






SMCS SUPER-CURRICULUM

Physical Education

		READ 	WATCH / LISTEN 	DO / VISIT 
Year 7	Autumn 1	Cristiano Ronaldo: The Award-Winning Biography (Guillem Balague's Books) https://www.whsmith.co.uk/products/cristiano-ronaldo-the-biography/guillem-balague/paperback/9781474611565.html	Watch on TV/ you tube a Professional football match (Premier league) or visit a local Football club to watch a Match	Try and complete the daily mile for a week. EXTENSION: How many steps will you have taken?
	Autumn 2	Geva Mentor – Autobiography https://www.waterstones.com/book/leap/geva-mentor/9781529353389	Watch on TV/ you tube a Professional netball match (Netball Super league) or visit a local Netball club to watch a Match	Take part in Just Dance for 30 minutes EXTENSION: Did you heart rate go into the aerobic zone?

	Spring 1	Michael Jordan: The Life – Autobiography https://www.goodreads.com/en/book/show/18453086	Watch on TV/ you tube a Professional rugby match (6 nations) or visit a local rugby club to watch a Match	Create a poster to promote sport and/or health. EXTENSION: What components of fitness or health does it target? Do you know the definitions of these?
	Spring 2	Beth Mead – Autobiography Lioness – My journey to glory https://www.waterstones.com/book/lioness-my-journey-to-glory/beth-mead/ian-wright/9781399611688	Watch on TV/ you tube a Professional Hockey match (Olympics) or visit a local Hockey club to watch a Match	Research your favourite sports personality and prepare a one-minute talk. EXTENSION: What age did they start in their sport?
	Summer 1	Stuart Broad – Autobiography https://www.waterstones.com/book/broadly-speaking/stuart-broad/9781399729345	Watch on TV/ you tube a Professional Wimbledon Tennis match or visit a local tennis club to watch a Match	Plan a trip to a local Sports Centre and participate in an activity? EXTENSION: Is it cheaper to take part in this activity as a child?
	Summer 2	Usain Bolt - Faster than Lightning: My Autobiography https://www.goodreads.com/book/show/18240402-faster-than-lightning	Watch on TV/ you tube a Professional cricket match or visit a local cricket club to watch a Match	Listen to Sport on Radio 5. EXTENSION: How does commentary differ from viewing sport on a screen?
Year 8	Autumn 1	Cristiano Ronaldo: The Award-Winning Biography (Guillem Balague's Books) https://www.whsmith.co.uk/products/cristiano-ronaldo-the-biography/guillem-balague/paperback/9781474611565.html	Watch on TV/ you tube a Professional football match (Premier league) or visit a local Football club to watch a Match	Try and complete the daily mile for a week. EXTENSION: How many steps will you have taken?
	Autumn 2	Geva Mentor – Autobiography https://www.waterstones.com/book/leap/geva-mentor/9781529353389	Watch on TV/ you tube a Professional netball match (Netball Super league) or visit a local Netball club to watch a Match	Research one sport from the Olympic Games and write a factual report.

	Spring 1	Michael Jordan: The Life – Autobiography https://www.goodreads.com/en/book/show/18453086	Watch on TV/ you tube a Professional rugby match (6 nations) or visit a local rugby club to watch a Match	EXTENSION: Did this sport become an Olympic Sport at the same time for both men and women?
	Spring 2	Beth Mead – Autobiography Lioness – My journey to glory https://www.waterstones.com/book/lioness-my-journey-to-glory/beth-mead/ian-wright/9781399611688	Watch on TV/ you tube a Professional Hockey match (Olympics) or visit a local Hockey club to watch a Match	Create a HIT session in your lounge with five stations, for example, press-ups, lunges etc. EXTENSION: Can you name the muscles being used in each exercise?
	Summer 1	Stuart Broad – Autobiography https://www.waterstones.com/book/broadly-speaking/stuart-broad/9781399729345	Watch on TV/ you tube a Professional Wimbledon Tennis match or visit a local tennis club to watch a Match	Read the back pages of a Newspaper. EXTENSION: Which sports are mostly reported? Why is this?
	Summer 2	Usain Bolt - Faster than Lightning: My Autobiography https://www.goodreads.com/book/show/18240402-faster-than-lightning	Watch on TV/ you tube a Professional cricket match or visit a local cricket club to watch a Match	Participate in a physical activity in your local area. EXTENSION: Create a flier for this activity to encourage participation.
Year 9	Autumn 1	Cristiano Ronaldo: The Award-Winning Biography (Guillem Balague's Books) https://www.whsmith.co.uk/products/cristiano-ronaldo-the-biography/guillem-balague/paperback/9781474611565.html	Watch on TV/ you tube a Professional football match (Premier league) or visit a local Football club to watch a Match	Create a song, rhyme or poem about the body... for example, the muscles. EXTENSION: Can you link this to a sport, activity or skill?
	Autumn 2	Geva Mentor – Autobiography https://www.waterstones.com/book/leap/geva-mentor/9781529353389	Watch on TV/ you tube a Professional netball match (Netball Super league) or visit a local Netball club to watch a Match	Try and complete the daily mile for a week. EXTENSION: How many steps will you have taken?

	Spring 1	Michael Jordan: The Life – Autobiography https://www.goodreads.com/en/book/show/18453086	Watch on TV/ you tube a Professional rugby match (6 nations) or visit a local rugby club to watch a Match	Create a poster to promote sport and/or health. EXTENSION: What components of fitness or health does it target? Do you know the definitions of these?
	Spring 2	Beth Mead – Autobiography Lioness – My journey to glory https://www.waterstones.com/book/lioness-my-journey-to-glory/beth-mead/ian-wright/9781399611688	Watch on TV/ you tube a Professional Hockey match (Olympics) or visit a local Hockey club to watch a Match	Research your favourite sports personality and prepare a one-minute talk. EXTENSION: What age did they start in their sport?
	Summer 1	Stuart Broad – Autobiography https://www.waterstones.com/book/broadly-speaking/stuart-broad/9781399729345	Watch on TV/ you tube a Professional Wimbledon Tennis match or visit a local tennis club to watch a Match	Plan a trip to a local Sports Centre and participate in an activity? EXTENSION: Is it cheaper to take part in this activity as a child?
	Summer 2	Usain Bolt - Faster than Lightning: My Autobiography https://www.goodreads.com/book/show/18240402-faster-than-lightning	Watch on TV/ you tube a Professional cricket match or visit a local cricket club to watch a Match	Listen to Sport on Radio 5. EXTENSION: How does commentary differ from viewing sport on a screen?
Year 10	Autumn 1	Read the article below about the secrets of sports recovery. This article covers the methods of recovery you have learned so far and discusses some new methods of recovery. https://www.theguardian.com/sport/2019/apr/21/the-secrets-of-sports-recovery	Watch a sporting event. Can you identify how the sport generates money through commercialisation.	Create a poster of the skeleton identifying different muscles and bones. Choose a sporting action – can you identify any muscles or bones used during the action?

Autumn 2	<p>Try to look at both a tabloid and a broadsheet. You can do this online You can do this online for many newspapers. Look for any evidence where the sports person has shown 'gamesmanship.' Did this influence the result of the competition? Do you think athletes are more successful when playing at their home ground?</p>	<p>Watch the film - Bend it like Beckham (2002). Discuss gender and ethical barriers to participation.</p>	<p>Create a poster on the pathway of blood around the body, labelling all the relevant parts of the heart and lungs. You have learned about the role of haemoglobin – find out what myoglobin is and where it is found.</p>
Spring 1	<p>The age of football https://www.panmacmillan.com/authors/david-goldblatt/the-age-of-football/9781509854271</p>	<p>Watch the film - The blind side (2009) Think about how education can help support your development in sport.</p>	<p>For a sport of your choice research how technology has influenced it over time. Has it been impacted by technology to improved safety; to improve overall performance; or the way the sport is watched on TV?</p>
Spring 2	<p>Follow the link to read an article about target heart rate. You will need to know how to calculate your maximum heart and calculate exercise intensity. Can you calculate your 60% and 80% intensity? You will need to remember these! Did you realise it will change each year? https://www.cdc.gov/physicalactivity/basics/measuring/hearttrate.htm</p>	<p>Watch the film - Remember the titans (2000) discuss the importance of over-coming differences to allow you to work as a team.</p>	<p>Complete a fitness session – this can be online like Joe Wicks or something you do already. Record your heart rate after exercising. Did your heart rate go into the aerobic zone? (60-80%)</p>
Summer 1	<p>Leadership – Eddie Jones https://www.panmacmillan.com/authors/eddie-jones/leadership/9781529072174</p>	<p>Listen to a sports podcast from Women in Sport. This podcast looks at bridging the pay gap in sport between men and women. https://womeninsport.org/explore-the-issues/podcast/</p>	<p>Find a list of sports activities in GCSE PE by following the link given. Identify the activities you could offer for assessment. Select your strongest activity and list the core skills you need to be assessed in. https://www.ocr.org.uk/qualifications/gcse/physical-education-j587-from-2016/</p>

	Summer 2	<p>No Limits: The Will to Succeed</p> <p>https://www.waterstones.com/book/no-limits/michael-phelps/alan-abrahamson/9781847396389</p>	<p>Watch the film - Coach carter (2005) Discuss the type of coach you think Ken Carter is and what affect he had on the athletes.</p>	<p>Create your own fitness session on an aspect of fitness from your own sport that you can work on during the summer holidays to retain fitness. This can be skill or physical fitness.</p>
Year 11	Autumn 1	<p>Read the article below about the secrets of sports recovery. This article covers the methods of recovery you have learned so far and discusses some new methods of recovery.</p> <p>https://www.theguardian.com/sport/2019/apr/21/the-secrets-of-sports-recovery</p>	<p>Watch a sporting event. Can you identify how the sport generates money through commercialisation.</p>	<p>Create a poster of the skeleton identifying different muscles and bones.</p> <p>Choose a sporting action – can you identify any muscles or bones used during the action?</p>
	Autumn 2	<p>Try to look at both a tabloid and a broadsheet. You can do this online You can do this online for many newspapers. Look for any evidence where the sports person has shown ‘gamesmanship.’ Did this influence the result of the competition? Do you think athletes are more successful when playing at their home ground?</p>	<p>Watch the film - Bend it like Beckham (2002). Discuss gender and ethical barriers to participation.</p>	<p>Create a poster on the pathway of blood around the body, labelling all the relevant parts of the heart and lungs. You have learned about the role of haemoglobin – find out what myoglobin is and where it is found.</p>
	Spring 1	<p>The age of football</p> <p>https://www.panmacmillan.com/authors/david-goldblatt/the-age-of-football/9781509854271</p>	<p>Watch the film - The blind side (2009) Think about how education can help support your development in sport.</p>	<p>For a sport of your choice research how technology has influenced it over time. Has it been impacted by technology to improved safety; to improve overall performance; or the way the sport is watched on TV?</p>

	Spring 2	<p>Follow the link to read an article about target heart rate. You will need to know how to calculate your maximum heart and calculate exercise intensity. Can you calculate your 60% and 80% intensity? You will need to remember these! Did you realise it will change each year?</p> <p>https://www.cdc.gov/physicalactivity/basics/measuring/hearttrate.htm</p>	<p>Watch the film - Remember the titans (2000) discuss the importance of over-coming differences to allow you to work as a team.</p>	<p>Complete a fitness session – this can be online like Joe Wicks or something you do already. Record your heart rate after exercising. Did your heart rate go into the aerobic zone? (60-80%)</p>
	Summer 1	<p>Leadership – Eddie Jones</p> <p>https://www.panmacmillan.com/authors/eddie-jones/leadership/9781529072174</p>	<p>Listen to a sports podcast from Women in Sport. This podcast looks at bridging the pay gap in sport between men and women.</p> <p>https://womeninsport.org/explore-the-issues/podcast/</p>	<p>Find a list of sports activities in GCSE PE by following the link given. Identify the activities you could offer for assessment. Select your strongest activity and list the core skills you need to be assessed in.</p> <p>https://www.ocr.org.uk/qualifications/gcse/physical-education-j587-from-2016/</p>
	Summer 2	Exams	Exams	Exams

Year 12	Autumn 1 2	<p>Bounce – Matthew Syed https://www.amazon.co.uk/Bounce-Myth-Talent-Power-Practice-ebook/dp/B003P2WJ18</p>	<p>Watch the film - Money ball (2011) – Discuss what place you think data has in sport.</p>	<p>Identify a skill from a sport you participate in. For example, shooting in Netball. Break this skill down into preparation, execution, and recovery. Which muscles are involved in the movement? Where were you looking? What were your arms doing? What were your feet doing? What was the angle of flexion at the hip? Analyse the skill you have identified. Using the technical language identified write about how you perform this skill. Remember to think about applying the topics such as planes and axes of rotation, levers, muscle movement etc.</p>
	Autumn 2	<p>Watch/read the following article/clips about ‘This Girl Can’ This Girl Can Jennie Price TEDxUCLWomen https://www.thisgirlcan.co.uk/about-us/ https://www.thisgirlcan.co.uk Research how effective this campaign has been in getting women active considering barriers that might impact this.</p>	<p>Watch the film - Icarus (2017) Evaluate why sports performers take Performance enhancing drugs.</p>	<p>Discuss if mental rehearsal and visualisation can improve performance before competition?</p>
	Spring 1	<p>The Sports Gene: Inside the Science of Extraordinary Athletic Performance https://www.goodreads.com/en/book/show/16171221</p>	<p>Watch the Film - Invictus (2009) – Think about the aims and values of the Olympic games. Explain the term apartheid.</p>	<p>Write a glossary of anatomy and physiology used in your sport.</p>

	Spring 2	<p>Read and Research what is the most performance affecting drug in the world? Consider the physical impact by weighing up the advantages and disadvantages of the drug in question.</p> <p>https://www.science.org.au/curious/people-medicine/drugs-sport</p>	<p>Watch the film - King Richard – (2021) Netflix Discuss how social class can affect participation and success in sport.</p>	<p>Watch a pre-recorded sports competition of your choice. Can you identify how the ‘Golden Triangle’ impacts this sport? Think about the role of the spectators, the sponsors and the media. How are the athletes impacted? Highlight any advantages or disadvantages for the sport and those involved.</p>
	Summer 1	<p>Read this article which covers the Biomechanical Principles in sport. Select one of the principles that applies to a chosen sport and explain how you can improve your performance through applying the fundamentals of this principle. For example, adjusting the angle of release in a shot put.</p> <p>https://memberfiles.freewebs.com/37/84/82578437/documents/biomechanica-deportiva.pdf</p>	<p>Hustle (2022)</p>	<p>Conduct a physical investigation to see if you can improve your VO₂ max over the course of the summer? The average person can expect to improve their aerobic capacity by 15–20% through training. Discuss the statement that the degree to which you can improve your VO₂ max varies and is based on genetics and the intensity of your training.</p> <p>https://www.runnersworld.com/training/a26066029/increase-vo2-max/</p>
	Summer 2	<p>The talent code: greatest isn’t born. Its grown.</p> <p>https://www.goodreads.com/en/book/show/5771014</p>	<p>Race (2016)</p>	<p>How important is sports psychology in winning? Discuss the impact of sports psychology on performance in sport.</p> <p>https://www.psychologytoday.com/gb/blog/the-whole-athlete/201501/the-effects-psychology-athletic-performance</p>

Year 13	Autumn 1	<p>Bounce – Matthew Syed https://www.amazon.co.uk/Bounce-Myth-Talent-Power-Practice-ebook/dp/B003P2WJ18</p>	<p>Watch the film - Money ball (2011) – Discuss what place you think data has in sport.</p>	<p>Identify a skill from a sport you participate in. For example, shooting in Netball. Break this skill down into preparation, execution, and recovery. Which muscles are involved in the movement? Where were you looking? What were your arms doing? What were your feet doing? What was the angle of flexion at the hip? Analyse the skill you have identified. Using the technical language identified write about how you perform this skill. Remember to think about applying the topics such as planes and axes of rotation, levers, muscle movement etc.</p>
	Autumn 2	<p>Watch/read the following article/clips about ‘This Girl Can’ This Girl Can Jennie Price TEDxUCLWomen https://www.thisgirlcan.co.uk/about-us/ https://www.thisgirlcan.co.uk Research how effective this campaign has been in getting women active considering barriers that might impact this.</p>	<p>Watch the film - Icarus (2017) Evaluate why sports performers take Performance enhancing drugs.</p>	<p>Discuss if mental rehearsal and visualisation can improve performance before competition?</p>
	Spring 1	<p>The sports Gene: Inside the science of extraordinary athletic performance. https://www.goodreads.com/en/book/show/16171221</p>	<p>Watch the Film - Invictus (2009) – Think about the aims and values of the Olympic games. Explain the term apartheid.</p>	<p>Write a glossary of anatomy and physiology used in your sport.</p>

	Spring 2	<p>Read and Research what is the most performance affecting drug in the world? Consider the physical impact by weighing up the advantages and disadvantages of the drug in question.</p> <p>https://www.science.org.au/curious/people-medicine/drugs-sport</p>	<p>Watch the film - King Richard – (2021) Netflix Discuss how social class can affect participation and success in sport.</p>	<p>Watch a pre-recorded sports competition of your choice. Can you identify how the ‘Golden Triangle’ impacts this sport? Think about the role of the spectators, the sponsors and the media. How are the athletes impacted? Highlight any advantages or disadvantages for the sport and those involved.</p>
	Summer 1	Exams	Exams	Exams
	Summer 2	Exams	Exams	Exams