



KWS Academics Programme



Year 8 PE faculty task table:

Read 	Action 	Watch 	Research 
<p>Read the sports article that is uploaded to Google Classroom every week and contribute to the discussion.</p> <p>Signed by teacher _____</p>	<p>Represent a sports team outside of school and provide evidence.</p> <p>Signed by teacher _____</p>	<p>Identify a sportsperson you want to emulate. Watch videos of their best performances on YouTube.</p> <p>Signed by teacher _____</p>	<p>Research a sports psychology technique used to boost the performance of a professional athlete.</p> <p>Signed by teacher _____</p>
<p>Read an article related to performance enhancing drugs in sport.</p> <p>Signed by teacher _____</p>	<p>Pick a sporting event of your choice and write a report of it in the style of a sports journalist.</p> <p>Signed by teacher _____</p>	<p>Watch a full game in a sport that you have previously not watched.</p> <p>Signed by teacher _____</p>	<p>Investigate the different food groups and the benefit they each have to a sports person.</p> <p>Signed by teacher _____</p>
<p>Read 'You are a Champion' by Marcus Rashford.</p> <p>Signed by teacher _____</p>	<p>Attend a stadium tour anywhere in the world or visit a sports museum.</p> <p>Signed by teacher _____</p>	<p>Watch a documentary that offers insight into the professional game in a sport of your choice.</p> <p>Signed by teacher _____</p>	<p>Research the history of the Olympic Games.</p> <p>Signed by teacher _____</p>
<p>Read 'Women in sports: 50 fearless athletes who played to win' by Rachel Ignotofsky.</p> <p>Signed by teacher _____</p>	<p>Attend five different school sports clubs.</p> <p>Signed by teacher _____</p>	<p>Watch a school sport fixture that you are not directly involved in.</p> <p>Signed by teacher _____</p>	<p>Research three sports and identify all the components of fitness relevant to that sport.</p> <p>Signed by teacher _____</p>

Please bring to Mr Houghton to sign upon completion _____