

SPRING	Read	Watch/ Listen	Visit
Year 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 Brownsell's favourite childhood sports film: Space Jam (Michael Jordan & Looney Tunes)	<ul style="list-style-type: none"> National Football Museum Visit this museum to learn about the history of the country's most popular sport.
Year 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	<ul style="list-style-type: none"> 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/
Year 9	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 Super Size Me Learn about the impact of food on physical and mental fitness	<ul style="list-style-type: none"> Chillfactore Challenge yourself to visit or have a go at a winter sport at this local attraction.
Year 10	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 Remember the Titans; this film highlights cultural barriers which can affect participation in sport. This is particularly interesting to those studying GCSE PE.	<ul style="list-style-type: none"> Trafford Centre Driving Range Have a go at golf! https://traffordgolfcentre.co.uk/driving-range/

Year 11

Bounce by Matthew Syed

What is the magic spark that sees David Beckham and Tiger Woods soar above all 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!

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.

- Hough End Leisure Centre

Visit the gym and familiarise yourself with fitness equipment.