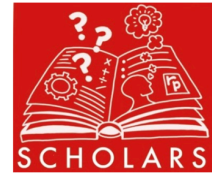


GCSE PE



Task	Details	Points
Sports Documentary	Watch a sports documentary on Netflix and write a 250 word review	5pts
Ted Talks	Listen to/watch at least two <i>Ted Talks</i> on the themes of mental toughness, mental health, confidence, power of resilience. Be prepared to discuss them with your teacher	5pts
Coaching	Find a coaching course that you could take part in.	10pts
Icarus	Watch <i>Icarus</i> , a documentary film on the Russian drugs scandal (Netflix). Be prepared to discuss the documentary with your teacher	10pts
At Speed	Read 'At Speed' by Mark Cavendish. Write a 250 word review	15pts
The Talent Code	Read 'The Talent Code' by Daniel Coyle. Write a 250 word review	15pts
Mind Games	Read 'Mind Games' by Annie Vernon. Write a 250 word review	15pts
Find a Way	Read 'Find a Way' by Diana Nyad. Write a 250 word review	15pts
The Young Champion's Mind: How to Think, Train and Thrive like an Elite Athlete	Read 'The Young Champion's Mind: How to Think, Train and Thrive like an Elite Athlete' by Jim Afremov, Ph.D. Write a 250 word review	15pts
House sport	Lead a house sporting event (Could you officiate? Organise?)	15pts
Pro-sports stadium	Visit a Pro-sport Stadium. Document your experience	20pts
University of Hertfordshire	Visit the University of Hertfordshire Physiology Laboratories. Document your experience.	20pts
Coaching qualification	Complete a coaching qualification of a sport of your choice.	20pts

