

Subject: Physical Education
















Childwall Sports and Science Academy has a mission statement of 'Learning without Limits'. This means that we seek to engage students in the best possible learning experiences in order to enable them to achieve their potential. Be ambitious activities are those that take your regular curriculum further. They take the subjects you study in the classroom beyond that which your teacher has taught you or what you've done for home learning. For example, you may go into more depth on something you picked up in the classroom or learn about a new topic altogether. These activities are normally in the form of extra reading, but they can take many other forms, like watching videos online, downloading podcasts, attending lectures, visiting museums or entering academic competitions.









Engaging in be ambitious activities will help you develop a love for your favourite subject or subjects. In this booklet, there are a range of activities, suggested by your teachers. They are by no means exhaustive lists but should get you started. We would encourage you to share ideas and opportunities you come across with your teachers so that, over time, the recommended activities in this booklet can grow.

In the future, employers or universities will be interested to hear about what Be ambitious activities you have engaged in; they will be interested in what you have learnt and impressed by your efforts.
















We wish you well in your pursuit of be ambitious activities!

Be Ambitious – Key Stage 3

 Watch the link. Write down the different stages of the ruck, can you describe this to your teacher? https://www.youtube.com/watch?v=HaSL73w_e8A	 Read through the BBC Newsround sport page and report your findings back to your form. https://www.bbc.co.uk/newsround	 Print out your timetable and highlight when you have PE. Prepare your kit the night before. Pack your bag and make sure you pick it up on the way to school
 Write down 5 key words linked to basketball.	 Watch 5 mins of a Hockey and a Football game and make comparisons between both sports.	 Watch the link. Write down what your main sport means to you and why? https://www.youtube.com/watch?v=Dl_bkstklg
 Write down a paragraph on your favourite sports person and why?	 Watch the link. Write down some key skills needed in cricket and how they can be used. https://www.youtube.com/watch?v=Kwu1yIC-ssg	 Take part in an extracurricular club at school or join an outside school sports club.
 Go and watch a live sporting event outside of school.	 Research the Olympic games. Can you name the 7 Olympic values and report it back to your form?	 Watch the link. Write down 5 rules of badminton. https://www.youtube.com/watch?v=UyLli-TbcFc
 Can you name any differences between softball and rounder's?	 Click on the link. Can you find one current news topic in gymnastics and report your findings back to your form? https://www.british-gymnastics.org/	 Watch the link. Produce a step by step guide on how to shoot in netball. https://www.youtube.com/watch?v=wGUXLyYXvzU

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|---|----------------|---|------------------|
|  | Reading task |  | Writing task |
|  | Listening task |  | Watching task |
|  | Research task |  | Trip or visit |
|  | Creative task |  | Student-led task |

Be Ambitious – Key Stage 4

 Watch the link. Write down the reasons some people do and don't want to referee a football match? https://youtube/vq-bSpRPGFg	 Read through the BBC Newsround sport page and report your finding back to your form. https://www.bbc.co.uk/newsround	 Print out your timetable and highlight when you have PE. Prepare your kit the night before. Pack your bag and make sure you pick it up on the way to school
 Answer the question: What influence does the media have on the popularity of a sport?	 Watch 10 minutes of a Team sport and 10 minutes of an Individual sport. What are the similarities and differences?	 Watch these unique sporting moments. Think what opportunities sport can give other than winning? https://youtu.be/kE7D7qFayVg
 Learn and practice a skill then show it to your family and friends.	 Research the history of a sport you play. When did it start, how has it changed, is it English or did it start somewhere else	 Take part in an extra-curricular sport club for 4 weeks at least. What changes have you made in your ability to play it and what other side effects have you noticed by taking part.
 Take a walk on a Saturday or Sunday morning around your local fields or park. What sports did you observe being played? Are they individual or team sports?	 Research the history of Everton FC and Liverpool FC. Which club came first? Why do we now have two teams in a city either side of Stanley Park?	 Perform a typical school day and then look at the Olympic Values we aspire to in PE. How many times did you display a value (remember it doesn't always have to be in PE.
 Select an autobiography and read it. Tell your parents something they probably never knew about the athlete. We recommend, Andre Agassi Michael Johnson John Daly Tiger Woods Lance Armstrong	 Act as the role of a referee in one of your PE lessons. Reflect on how hard it was, how did you feel before, during and after. Did you enjoy it, is it something you could do as a part-time job	 Look online for what courses are available to get involved in refereeing in your chosen sport. How old do you need to be, how much does it cost and how long is the course.



Reading task



Listening task



Research task



Creative task



Writing task



Watching task


















Trip or visit



Student-led task

Be Ambitious – Key Stage 5

 Olympic Values Respect Excellence Friendship Determination Inspiration Courage Equality How does sport develop the characteristics of a sports performer?	 Read through an autobiography of a current sports performer.	 Revise the major muscles in the human body.
 How can you transfer your Leadership skills into the world work. Write down your idea.	 Join a sports club to improve your individual sport e.g. Badminton, table tennis, tennis or trampolining	 Watch a football and Hocket match and compare the two games.
 Join a sports club to improve your team sport e.g. Netball, Football, Hockey or Rugby.	 Read through an autobiography of an older sports performer.	 Take part leadership through refereeing at a local club or youth centre.
 Study the skeleton and recall the 21 major bones. https://www.youtube.com/watch?v=L_VeaCmemU	 Use the internet to search the different University sports courses on offer.	 Study the muscle fibre types. https://www.youtube.com/watch?v=YPVnlPeZKTO
 Research the different professions within the sports industry.	 Join a local gym and train 3 times a week.	 Read through the BBC sport website looking for success story from younger sports people. https://www.bbc.co.uk/sport