












SUPER-CURRICULAR ACTIVITIES

PHYSICAL EDUCATION Year 7

 Research when/where the Olympic Games are. EXTENSION: When did the Olympic Games start? Both Ancient and Modern?	 Read the back pages of a Newspaper. EXTENSION: Which sports are mostly reported? Why is this?	 Create a song, rhyme or poem about the body... for example, the muscles. EXTENSION: Can you link this to a sport, activity or skill?
 Plan a trip to a local Sports Centre and participate in an activity? EXTENSION: Is it cheaper to take part in this activity as a child?	 Watch a film about sport... for example, Footloose, Fame, Raising the Bar. EXTENSION: Did they realistically portray the sport?	 Listen to a Sports Podcast. EXTENSION: How does commentary differ from viewing sport on a screen?
 Create a poster to promote sport and/or health. EXTENSION: What components of fitness or health does it target? Do you know the definitions of these?	 Research your favourite sports personality and prepare a one-minute talk. EXTENSION: What age did they start in their sport?	 Take part in Just Dance for 30 minutes EXTENSION: Did you heart rate go into the aerobic zone?

	Reading task		Creative task		Watching task		Student-led task
	Research task		Writing task		Listening task		Trip or visit