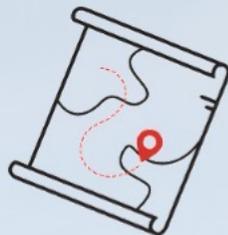
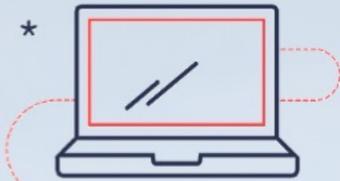




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PHYSICAL EDUCATION



READ-WATCH-VISIT

EXTRA-CURRICULAR

YEAR GROUP

READ

WATCH

VISIT

7

Try and read one sports report in a newspaper every week. This will improve your understanding of sport but also your understanding of how to write about it!

We recommend the writing in The Guardian:
www.guardian.co.uk

Watch Mr Dickson's favourite childhood sports film:

- Space Jam (Michael Jordan & Looney Tunes – although this has been remade recently so you might want to watch that one instead!)

[National Football Museum](http://www.nationalfootballmuseum.com)

Visit this museum to learn about the history of the country's most popular sport.

8

Jessica Ennis: Unbelievable: From my Childhood Dreams to Winning Olympic Gold by Jessica Ennis

Read this autobiography to be inspired!

Watch Bend it like Beckham; this film highlights cultural and gender barriers in sport that are important to your understanding as we move forward in PE

▪ **National Cycling Centre**

We are lucky enough to have this national centre nearby, with a velodrome that is often used for international competitions. Visit, or challenge yourself to have a go on the track!

<http://www.nationalcyclingcentre.com/track/>

9

Try and read three online sports report every week. This will improve your understanding of sport but also your understanding of how to write about it! We recommend the writing on the BBC Sport Website:

www.bbc.com/sport

Trans World Sports covers every conceivable sport from across the world. It showcases a range of sports, from the traditional to the bizarre and ridiculous! A back-catalogue of programmes stretching back to 1987 can be viewed on:

https://www.youtube.com/channel/UCsMiwFQdEP5t_5a7CpGN7tQ

[Chillfactor](#)

Challenge yourself to visit or have a go at a winter sport at this local attraction.

10

Try and read three online sports report every week. This will improve your understanding of sport but also your understanding of how to write about it! We recommend the writing on the SkySports Website:

www.skysports.com

Watch 'Super Size Me'

Learn about the impact of food on physical and mental fitness

Trafford Centre Driving Range

Have a go at golf!

<https://traffordgolfcentre.co.uk/driving-range/>

11

Bounce by Matthew Syed

What is the magic spark that sees David Beckham and Tiger Woods soar above all of their competitors, and could the secret lie in the practice regime of Mozart? Matthew Syed's dazzling investigation of high achievement draws on the stories of sports stars and the most up to date science to uncover the surprising factors that lead to world beating success. Read it for inspiration.

[Links to Music, Psychology and Science.](#)

Watch Coach Carter; this film highlights the importance of academic studies as well as sport in achievements. It also directly links to our Qualities of Success – resilience, teamwork, discipline, respect and responsibility.

Bolton One (The Jason Kenny Centre) Leisure Centre

Visit the gym and familiarise yourself with fitness equipment in readiness for our new Astroturf and Gym Studio facilities.

<https://www.boltonleisure.com/the-jason-kenny-centre>