Swanshurst School – Department of PE

Year 8 – PE Super Curriculum

Term 1	Term 2	Term 3
Research your favourite sports star and write a short biography or presentation. E.g. Looking at their diet, routines etc…	Attend a sports club of your choice.	Create a weekly balanced diet plan. You can use the following as an example: Weekly healthy meal plan
Create a timeline showing the development of a chosen sport over the centuries. Here's an example: Netball Timeline	Complete 5 Youth Sport Trust 60 second challenge. Write down which ones you have done. 60 Second Physical Activity Challenges	Watch a sports video of your choice and summarise the video in 2 paragraphs.
Watch at least 30 minutes of the following video 'Game On: The Unstoppable Rise of Women's Sport' and write down some key points you took from the video www.fearlesswomen.co.uk	Read Benefits of Youth Sports and make a presentation or write down 5 important benefits and why do you think they are important.	Represent the school by attending a fixture.
Complete 12000 steps in a day and take a screenshot or a photo as proof.	Using Unifrog research careers based in sport and PE and write a list of 3 that interest you and what qualifications do you need for those careers.	Visit a sports venue and take pictures as proof. Examples of places you can visit: **Edgebaston Cricket Ground** **Moseley Rugby Ground** **Alexander Stadium** **Birmingham City FC** **Aston Villa Football Club**

Key:

Reading Task		Creative Task	
Research Task		Listening Task	
Trip or Visit		Watching Task	
Writing Task		Complete Task	