





## PE Super Curricular Activities



KS3



Please update the Form on the School website to record the Super-curricular activity you have completed



 Read	 Watch/Listen
<p><b>Websites:</b></p> <ul style="list-style-type: none"> <li>Keep up to date with the latest sports news at: BBC Sport (<a href="http://www.bbc.co.uk/sport">www.bbc.co.uk/sport</a>)</li> </ul> <p><b>Books:</b></p> <ul style="list-style-type: none"> <li>The Boys in the Boat by Daniel James Brown</li> <li>The Greatest: My Own Story by Muhammad Ali</li> <li>Bend It Like Beckham by Narinder Dhami</li> <li>Rafa: My Story by Rafael Nadal</li> </ul> <p><b>Magazines</b></p> <ul style="list-style-type: none"> <li>National Geographic Kids</li> <li>Active by Youth Sport Trust</li> <li>FourFourTwo</li> </ul> <p><b>Autobiographies and Biographies</b></p> <ul style="list-style-type: none"> <li>Playing It My Way by Sachin Tendulkar</li> <li>The Autobiography by Sir Alex Ferguson</li> </ul>	<p><b>TV/Film:</b></p> <ul style="list-style-type: none"> <li>Game on: The unstoppable rise of Women's sport</li> <li>Lionesses: Champions of Europe (BBC iPlayer)</li> <li>Pep Guardiola: Chasing Perfection (BBC iPlayer)</li> <li>Break Point (Netflix)</li> <li>Sprint (Netflix)</li> <li>Simone Biles (Rising)</li> <li>Captains of the World</li> </ul> <p><b>Podcasts:</b></p> <ul style="list-style-type: none"> <li>Sports Squad</li> <li>The Science of Sport – Ross Tucker and Mike Finch</li> <li>High Performance Podcast – Jake Humphrey and Damian Hughes</li> </ul>
 Visit	 Create/Explore
<ul style="list-style-type: none"> <li>Take part in RPHS extra curricular club – check the Enrichment timetable</li> <li>Join a sports club or team outside of school</li> <li>Go and watch a live match/game</li> <li>Visit a Sports Museum: The Wimbledon Lawn Tennis Museum, Chelsea Football Club Museum, World Rugby Museum</li> </ul>	<ul style="list-style-type: none"> <li>See if you can improve your fitness using an App on your phone e.g. Couch to 5k. Or you could use Nike Run Club or Strava to track your improvements.</li> <li>Complete a ParkRun: <a href="https://www.parkrun.org.uk/">https://www.parkrun.org.uk/</a></li> </ul>

KS4

 Read	 Watch/Listen
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<p><b>Websites:</b></p> <ul style="list-style-type: none"> <li>Keep up to date with the latest sports news at: BBC Sport (<a href="http://www.bbc.co.uk/sport">www.bbc.co.uk/sport</a>)</li> </ul> <p><b>Books:</b></p> <ul style="list-style-type: none"> <li>The Sports Gene: Inside the Science of Extraordinary Athletic Performance (By David Epstein)</li> <li>The Science of the Tour de France Training secrets of the world's best cyclists (By James Witts)</li> <li>Training Secrets of the World's Greatest Footballers How Science is Transforming the Modern Game (By James Witts)</li> <li>The Talent Lab: The secret to finding, creating and sustaining success. (By Owen Slot)</li> <li>Legacy: What the All Blacks can teach us about life. (By James Kerr)</li> </ul> <p><b>Autobiographies:</b></p> <ul style="list-style-type: none"> <li>Look up your favourite athlete and see if they have an autobiography to read</li> </ul>	<p><b>TV/Film:</b></p> <ul style="list-style-type: none"> <li>Icarus (Netflix)</li> <li>Catch Me if you Can (BBC Panorama) - YouTube</li> <li>The Last Dance (NetFlix)</li> <li>Sprint (Netfilx)</li> <li>Six Nations Full Contact (Netflix)</li> <li>Sir Alex Ferguson – Secrets of Success (YouTube)</li> </ul> <p><b>Podcasts:</b></p> <ul style="list-style-type: none"> <li>The Science of Sport Podcast – Ross Tucker and Mike Finch</li> <li>High Performance Podcast – Jake Humphrey and Damian Hughes</li> <li>The Clean Sport Collective (Apple)</li> </ul>
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<ul style="list-style-type: none"> <li>Take part in RPHS extra curricular club – check the Enrichment timetable</li> <li>Join a sports club or team outside of school</li> <li>Complete a ParkRun: <a href="https://www.parkrun.org.uk/">https://www.parkrun.org.uk/</a></li> <li>Go and watch a live match/game</li> <li>Visit a Sports Museum: The Wimbledon Lawn Tennis Museum, Chelsea Football Club Museum, World Rugby Museum</li> </ul>	<ul style="list-style-type: none"> <li>See if you can improve your fitness using an App on your phone e.g. Couch to 5k. Or you could use Nike Run Club or Strava to track your improvements.</li> <li>Use AI platforms such as ChatGPT to create a 6-week training programme for you to improve a particular area of your fitness.</li> </ul>