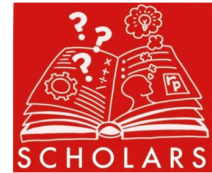


Year 9 PE



Task	Details	Points
Sporting event	Read a news article on a sporting event. Write a 50 word summary of the article	5pts
Coaching	Research local coaching or officiating opportunities in certain sports.	10pts
Uni Frog	Using Uni Frog research a career that links to your sporting traits. Be prepared to discuss your findings	10pts
Matches/games	Watch three whole matches or games from three different sports. Write a 300 word review (total) of the matches	10pts
GCSE research	Research a GCSE topic from the current spec and write a brief summary.	10pts
Bounce	Read ' <i>Bounce</i> ' by Matthe Syed. Write a 300 word review	15pts
Represent the school	Represent school in two sports regularly. Document your experience	15pts
Eat, Sweat, Play	Read ' <i>Eat, Sweat, Play</i> ' by Anna Kessel. Write a 300 word review	15pts
Born to run	Read ' <i>Born to Run</i> ' by Christopher McDougall. Write a 300 word review	15pts
Sporting bio	Read a sporting bio written by someone in your number one sport. Write a 300 word review	15pts
Fitness programme	Take part in a fitness programme for a month. Run/swim or cycle.	15pts
Representation	Represent the district or county in sport.	20pts
First Aid	Find a free first aid course that you can complete.	20pts

