Enrichment and Challenge Programme



Doing

- Attend at least 2 extra-curricular sporting activities per term. Check the activities boards outside PE to find out more.
- Join local sports clubs to challenge yourself in a different environment from school.
- Visit the website below to find out about more sporting activities you can be involved with.

www.bbc.co.uk/getinspired

• Create a scrapbook of any sport, sportsperson or sporting event from broadsheet newspapers.

Watching and Listening

• As well as subscription channels there are lots of opportunities to watch top level sport on free channels.

https://www.bbc.co.uk/iplayer/categories/sport/featured

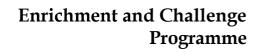
Reading

- Check the Gunnersbury Reading List.
- Read the 'back pages' and sports supplements of Newspapers.



Most of the suggestions for KS3 are still relevant for KS4

| Doing |
|--|
| Join a local gym and seek advice from your teachers and coaches about what type of programme you should be following. |
| https://www.mybounce.co.uk/ |
| • Do some research into what type of diet you should be following and take the opportunity to plan and cook your meals with your parents. |
| https://www.nutrition.org.uk/healthyliving/an-active-lifestyle/eating-for-sport-and-exercise.html |
| Assess another performance and coach someone how to develop their skill and strategy in performance. |
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| Watching and Listening |
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| • Sports biographies and 'day in the life of' programmes give an excellent insight into the world of the elite athlete. There are lots on YouTube, just search 'Sports Biographies'. |
| • Check out the BBC Sounds sports podcasts and see if there are any that interest you. |
| https://www.bbc.co.uk/sounds/categories/sport?sort=popular |
| Reading |
| Outliers -10,000 Hours by Malcolm Gladwell Touching the Void by Joe Simpson |
| Bounce - The myth of talent and the power of practice by Mathew Syed The Champion's Mind by Jim Afremow |
| What I Talk About When I Talk About Running by Haruki Murakami Born to Run: A Hidden Tribe, Superathletes, and The Greatest Race the World |
| Has Never Seen by Christopher McDougall The Champion in all of Us: 12 Rules for Success by Steve Backley |





KS5

Doing

• You can begin refereeing courses to be a qualified official in a number sports once you reach the age of 16.

Football

http://www.thefa.com/my-football/referee/local-county-referee-contacts

Rugby

http://www.englandrugby.com/my-rugby/referees/courses/

• During KS5 you can become a qualified coach by starting with a range of Level 1 coaching Qualifications

Football http://www.thefa.com/get-involved/coach

Rugby: http://www.englandrugby.com/my-rugby/volunteers/

• Check out Brianmac.co.uk. Here you can find all sorts of links to training programmes, information on different sports and links to journal articles.

https://www.brianmac.co.uk/

• Check out what Sport England do to increase participation and accessibility.

https://www.sportengland.org/

Watching and Listening

• Try watching some of the Sports documentaries highlighted in this article.

https://www.esquire.com/uk/culture/film/a15963/best-sports-documentaries-of-all-time/

• Or these available on Netflix.

https://www.menshealth.com/entertainment/g26837686/best-sports-documentaries-netflix/

Enrichment and Challenge Programme



Reading

• Journal of Sports Science and Medicine.

https://www.jssm.org/

• Search for journal articles on the websites below.

https://www.physiology.org/

https://journals.sagepub.com/action/showPublications