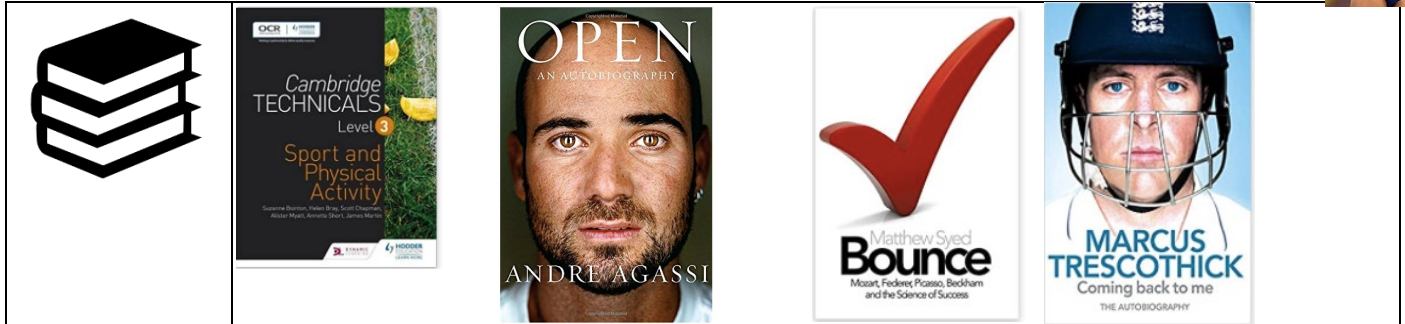



# ONCE AN ATHLETE, ALWAYS AN ATHLETE!

The PE department would love for you to continue to stay cognitively engaged over the coming weeks and months. The following are suggestions, they are not compulsory, but we would love for you to engage in any that you find interesting.



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|  | <p><a href="https://www.uk-sport.gov.uk/our-work/investing-in-sport/how-uk-sport-funding-works">https://www.uk-sport.gov.uk/our-work/investing-in-sport/how-uk-sport-funding-works</a></p> <p><a href="https://www.sportengland.org/campaigns-and-our-work">https://www.sportengland.org/campaigns-and-our-work</a></p> <p><a href="https://www.nhs.uk/conditions/sports-injuries/">https://www.nhs.uk/conditions/sports-injuries/</a></p> <p><a href="https://www.nhs.uk/live-well/exercise/how-to-warm-up-before-exercising/">https://www.nhs.uk/live-well/exercise/how-to-warm-up-before-exercising/</a></p> <p><a href="https://www.healthline.com/health/sports-injuries#types">https://www.healthline.com/health/sports-injuries#types</a></p> <p><a href="https://www.uk-sport.gov.uk/our-work/investing-in-sport/how-uk-sport-funding-works">https://www.uk-sport.gov.uk/our-work/investing-in-sport/how-uk-sport-funding-works</a></p> <p><a href="https://www.sportengland.org/campaigns-and-our-work">https://www.sportengland.org/campaigns-and-our-work</a></p> <p><a href="https://www.womeninsport.org/research-and-advice/our-publications/reframing-sport-for-teenage-girls-building-strong-foundations-for-their-futures/">https://www.womeninsport.org/research-and-advice/our-publications/reframing-sport-for-teenage-girls-building-strong-foundations-for-their-futures/</a></p> |
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|---|--|
|  | <p><a href="https://www.youtube.com/watch?v=8COaMKbNrX0">https://www.youtube.com/watch?v=8COaMKbNrX0</a></p> <p><a href="https://www.youtube.com/watch?v=KI3WJXNhCJ8">https://www.youtube.com/watch?v=KI3WJXNhCJ8</a></p> <p><a href="https://www.youtube.com/watch?v=yG7v4y_xwzQ">https://www.youtube.com/watch?v=yG7v4y_xwzQ</a></p> |
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|---|--|---|
|  | <p>The last Dance – Netflix</p> <p>Coach Carter – Netflix</p> <p>The Redeemed and the Dominant - Netflix</p> | <p>What the health – Netflix</p> <p>The Game Changers - Netflix</p> |
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