

SUPER-CURRICULAR OPPORTUNITIES							
Subject	Key Stage Three	KS3 Book/Broadcast /Competition	Pre GCSE/GCSE	GCSE Book/Broadcast /Competition	Post-16	Post-16 Book/Broadcast/Competition	Websites / Virtual Tours
Sport Science	<ul style="list-style-type: none"> Attend at least two extra-curricular activities at school Be training and competing for a sport regularly. Examples of clubs you could join: <ul style="list-style-type: none"> Athletics - Hockey – Canterbury Hockey Club Gymnastics - Football - Netball – Plan a trip to a local Sports Centre and participate in an activity Go for a walk and see if you can reach the recommended daily step target of 12,000 steps 	<p>Books:</p> <ul style="list-style-type: none"> The Jamie Johnson Football Collection by Dan Freedman <p>Films:</p> <p>Coach Carter, Bend it like Beckham, Step up, The Blindside, Eddie the Eagle, Invictus, Cool Runnings, Chariots of Fire</p> <p>Programmes:</p> <p>Watch coverage of major sporting events such as Olympics Games, Football World Cup/European Championships, Athletic/Gymnastics/ Swimming World Championship.</p> <p>Apps:</p> <p>Subscribe to daily sports news updates</p>	<ul style="list-style-type: none"> You can begin refereeing courses to be a qualified official in a number of sports once you reach the age of 16. <p>Football:</p> <p>http://www.thefa.com/my-football/referee/local-county-referee-contacts</p> <p>Netball:</p> <p>http://www.englandnetball.co.uk/make-the-game/officiating/Courses</p> <p>Hockey:</p> <p>http://www.englandhockey.co.uk/courses.asp?section=296&sectionTitle=Find+a+Course</p> <ul style="list-style-type: none"> Complete a fitness session – this can be online like Joe Wicks or something you do 	<p>Books:</p> <ul style="list-style-type: none"> Outliers -10,000 Hours by Malcolm Gladwell Touching the Void by Joe Simpson Bounce - The myth of talent and the power of practice by Mathew Syed The Champion's Mind-Jim Afremow What I Talk About When I Talk About Running by Haruki Murakami Born to Run: A Hidden Tribe, Superathletes, and The Greatest Race the World Has Never Seen by Christopher McDougall The Champion in all of Us: 12 Rules for Success by Steve Backley <p>Films:</p>	<ul style="list-style-type: none"> Identify a skill from a sport you participate in. For example, shooting in Netball. Break this skill down into preparation, execution and recovery. Can you find a picture or photo of you or an elite athlete performing the correct model of this? Sporting Injuries - Research the following topical issues around sporting injuries: Dementia in retired football players Concussion in rugby Increased risk of injury through use of artificial pitches Sport Psychology - Research the 	<p>Visit the following venues: The Rugby Museum, Wimbledon Tennis Museum and Hampton Court Real Tennis Courts</p> <p>Films/Documentaries :</p> <ul style="list-style-type: none"> The Great Olympic Drug Scandal Supersize Me Lance Armstrong Documentaries <p>Podcasts:</p> <p>The Game Changers –UK Podcasts (uk-podcasts.co.uk)</p> <p>The Price of Football –UK Podcasts (uk-podcasts.co.uk)</p> <p>Sports Medicine Weekly podcast (player.fm)</p>	<p>BBC Sport: https://www.bbc.co.uk/sport</p> <p>Penn Health: www.pennhealth.com</p> <p>This Girl Can: Home Uniting The Movement Sport England (thisgirlcan.co.uk)</p> <p>Performance: Mental Rehearsal/Visualisation/Imagery – HSC PDHPE</p>

	<ul style="list-style-type: none"> • Read the back pages of a newspaper. Try to look at both a tabloid and a broadsheet. You can do this online for many newspapers. Which sports are commonly reported? Can you find any news on your own sport? 	eg: BBC Sports News app Use twitter to follow a range of sporting professionals and sports teams.	already. Record your heart rate after exercising. Did your heart rate go into the aerobic zone? (60-80%) <ul style="list-style-type: none"> • Watch a sporting event. Can you identify how the sport generates money through commercialisation. 	<ul style="list-style-type: none"> • Senna • Touching the void • When We Were Kings Podcasts: Podcast - Women In Sport	different arousal performance relationship theories and link these to specific examples in sport <ul style="list-style-type: none"> • During Key Stage 5 you can become a qualified coach by starting with a range of Level 1 coaching qualifications 	20 Best Sports Psychology Podcasts You Must Follow in 2023 (feedspot.com) Ted Talks: TED: Ideas Worth Spreading James Morris on YouTube: James Morris - YouTube	
--	--	--	---	--	---	---	--