

KS5
PE

Super Curriculum

Welcome to the PE Super Curriculum!

Below, you'll discover a variety of activities designed to challenge and extend your learning beyond the classroom curriculum.

Take a look at the below to stretch your knowledge and understanding in KS5 sport!

Read



- BBC / Sky Sports News articles
- The Sports Gene – Nature vs nurture in elite sport
- Articles from BBC Sport science section
- Bounce – Growth mindset and the myth of natural talent
- Mind Gym: An Athlete's Guide to Inner Excellence – Gary Mack & David Casstevens
- The Champion's Mind – Jim Afremow
- Flow in Sports – Susan A. Jackson & Mihaly Csikszentmihalyi

Watch



- Superhuman – Explores extraordinary human physical abilities
- Olympic performance analysis clips from Olympics YouTube
- TED Talks on biomechanics and performance
- Documentaries on nutrition or major topics in sport such as: The Game Changers
- Icarus
- Attention - A Life in Extremes
- Limitless with Chris Hemsworth

Listen



- The High-Performance Podcast
- Untapped Podcast
- The Sport Psychology Podcast
- Gold Minds - Jessica Ennis-Hill
- High Performance Health

Do



- Apply to be a subject prefect
- Additional learning on Everlearner beyond class/homework tasks set
- Explore careers in Sport / PE e.g. Physiotherapy, Sports Journalism, Performance analysis
- Complete a task from this link:
[KS5 Super Curriculum - Do Tasks.docx](#)