




Year 9 PE Super Curriculum



Read 	Do 	Find 
'Bounce' by Matthe Syed.	Represent school in two sports regularly.	Research college or uni courses that are key to PE.
'Eat, Sweat, Play' by Anna Kessel.	Represent the district or county in sport.	Using uni frog research a career that links to your sporting traits.
'Born to Run' by Christopher McDougall.	Watch three whole matches or games from three different sports.	Research coaching or officiating opportunities in certain sports.
A sporting bio- written by someone in your number one sport.	Research a GCSE topic from the current spec and write a brief summary.	Research/find practices on a sport of your choice.
Read a news article on a sporting event.	A fitness programme for a month. Run/swim or cycle.	Find a free first aid course that you can complete.