

Year 11 Physical Education



Reading Tasks

Read the sports section of the newspaper - online or hard copy.

Read a sports autobiography of an athlete you admire.

Read books on sports psychology to help improve mindset and performance

Daily Mail, Daily Express, The Sun, The Times, The Guardian, The Independent, Daily Telegraph or Daily Mirror.

Could include:

- Sue Barker (Tennis legend) " Calling the Shots",
- Eddie Jones (Ex England Rugby Coach) "My Life and Rugby"
- Rob Burrow (England Rugby League Legend) " Too Many Reasons To Live".
- Sir Bobby Charlton (England World Cup Winning Football Legend) " 1966: My World Cup Story"
- Jessica Ennis - Hill (GB Olympic Heptathlon Champion 2012) "Unbelievable"

Could include

- "Mental combat: The Sports Psychology Secrets You Can Use To Dominate Any Event"
- "The Champions Mind; How Great Athletes Think, Train, Thrive"



Listening Tasks

Podcasts - Listen to a sporting podcast.

Women In Sport -

Football Daily -

Rugby Union Weekly -

Mental Muscle -

No Balls: The Cricket Podcast -

The High Performance Podcast

Look on iTunes, Spotify or other sites for others.

Research about the different careers in sport -

Research different coaching qualifications that you could complete

TOP TIP - Google the National Governing Body for the sport of your choice and then use the website to find the coaching section,

Research different officiating courses you could complete

Could include:

<https://womeninsport.org/research-and-advice/podcast/>

<https://www.bbc.co.uk/sounds/play/podv7ryt>

<https://www.bbc.co.uk/sounds/play/podv8l4n>

<https://www.bbc.co.uk/sounds/play/podtjg9o>

<https://www.bbc.co.uk/sounds/play/podr2xkj>

<https://www.thehighperformancepodcast.com/>

<https://careers-in-sport.co.uk/>

Could include :

England Netball -

<https://www.englandnetball.co.uk/be-involved/coaching/>

England Football -

<https://www.Englandfootball.com/participate/coaches>

England Cricket -

<https://www.ecb.co.uk/be-involved/coaching>

England Hockey -

<https://www.Englandhockey.co.uk/deliver/coach>

British Gymnastics

<https://www.british-gymnastics.org/>

Could include:

England Netball -

<https://www.Englandnetball.co.uk/be-involved/officiating/co>



Research Tasks

TOP TIP - Google the National Governing Body for the sport of your choice and then use the website to find the officiating section.

Create a timeline of the history of your chosen sport.

Create a scrapbook of any sport, sportsperson or sporting event from social media.

Write a letter to your local sports club to ask to volunteer your time.,

Write a book review of a sports autobiography that you have read.

Write a news article to raise awareness of a current issue in sport e.g. performance enhancing drugs

Watch any live sport on TV - League/Cup Games, European Championships, World Cups, Olympics, Wimbledon etc. OR or use the opportunity to watch on catch up.

[urses/](#)

England Football -

<https://www.Englandfootball.com/participate/referees>

England Cricket -

<https://www.ecb.co.uk/be-involved/officials>

England Hockey -

<https://www.Englandhockey.co.uk/deliver/officiate>



Writing Tasks



(Terrestrial)

BBC iplayer (Sport)

<https://www.bbc.co.uk/iplayer/categories/sport/featured>

ITVx (Sport) <https://www.itv.com/watch/categories/sport>

Channel 5 - <https://www.channel5.com/browse/Sport>

Watching Tasks

Go to a live sporting event - amateur, semi professional or professional .

Watch and revisit previous sporting events on Youtube

Watch a sporting documentary

Look up your favourite team on the internet for more details about venues, dates/times and ticket prices etc.

Could include -

- Lionesses European Championship Win 2023
- Jessica Gadirova claiming a historic floor gold medal for Great Britain on the final day of the World Gymnastics Championship in Liverpool.

Could include: -

- ICARUS: (Film on the Russian drug scandal - Netflix)
- The Last Dance (Miniseries about Michael Jordan and his career in the NBA - Netflix)
- Pele (Film on possibly the most successful footballer of all time - Netflix)
- England's Lionesses : Inside The Pride (BBC Iplayer)
- Women of Steel (Film about the England Womens Rugby League World Cup Preparation BBC iPlayer)



Trips and Visits

Visit professional sports stadiums - take a stadium tour.

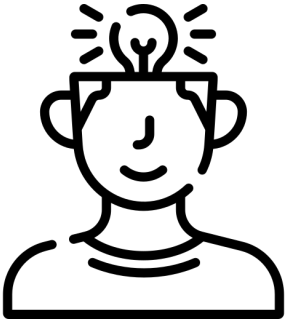
Visit a sports physiology laboratory at a University.

Go to a live sporting event - amateur, semi professional or professional.

Look up your favourite team on the internet for more details about venues, dates/times and ticket prices etc.

Look up local Universities to see what facilities the campus has to offer.

Look up your favourite team on the internet for more details about venues, dates/times and ticket prices etc.



Student-led Creative
Thinking Tasks



Podcast- Create your own podcast or TedTalk on a writer or genre of your choice.

Create your own revision resource - mindmap, quizlet etc to share with the rest of the class.

Listen to a podcast or TedTalk from another pupil in the class

Use/add to the revision resource created by another pupil in the class