



SUPER-CURRICULAR ACTIVITIES

Pre-GCSE: Physical Education Year 9

 Here is a link to the AQA GCSE PE specification.  Familiarise yourself with this document and have a look at the theory and practical areas contained within it.	 Read the back pages of a newspaper. Try to look at both a tabloid and a broadsheet. You can do this online for many newspapers. Which sports are commonly reported? Can you find any news on your own sport?	 Pick one of the following topics to write about. <ul style="list-style-type: none"> • How do muscles create movement? • Why does heart rate go up during exercise? • Why do sports people break the rules in sport? • What are the positive effects of exercise?
 Follow the link to read an article about target heart rate. You will need to know how to calculate your maximum heart and calculate exercise intensity. Can you calculate your 60% and 80% intensity? You will need to remember these! Did you realise it will change each year? Follow Link 1 (below)	 When you study GCSE PE, you need to select three activities from the list. Find and listen to a Sports Podcast on your sport. How does commentary differ from viewing sport on a screen?	 Watch a sporting competition on TV. Can you identify how sports generate money through commercialisation? Can you see evidence of a positive role model?
 Create a poster on the bones and muscles in the body. Did you know there are 206 bones in the body and over 500 muscles? (Luckily you don't need to learn them all!)	 Find a list of sports activities in GCSE PE by following the link given. Identify the activities you could offer for assessment. Select your strongest activity and list the core skills you need to be assessed in. Follow Link 2 (below)	 Complete a fitness session – this can be online like Joe Wicks or something you do already. Record your heart rate after exercising. Did your heart rate go into the aerobic zone? (60-80%)

Links to websites used in this Super-Curricular Pre-GCSE Activities sheet:

Link 1: <https://www.cdc.gov/physicalactivity/basics/measuring/hearttrate.htm>

Link 2: <https://filestore.aqa.org.uk/resources/pe/specifications/AQA-8582-SP-2016.PDF>

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