












SUPER-CURRICULAR ACTIVITIES

PHYSICAL EDUCATION Year 8

 Research one sport from the Olympic Games and write a factual report. EXTENSION: Did this sport become an Olympic Sport at the same time for both men and women?	 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 outdoor adventurous activity? EXTENSION: What is the safety ratio of students to leader for your chosen activity?	 Watch some competitive sport on TV. EXTENSION: How do they make sport more interesting to view on media like TV?	 Listen to Sport on Radio 5. 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?	 Go for a walk and see if you can reach the recommended daily step target of 12,000 steps. EXTENSION: How far is this in miles?

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