sports skills.
- Attend a school sports club. Consider trying a new sport
- Perform for the school in any sport including House Sports Competitions and Inter School Sport
- Develop fitness through trying out a new sport or doing a Local Park Run/ 5km



Super Curriculum – Sport KS5



Reading:

- The following two books offer differing theories on skill acquisition and sporting performance –
- **'Bounce'** which considers the 10,000 hour rule and considers nurture to be the most important factor in sporting success, and the **'Sporting Gene'** which offers a counter argument and cites nature as being paramount
- The Talent Code by Daniel Coyle 2010
- The Journal of Applied Physiology, Sport and Society Read
- Journal of Sport and Exercise Psychology
- Legacy by James Kerr *What the All Blacks Can Teach us About the Business of Life*



Watching:

- Icarus (2017) Bryan Fogel, Netflix BBC One
- Watch the documentary 'I am Bolt' (2016) which follows the sprinting legend as he prepares to go for Gold at the 2016 Rio Olympics.
- Panorama – Catch me if you can (2015) which investigates serious allegations of doping in athletics, involving some of the biggest stars in the sport: <https://www.bbc.co.uk/programmes/n3cszjzn>
- Sports Science (2013)
- ESPN The Program (2015)
- 'Ted Talks' Sports on you tube eg. 'In the minds of champions' and 'Are athletes really getting faster, better, stronger.'
- Panorama 'Sports Hidden Crisis' about nutrition and eating disorders in elite sport
- Michael Jordan series "The Last Dance" - athlete-coach relationships/emerging leaders and team dynamics.
- Write a report on one of the films/documentaries you've watched and state the main findings from it.
- Create a blog or vlog with your own points of view and findings.



Listening:

- Experts in Sport Podcasts-Ibora University:
<https://www.lboro.ac.uk/departments/ssehs/experts-in-sport/>
- E1 - Sports Psychology at an Elite Level
- E2 - How will Brexit impact the Premier League?
- E3 - Female athletes and the menstrual cycle
- E4 - How to become one of the world's best coaches
- E5 - Corruption in Sport (Part 1)
- E6 - Corruption in Sport (Part 2)
- E7 - Athlete development and injuries
- E8 - Does sponsorship in sport have an unhealthy relationship with junk food?
- E9 - What is Strength?
- E10 - Has concussion in sport hit crisis point?
- E11 - Exercise, immune defence and illness in elite athlete
- E12 - Can supplements boost your immune system?
- E13 - What role does community sport play in tackling serious youth violence?
- E14 - How can dietary nitrates improve elite level athlete performance?
- E15 - As athletes begin to return to training – what should practitioners be doing?
- E16 - Why the best players sometimes don't make it...
- E17 - 'Support, develop, empower' - the dual-career journey of an athlete
- E18 - Race, ethnicity, and racism in sports coaching
- E19 - Para sport special: What does it take to become successful on the world stage?
- E20 - The truth about exercise and weight management
- E21 - Disordered eating - just how common is it in elite level sport?

Doing:

- 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
- Write a glossary of anatomy and physiology used in your sport.
- Write an article for the Schools, Facebook or Sports Twitter or SOCS news on an area of interest.



Academic Enrichment:

- Whole School Sport Enrichment Programme- SOCs/ Pupil Portal and PE noticeboards
- There is something physical you can attend each day.
- Visit the University of Bolton or Manchester's Physiology laboratories- Write a report on the tests and investigations carried out and create a coaching plan for any sport
- Assess another performance and highlight areas of strength and areas for development.



Competitions:

- Create/plan a fitness circuit to help improve a component of fitness or sports skills.
- Attend a school sports club. Consider trying a new sport
- Perform for the school in any sport including House Sports Competitions and Inter School Sport
- Develop fitness through trying out a new sport or doing a Local Park Run/ 5km