












# SUPER-CURRICULAR ACTIVITIES

## PHYSICAL EDUCATION Year 9

 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?
 Participate in a physical activity in your local area. EXTENSION: Create a flier for this activity to encourage participation.	 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 HIT session in your lounge with five stations, for example, press-ups, lunges etc. EXTENSION: Can you name the muscles being used in each exercise?	 Research a local sports club and find out how much it costs to join. EXTENSION: Give three reasons why participating in sport is beneficial.	 Try and complete the daily mile for a week. EXTENSION: How many steps will you have taken?

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