

Super Curriculum – Year 12 & 13

Subject: Physical Education



Reading Task



Research Task



Listening Task



Watching Task

Location to Visit



Creative Task


















Writing Task



Independent Project



 'The Sports Gene', by David Epstein	 'Bounce', by Matthew Syed	 'The Talent Code', by Daniel Coyle
 Icarus (2017) a documentary examining doping in sports	 BBC One Panorama – Catch me if you can https://www.youtube.com/watch?v=04ck8LwApd4	 At least one biography of a top sportsman/woman
 Write a glossary of anatomy and physiology used in your sport	 Write a coaching plan for any sport	 Watch The Program (2015), a film about Lance Armstrong
 Gold Rush, on iPlayer https://www.bbc.co.uk/iplayer/episode/m000xpm8/gold-rush-our-race-to-olympic-glory-series-1-episode-1	 Write two contrasting arguments for the following: <ul style="list-style-type: none"> • Drug cheats should be banned for life from all sport • All drugs should be allowed in sport 	 Create a timeline of the history of your chosen sport.
 Represent the school in any sport including House Sports. Challenge yourself to represent the county.	 Perform for a sports club and challenge yourself to attend a new one	 Lead a session at a club, or in school, working with younger athletes