



# **SUPER CURRICULUM**

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**PLANNING KS3 – PE**



# SUPER CURRICULUM

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Reading Tasks



Watching Tasks



Listening Tasks



Writing Tasks



Creative Thinking Tasks



Visiting/Virtual Visiting Tasks



# **SUPER CURRICULUM**

## **Purpose and Rationale**

At Hitchin Boys' School we firmly believe that students should study a breadth of subjects that develop them into well-rounded individuals. Each curriculum area has comprehensive schemes of work in place that ensure students acquire substantial knowledge and understanding within each subject. We also provide opportunities for students to read around the subject, conduct research into key areas of study and be creative. However, we recognise that there is only a finite amount of time in the school day and we do not want this to restrict the extent to which students can deepen and further enrich their learning.

To ensure students continue to develop their learning outside of the classroom, we have created a Super Curriculum that provides inspirational tasks, activities and opportunities for students to engage with outside of school. These activities can take many forms including reading, watching videos online, downloading podcasts, attending lectures, visiting museums or entering academic competitions. These are created by subject teachers and designed to complement the curriculum students' study in school. It provides students with the opportunity to deepen their knowledge and understanding of a subject, field or discipline that they may have an existing passion with or a curiosity about. Whilst the completion of Super Curriculum tasks is not compulsory, we highly recommend that every student should engage with an area that interest them.

As students work from Year 7 to 13, they will have the opportunity to build up a strong portfolio of Super Curriculum tasks. In an ever more competitive world, it is key for students to be able to demonstrate the opportunities and independent study they have taken outside of their academic studies.







**Mr Bajak**

**Head of Super Curriculum**



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Tasks	Year 7
<b>Reading Tasks</b> 	Read a sports Autobiography of someone from your favourite sport. Read Be Amazing! An inspiring guide to being your own champion by Sir Chris Hoy.
<b>Watching Tasks</b> 	Watch Why I run “Mo Farah” <a href="http://www.youtube.com/watch">www.youtube.com/watch</a> What’s his motivation ? What is his support network  Muscles and bones (Basics) <a href="http://www.bbc.co.uk/teach">www.bbc.co.uk/teach</a>  Why we warm up & Cool down <a href="http://www.youtube.com/watch">www.youtube.com/watch</a>  How playing sports is beneficial to your body & brain <a href="http://www.ted.com/talks">www.ted.com/talks</a>  Instagram adds
<b>Listening Tasks</b> 	Complete the NHS Couch to 5k Run (Park Run) Listen to the podcast for help <a href="http://www.nhs.uk/live-well">www.nhs.uk/live-well</a>
<b>Writing Tasks</b> 	Read the article below how to write a sports report Watch your favourite sports team/national team and write a match report <a href="http://www.bbc.co.uk/schoolreport">www.bbc.co.uk/schoolreport</a>  Complete the sports participation survey at the end of the summer term and return it to the PE Department  Complete the Year 7 end of year test and return it to the PE Department
<b>Creative Thinking Tasks</b> 	5 minute basketball handling workout <a href="http://www.youtube.com">www.youtube.com</a>  5 minute Hockey Drills <a href="http://www.youtube.com/watch">www.youtube.com/watch</a>  Design our new school Rugby , Hockey or Football shirt <a href="http://www.ev2sportswear.com/kitbuilder">www.ev2sportswear.com/kitbuilder</a>  Send your design to the PE department
<b>Visiting/Virtual Tasks</b> 	Visit Tottenham Hotspurs Impressive New Stadium <a href="http://www.youtube.com/watch">www.youtube.com/watch</a>  Behind the scenes soccer Saturday <a href="http://www.youtube.com/watch">www.youtube.com/watch</a>  Behind the scenes Physiotherapy at Inter Milan <a href="http://www.youtube.com/watch">www.youtube.com/watch</a>



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Tasks	Year 8
<b>Reading Tasks</b> 	Anything is Possible: Be Brave, Be Kind and Follow Your Dreams by Gareth Southgate Learn the main bones in the human body & take the test <a href="https://www.bbc.co.uk/bitesize/guides/z2gyrdm/revision/1">https://www.bbc.co.uk/bitesize/guides/z2gyrdm/revision/1</a>
<b>Watching Tasks</b> 	Watch Spellbound Watch The 16th Man – Nelson Mandela Rugby world cup ESPN/Netflix Cheer – Netflix don't be put off by the title cheerleading is tough Watch Ted talks the power of fitness <a href="https://www.youtube.com/watch?v=37UhELFvPec">https://www.youtube.com/watch?v=37UhELFvPec</a>
<b>Listening Tasks</b> 	Try Max Whitlock's 5 minutes exercise routine <a href="https://www.bbc.co.uk/sport/av/get-inspired/46648590">https://www.bbc.co.uk/sport/av/get-inspired/46648590</a> Try Roman Cheshire's 5 minute exercise routine <a href="https://www.bbc.co.uk/sport/av/get-inspired/46648590">https://www.bbc.co.uk/sport/av/get-inspired/46648590</a> Try Roman Cheshires Leg workout <a href="https://www.bbc.co.uk/sport/av/get-inspired/46648590">https://www.bbc.co.uk/sport/av/get-inspired/46648590</a>
<b>Writing Tasks</b> 	Write a match report on a school match and submit to the PE Department <a href="https://blog.pitchero.com/how-to-write-a-match-report">https://blog.pitchero.com/how-to-write-a-match-report</a>
<b>Creative ThinkingTasks</b> 	Design your own bespoke fitness plan Give it to a member of PE to have a look  <a href="https://www.wholelifechallenge.com/how-to-design-your-own-workout-program-a-guide-for-beginners/">https://www.wholelifechallenge.com/how-to-design-your-own-workout-program-a-guide-for-beginners/</a> Research the following 5 careers in sport Football player , Physiotherapist , sports Lawyer , personal trainer , PE teacher , find out answers to main roles & responsibilities , average salary , qualifications needed.
<b>Visiting/Virtual Tasks</b> 	Complete a parkrun? parkruns are free, weekly, community events all around the world. Saturday morning events are 5k <a href="https://www.parkrun.org.uk/">https://www.parkrun.org.uk/</a> share your result with your PE teacher Represent your House twice during the year and attend extra-curricular sport in two different sports Re-visit the London Olympics 2012 <a href="https://www.youtube.com/watch?v=89TC_QItvW8&amp;t=760s">https://www.youtube.com/watch?v=89TC_QItvW8&amp;t=760s</a>



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## PLANNING KS3 – PE

Tasks	Year 9
<p>Reading Tasks</p> 	<p>They Don't Teach This – Eniola Aluko</p> <p>Bounce - Matthew Syed</p>
<p>Watching Tasks</p> 	<p>Download Aaptiv - Some functional workout ideas.</p> <p>Watch Icarus - Netflix (drugs in sport documentary)</p> <p>The last Dance - Netflix</p> <p>Cristiano Ronaldo 'Unhuman' the story behind the legend  <a href="https://www.youtube.com/watch?v=0XTy9NgSTYE">https://www.youtube.com/watch?v=0XTy9NgSTYE</a></p>
<p>Listening Tasks</p>	<p>Create some sort of diet plan? Link to some sport of 'eating to perform' nutrition based idea?</p> <p>Robin Van Persie 'High Performance podcast'  <a href="https://www.youtube.com/watch?v=filJJC5SUNY">https://www.youtube.com/watch?v=filJJC5SUNY</a></p>
<p>Writing Tasks</p>  	<p>Write a report on one of your favourite athletes, including some background information about them and what makes the effective in their sport.</p> <p>Write a newspaper article previewing an upcoming sporting event (e.g. Euro 2021 final, Lions tour ect), with predictions and some analysis.</p>
<p>Creative ThinkingTasks</p> 	<p>Create a pre-season training plan to prepare yourself for your next season of sport. Alternatively create yourself a training plan to prepare for a big competition/trial in a sport of your choice (e.g. preparing to compete in a mini triathlon).</p>
<p>Visiting/Virtual Tasks</p> 	<p>Alex Oxlade Chamberlain's tour of the new LFC training complex - <a href="https://www.youtube.com/watch?v=e0qliPjnNOw">https://www.youtube.com/watch?v=e0qliPjnNOw</a></p> <p>Inside GBs intense rowing training camp - <a href="https://www.youtube.com/watch?v=3N2vJu-GqxA">https://www.youtube.com/watch?v=3N2vJu-GqxA</a></p>



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## PLANNING KS4 – PE

Tasks	Year 10
Reading Tasks 	Champion's Mind, The: How Great Athletes Think, Train, and Thrive By Jim Afremow
Watching Tasks 	Planet PE <a href="https://www.youtube.com/channel/UCZYCR8YjZlb5S3DMZW3u7g">https://www.youtube.com/channel/UCZYCR8YjZlb5S3DMZW3u7g</a> Secrets of elite athletes <a href="https://www.youtube.com/watch?v=KI3WjXNhCj8&amp;t=136s">https://www.youtube.com/watch?v=KI3WjXNhCj8&amp;t=136s</a>
Listening Tasks 	High Performance Podcast - Jonny Wilkinson, Chris Hoy, Sir Ben Ainslie etc <a href="https://www.jakehumphreyofficial.com/news/article/the-high-performance-podcast">https://www.jakehumphreyofficial.com/news/article/the-high-performance-podcast</a> Take takes Practice Podcast - Matthew Syed and Robbie Savage <a href="https://audioboom.com/channels/5038997">https://audioboom.com/channels/5038997</a>
Writing Tasks 	Read the article below and write your own article on an event or game of your choice <a href="https://www.theguardian.com/careers/sports-journalism-tips-gabby-logan">https://www.theguardian.com/careers/sports-journalism-tips-gabby-logan</a>
Creative Thinking Tasks 	Design a new sports team top for the PE department and send them your design <a href="https://www.ev2sportswear.com/kitbuilder/#/">https://www.ev2sportswear.com/kitbuilder/#/</a>
Visiting/Virtual Tasks 	What happens behind-the-scenes on Soccer Saturday?! <a href="https://www.youtube.com/watch?v=gfwVOWP3k8Q&amp;t=640s">https://www.youtube.com/watch?v=gfwVOWP3k8Q&amp;t=640s</a>



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## PLANNING KS4 – PE






Tasks	Year 11
<b>Reading Tasks</b> 	Read The Secret Race - Tyler Hamilton & Dan Coyle (relating to drugs in sport and EPO use with Lance Armstrong)  Sports Psychology – A Complete Introduction – John Perry
<b>Watching Tasks</b> 	Planet PE <a href="https://www.youtube.com/channel/UCZYCR8YjZlb5S3DMZW3u7g">https://www.youtube.com/channel/UCZYCR8YjZlb5S3DMZW3u7g</a> Instagram adds Can we create a super athlete: <a href="https://www.youtube.com/watch?v=mheUAZsi5V8&amp;feature=emb_logo">https://www.youtube.com/watch?v=mheUAZsi5V8&amp;feature=emb_logo</a> Activities on PE course content <a href="https://www.echalk.co.uk/PE/PE.html">https://www.echalk.co.uk/PE/PE.html</a> Watch Icarus - Netflix GCSE PE 9-1 LAST MINUTE REVISION <a href="https://www.youtube.com/watch?v=AxDwKP47BNA&amp;t=1563s">https://www.youtube.com/watch?v=AxDwKP47BNA&amp;t=1563s</a> Watch 'Building Jerusalem' – Amazon Prime.
<b>Listening Tasks</b> 	High Performance Podcast - Jonny Wilkinson, Chris Hoy, Sir Ben Ainslie etc <a href="https://www.jakehumphreyofficial.com/news/article/the-high-performance-podcast">https://www.jakehumphreyofficial.com/news/article/the-high-performance-podcast</a> Take takes Practice Podcast - Matthew Syed and Robbie Savage <a href="https://audioboom.com/channels/5038997">https://audioboom.com/channels/5038997</a>
<b>Writing Tasks</b> 	Create 3 x 10 mark questions based upon the GCSE PE Spec.  One from the body, one to do with social issues and another to do training methods. Pass to your GCSE teacher to mark.  Watch 'The Armstrong Lie – Netflix'. Describe the reasons Armstrong wanted to cheat.
<b>Creative Thinking Tasks</b> 	<a href="https://www.youtube.com/watch?v=kaSvGVhtszo">https://www.youtube.com/watch?v=kaSvGVhtszo</a> Watch this video around product design.  Create a sports product, describe your target audience and how you will market the product.
<b>Visiting/Virtual Tasks</b> 	Watch several clips following on from each other from Oregon University regarding various sports research projects and topics. <a href="https://www.youtube.com/watch?v=cLI3ndEP4e0">https://www.youtube.com/watch?v=cLI3ndEP4e0</a>





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## PLANNING KS5 – PE

Tasks	Year 12
<p>Reading Tasks</p> 	<p>Good course content</p> <p><a href="https://sites.google.com/view/mrwnukpe/a-level-pe/scientific-principles-of-physical-education/newtons-laws">https://sites.google.com/view/mrwnukpe/a-level-pe/scientific-principles-of-physical-education/newtons-laws</a></p> <p>Newton's laws</p> <p><a href="http://zonalandeducation.com/mstm/physics/mechanics/forces/newton/newton.html">http://zonalandeducation.com/mstm/physics/mechanics/forces/newton/newton.html</a></p> <p><a href="https://www.pbslearningmedia.org/resource/arct14.sci.dsthird/newtons-third-law/">https://www.pbslearningmedia.org/resource/arct14.sci.dsthird/newtons-third-law/</a></p> <p><a href="https://sites.google.com/view/mrwnukpe/a-level-pe/scientific-principles-of-physical-education/newtons-laws">https://sites.google.com/view/mrwnukpe/a-level-pe/scientific-principles-of-physical-education/newtons-laws</a></p>
<p>Watching Tasks</p> 	<p>Sports at Uni</p> <p><a href="https://www.youtube.com/watch?v=5CSbU0B-6ec">https://www.youtube.com/watch?v=5CSbU0B-6ec</a></p> <p><a href="https://www.youtube.com/watch?v=FqQxEP-P3WQ">https://www.youtube.com/watch?v=FqQxEP-P3WQ</a></p> <p><a href="https://www.youtube.com/watch?v=SzFxGN9o0lc">https://www.youtube.com/watch?v=SzFxGN9o0lc</a></p> <p>The following shows will help you read around Yr12 and Yr13 A Level PE content:</p> <p>Watch Icarus - Netflix</p> <p>Watch 'The death of a gentleman' – Amazon Prime</p> <p>Watch 'The English Game' – Netflix</p> <p>Gold rush – BBC IPlayer</p>
<p>Listening Tasks</p> 	<p><a href="https://30for30podcasts.com/">https://30for30podcasts.com/</a></p> <p>Peter Crouch Podcast</p> <p><a href="https://www.bbc.co.uk/programmes/p06kyljg/episodes/downloads">https://www.bbc.co.uk/programmes/p06kyljg/episodes/downloads</a></p>
<p>Writing Tasks</p> 	<p>Write a match report for a school game to be published on twitter @HBSPE</p> <p>Write two contrasting arguments for the following:</p> <ul style="list-style-type: none"> <li>• Drug cheats should be banned for life from all sport</li> <li>• All drugs should be allowed in sport</li> </ul>
<p>Creative ThinkingTasks</p> 	<p>Create a flexibility training program which incorporates all forms of flexibility.</p> <p>Create your own podcast giving a detailed evaluation of VO2 e max testing techniques.</p>
<p>Visiting/Virtual Tasks</p>	<p>Virtual Sports science labs</p> <p><a href="https://www.lboro.ac.uk/virtualtour/sports-technology-lab/">https://www.lboro.ac.uk/virtualtour/sports-technology-lab/</a></p> <p><a href="https://www.lboro.ac.uk/virtualtour/ssehs-teaching-lab/">https://www.lboro.ac.uk/virtualtour/ssehs-teaching-lab/</a></p>





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## PLANNING KS5 – PE

Tasks	Year 13
<p>Reading Tasks</p> 	<p>Biomechanics <a href="https://www.exploratorium.edu/snacks/momentum-machine">uhttps://www.exploratorium.edu/snacks/momentum-machine</a></p> <p>(Momentum)</p> <p><a href="https://www.topendsports.com/biomechanics/physics.htm">uhttps://www.topendsports.com/biomechanics/physics.htm</a></p> <p><a href="http://hyperphysics.phy-astr.gsu.edu/hbase/conser.html#cons">uhttp://hyperphysics.phy-astr.gsu.edu/hbase/conser.html#cons</a></p> <p>(in-depth work on conservation of momentum and angular momentum.</p> <p><a href="https://www.exploratorium.edu/hockey/checking2.html">uhttps://www.exploratorium.edu/hockey/checking2.html</a></p> <p>(work out how energy is used in an ice hockey check)</p> <p><a href="https://sites.google.com/view/mrwnukpe/a-level-pe/scientific-principles-of-physical-education/fluid-mechanics?authuser=0">https://sites.google.com/view/mrwnukpe/a-level-pe/scientific-principles-of-physical-education/fluid-mechanics?authuser=0</a></p>
<p>Watching Tasks</p> 	<p>Energy systems</p> <p><a href="https://www.youtube.com/watch?v=LtO-DzWj0fc&amp;feature=emb_logo">https://www.youtube.com/watch?v=LtO-DzWj0fc&amp;feature=emb_logo</a></p> <p>A-level PE sociocultural revision</p> <p><a href="https://www.youtube.com/watch?v=84AkiKRc6NE&amp;t=506s">https://www.youtube.com/watch?v=84AkiKRc6NE&amp;t=506s</a></p> <p>A-level PE Biomechanics revision</p> <p><a href="https://www.youtube.com/watch?v=Hf9CUHsrKcQ">https://www.youtube.com/watch?v=Hf9CUHsrKcQ</a></p> <p>A-level PE Physiological</p> <p><a href="https://www.youtube.com/watch?v=3qnY20ezaaQ&amp;t=41s">https://www.youtube.com/watch?v=3qnY20ezaaQ&amp;t=41s</a></p> <p>A-level PE Psychological</p> <p><a href="https://www.youtube.com/watch?v=ryfcUdajPyM&amp;t=57s">https://www.youtube.com/watch?v=ryfcUdajPyM&amp;t=57s</a></p> <p>Tom Brown's school days (for A Level PE. Follow link 1 and then section 2 etc)</p> <p><a href="https://www.youtube.com/watch?v=i5k60FeJdFo">https://www.youtube.com/watch?v=i5k60FeJdFo</a></p> <p>London 2012 Opening ceremony (18-40m)</p> <p><a href="https://www.youtube.com/watch?v=4As0e4de-rI&amp;t=1546s">https://www.youtube.com/watch?v=4As0e4de-rI&amp;t=1546s</a></p> <p>Watch 'The Last Dance' – Netflix</p> <p>Watch 'Moneyball' - Netflix</p>
<p>Listening Tasks</p> 	<p><a href="https://trainingforclimbing.com/podcast-21-energy-system-training-part-1/">https://trainingforclimbing.com/podcast-21-energy-system-training-part-1/</a></p>



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<p><b>Writing Tasks</b></p> 	<p>Create a timeline of the energy systems used in a 1500m race.</p> <p>Choose 3 topics from Socio-Culture, Sport Science + Skill Aq</p> <p>Create an exam question for 10 marks. Now have a go at answering them. Pass on to your A Level teacher to mark.</p>
<p><b>Creative ThinkingTasks</b></p> 	<p>Describe, using the key terms in the spec, how sport changed from Pre Industrial (1750s) through to the emergence of modern day sport (early 1900s). Try to be emotive, creating a picture from different perspectives. From lower class people starting to become educated, to the upper class seeing the sports they invented and regulated become open to the masses. How did they feel? What did they see? How did the sports change?</p>
<p><b>Visiting/Virtual Tasks</b></p>	<p>Flip diving, Understand the conservation of angular momentum with flip diving: <a href="https://www.crazygames.com/game/flip-diving">https://www.crazygames.com/game/flip-diving</a> <a href="https://apps.apple.com/gb/app/flip-diving/id1045516045">https://apps.apple.com/gb/app/flip-diving/id1045516045</a></p>

