



Year 7 PE



Task	Details	Points
Interview	Read an interview with a sports player in a sports magazine or online. Write a 100 word review of what you learnt.	5pts
Sporting rules	Read the rules of a sport that is new to you on the official national governing body website. Write a 100 word summary of the rules	5pts
Podcast	Find a sporting podcast or Youtube channel that offers insight into the professional game. Write a 100 word review	5pts
Personal best	Run two consecutive PBs in the RPS mile and write up a review on any training you've been doing and your mindset approaching the challenge - link to Aspire where possible.	5pts
Sports Club	Be a member of a sports club outside of school. Document your experience with a journal style log of a series of four weeks of training and matches.	10pts
Sportsperson	Research a sportsperson you want to emulate. Watch videos of their best performances on YouTube. Write a 200 word summary of why you chose them	10pts
Watch sport live	Go to a league or cup match of a professional or semi-professional game in any sport. Document your experience with a 300 word review of your day, like something that might go on Trip Advisor, outlining anything you'd like to pass on to anyone else that would visit that venue.	10pts
Biography	Read a sporting biography of someone you admire. Write a 300 word review of the book. Consider the impact it has had on your in-class learning, what Aspire skills you will need to use to emulate your hero (e.g. resilience)	15pts
School representation	Represent the school in two sports. Document your experience with a journal style log of five training	15pts

	sessions and two fixtures. Review your performance and set goals for progress.	
Watch sport live	Go to a league or cup match of a professional or semi-professional game in any sport. Document your experience with a 300 word review of your day, like something that might go on Trip Advisor. Outlining anything you'd like to pass on to anyone else that would visit that venue.	10pts
You are a champion: How to be the best you can be	Read Marcus Rashford's book " <i>You are a champion: How to be the best you can be.</i> " Write a 300 word review of the book. Consider the impact it has had on your in-class learning, what Aspire skills you will need to use to emulate your hero (e.g. resilience)	15pts
Fitness event	Participate in five fitness events outside school. eg. Park Run, Herts 10K etc. Document your experience and the training involved. What Aspire skills did you demonstrate?	15pts
Stadium tour	Go on a stadium tour anywhere in the world or visit a sports museum. Create a brochure based on your day, imagining that it might be going on Trip Advisor.	20pts
Sporting exhibition	Visit the science museum or an alternative with a sporting exhibition. Create a brochure based on your day, imagining that it might be going on Trip Advisor.	20pts
Captain	Captain a team either in or out of school for four weeks. Document your experience and how you approached your role as captain. This should be a 300 word review of your captaincy philosophy and how you feel you got the best out of your teammates. Include a reference from your coach about what you did well.	20pts