




Year 7 PE Super Curriculum



Read 	Do 	Find 
<p>Read a sporting biography of someone you admire.</p>	<p>Represent the school in two sports</p>	<p>Go to a league or cup match of a professional or semi-professional game in any sport.</p>
<p>Read a news article about a sporting event that happened recently.</p>	<p>Run two consecutive PBs in the RPS mile.</p>	<p>Go on a stadium tour anywhere in the world or visit a sports museum.</p>
<p>Read an interview with a sports player in a sports magazine or online.</p>	<p>Be a member of a sports club outside of school.</p>	<p>Visit the science museum or an alternative with a sporting exhibition.</p>
<p>Read the rules of a sport that is new to you on the official national governing body website.</p>	<p>Captain a team either in or out of school.</p>	<p>Research a sportsperson you want to emulate. Watch videos of their best performances on YouTube.</p>
<p>Read Marcus Rashford's book "You are a champion: How to be the best you can be."</p>	<p>Participate in a fitness event outside school. eg. Park Run, Herts 10K etc.</p>	<p>Find a sporting podcast or Youtube channel that offers insight into the professional game.</p>