Swanshurst School – Department of PE

Year 9 – Super Curriculum – PE

Term 1	Term 2	Term 3
Research and compare training regimes: How does an Olympic swimmer's routine differ from a footballer's?	Sign up to Nike Training Club and complete at least 2 - 15 minutes workout and take a screenshot of your completed workouts.	Create a Training Poster – design a weekly routine for a beginner athlete. Example of a weekly routine
Create a timeline showing the development of a chosen sports person over the years. Include early years, how did they get to where they are now, how many medals and when did they win these, etc… e.g. Jessica Ennis	Design a 5-day home workout plan using only household items and complete it.	Design a logo, a chant, kits, and rituals for a sports team or PE class squad.
Watch the following video and create a leaflet explaining the benefits. https://www.youtube.com/watch?v=hmFQqjMF_f0	Read a news article. You can use BBC Sports to help you find an article. Write a summary about the article you read.	Listen to the following podcast from Tooney and Russo Show's and write 2 paragraphs about the podcast https://www.bbc.co.uk/sounds/play/p0j18mk3
Attend a sports club of your choice.	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** **Sports Leisure Centre (Gym)**	Participate in a fitness event outside school – e.g park run. Park Run Events and/or use Nike Running Club app and go for a run. Take a screenshot of the run you did.

Key:

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