


KWS Academics Programme



KS4 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>Watch three whole matches or games from three different sports.</p> <p>Signed by teacher _____</p>	<p>Research college or university courses related to PE and sport.</p> <p>Signed by teacher _____</p>
<p>Read an article related to recovery techniques used in elite sport.</p> <p>Signed by teacher _____</p>	<p>Complete a coaching or officiating qualification of a sport of your choice.</p> <p>Signed by teacher _____</p>	<p>Watch 'The Last Dance'.</p> <p>Signed by teacher _____</p>	<p>Research the positive and negative effects of commercialisation in sport.</p> <p>Signed by teacher _____</p>
<p>Read "Mind Games" by Annie Vernon.</p> <p>Signed by teacher _____</p>	<p>Complete a fitness challenge of your choice for a month e.g. 50 press ups a day for a month, run 50km in a month.</p> <p>Signed by teacher _____</p>	<p>Watch 'Icarus' (a Netflix documentary on the Russian drugs scandal)</p> <p>Signed by teacher _____</p>	<p>Research careers in sport and interview someone in that field.</p> <p>Signed by teacher _____</p>
<p>Read "Between the Lines" by Victoria Pendleton.</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 some TED Talks that focus on mental toughness, mental health, confidence, or the power of resilience.</p> <p>Signed by teacher _____</p>

Please bring to Mr Houghton to sign upon completion _____