

Gifted, Talented and the More Able in Physical Education

Opportunities available within the Department.

- Sports Council Leaders to voice students opinions and ideas
- Sports Club representatives- Help with the running of extra-curricular sports clubs and prepare and deliver activities.
- Work experience opportunities available in year 10 during the Shugborough trip.
- If you would like any more information on the above, please see a member of the PE Department!

Opportunities within lessons

There are many leadership roles available within lessons. Sports Leaders, group leaders, research leaders, Challenge partners, peer teaching. GCSE articles and resources for some Key stage 3 tasks, and A-Level articles for some GCSE topics.

Wider reading for Stretch and Challenge

	Stretch and Challenge Task	Links and resources	Wider Reading Suggestions
Year 7	Describe what a healthy active lifestyle should include and 2 benefits that can be gained from improving your fitness levels.	http://www.bbc.co.uk/education/subjects/znyb4wx www.skysports.co.uk http://www.youtube.co.uk/sportuk http://www.bbc.co.uk/science/humanbody/	AQA Physical Education GCSE Textbook
Year 8	How improving a component of fitness can improve your performance in a specific sport? Use cardiovascular endurance, strength and power.	http://www.bbc.co.uk/education/subjects/znyb4wx www.skysports.co.uk http://www.youtube.co.uk/sportuk http://www.bbc.co.uk/science/humanbody/	AQA Physical Education GCSE Textbook
Year 9	Research first, second and third class levers in a sporting movement and answer the following questions. <ul style="list-style-type: none"> • Draw the three classes of lever system showing the position of the fulcrum, load/resistance and effort. • How knowledge of the lever system can improve performance. 	http://www.bbc.co.uk/education/subjects/znyb4wx www.skysports.co.uk http://www.youtube.co.uk/sportuk	AQA Physical Education GCSE Textbook

		http://www.bbc.co.uk/science/humanbody/	
Year 10	<p>Explain how a sports person in your chosen sport would use 3 of the following movement's flexion, extension, abduction, adduction or rotation when performing.</p> <p>How would this effect performance and the outcome of the match?</p>	http://www.bbc.co.uk/education/subjects/znyb4wx http://www.youtube.co.uk/sportuk http://www.bbc.co.uk/science/humanbody/	AQA Physical Education GCSE Textbook
Year 11	<p>Explain how muscles and bones work together to create movement. Use a specific sporting example.</p>	http://www.bbc.co.uk/education/subjects/znyb4wx http://www.youtube.co.uk/sportuk http://www.bbc.co.uk/science/humanbody/	AQA Physical Education GCSE Textbook

Reading Opportunities

The following websites are useful links to further your development within the sporting world. Keep up to date with all events and happenings in your favourite sport.

<http://www.bbc.co.uk/sport/0/>

<http://www.skysports.com/>

<http://www.telegraph.co.uk/sport/>

<http://www.independent.co.uk/sport>

<http://www.bbc.co.uk/education/subjects/znyb4wx>

Physical Education at University:

Cambridge University <http://www.sport.cam.ac.uk/>

Oxford University <http://www.sport.ox.ac.uk/>

Durham University <https://www.teamdurham.com/>

Staffordshire University <http://www.staffs.ac.uk/teamstaffs/>

Manchester Metropolitan University <http://www2.mmu.ac.uk/sport/>

