



GCSE PE



Task	Details	Points
Sports Documentary	Watch a sports documentary on Netflix and write a 250 word review. Link this to GCSE theory and Aspire where possible.	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
Icarus	Watch <i>Icarus</i> , a documentary film on the Russian drugs scandal (Netflix). Be prepared to discuss the documentary with your teacher and write a 100 review on linking it to drugs in sport.	10pts
At Speed	Read ' <i>At Speed</i> ' by Mark Cavendish. Write a 250 word review about the book and any interesting facts you learnt. Consider the links to our Aspire programme and how you can use the key messages in your classroom learning.	15pts
The Talent Code	Read ' <i>The Talent Code</i> ' by Daniel Coyle. Write a 250 word review about the book and any interesting facts you learnt. Consider the links to our Aspire programme and how you can use the key messages in your classroom learning.	15pts
Mind Games	Read ' <i>Mind Games</i> ' by Annie Vernon. Write a 250 word review about the book and any interesting facts you learnt. Consider the links to our Aspire programme and how you can use the key messages in your classroom learning.	15pts
Find a Way	Read ' <i>Find a Way</i> ' by Diana Nyad. Write a 250 word review about the book and any interesting facts you learnt. Consider the links to our Aspire programme and how you can use the key messages in your classroom learning.	15pts

The Young Champion's Mind: How to Think, Train and Thrive like an Elite Athlete	Read ' <i>The Young Champion's Mind: How to Think, Train and Thrive like an Elite Athlete</i> ' by Jim Afremov, Ph.D. Write a 250 word review. Consider the links to our Aspire programme and how you can use the key messages in your classroom learning.	15pts
House sport	Speak to the PE department about leading/supporting a House sporting event. You could help officiate, do the admin for the event or even run something yourself.	15pts
University of Hertfordshire	Visit the University of Hertfordshire Physiology Laboratories. Write a 300 word review of your experience.	20pts
Coaching qualification	Complete a coaching qualification of a sport of your choice and hand in the certificate.	20pts