

# SUPER-CURRICULAR ACTIVITIES

## GCSE: Physical Education Years 10 & 11

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|  <p>Here is a link to the AQA level A level PE specification. Have a look at the theory and practical areas contained within it. You will notice some topics that you have covered before and some new topics also. Which topics are you looking forward to covering?</p>  |  <p>Read the back pages of a Newspaper. 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? [links to chapter 5]</p> |  <p>Pick one of the following topics to explore:</p> <ul style="list-style-type: none"> <li>• How does a sports person prepare mentally for sporting competition? [links to chapter 4]</li> <li>• What are biomechanical advantages of levers in sport and their application to sporting performance? [links to chapter 2]</li> <li>• Choose a sporting action – can you identify any muscles or bones used during the action? [links to chapter 1a]</li> </ul> |
|  <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. [links to chapter 1c]<br/>Follow <b>Link 1</b> (below)</p>   |  <p>Listen to a sports podcast from <i>Women in Sport</i>. This podcast looks at bridging the pay gap in sport between men and women. [links to chapter 5]<br/>Follow <b>Link 2</b> (below)</p>  |  <p>Watch a sporting event. Can you identify how the sport generates money through commercialisation. [inks to chapter 5]</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. [links to chapter 1b]<br/>Create a poster of the skeleton identifying different muscles and bones. [links to chapter 1a]</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>  |  <p>Create your own fitness session on an aspect of fitness from your own sport that you can work on during lockdown to retain fitness. This can be skill or physical fitness. [links to chapter 6]</p>   |

### Links to websites used in this Super-Curricular GCSE Activities sheet:

Link 1: <https://www.theguardian.com/sport/2019/apr/21/the-secrets-of-sports-recovery>

Link 2: <https://www.womeninsport.org/research-and-advice/podcast/>

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|  | Reading task  |  | Creative task |  | Watching task  |  | Student-led task |
|  | Research task |  | Writing task  |  | Listening task |  | Trip or visit    |