

KS4 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 KS4 sport!

Read



- Lewis Hamilton: My Story
- Marcus Rashford: You are a champion
- Mo Farrah: Twin Ambitions
- How bad do you want it? Mastering the psychology of mind over muscle
- Performance Nutrition: Kevin Currell
- Breathe Smarter - Run Stronger
- EverLearner Hot-Topic infographic (released)
- GCSE PE Simplified Revision Guide
- AQA GCSE PE Revision Guide

Watch



- Icarus: Netflix Documentary
- Cristiano Ronaldo: Testing to the limit Youtube Documentary
- General Documentaries (F1 Drive to Survive, Break Point, Full Contact etc)
- Girls in PE: Breaking Down the Barriers - BBC iPlayer
- Untold - Bad Sport: Netflix Documentary
- The Last Dance
- The Programme: Lance Armstrong
- Anthony Joshua: From Childhood to Champions
- EverLearner Content Video
- IGPE Complete

Listen



- High Performance: Jake Humphrey & Damion Hughes
- TED Talks
- Revise GCSE Physical Education - A Podcast by Seneca Learning
- Beyond the Sport - Davies Sports Podcast
- The Rest is Football Podcast
- Off the Court with Tamsin Greenway Podcast
- The Power of Sport: From Challenges to Champions

Do



- Officiate a younger years sports fixture
- Attend a co-curricular sports club
- Representing the school on a sports fixture
- Write a match report from a recent fixture
- Apply to be a house captain
- Work towards winning a sports award
- Get selected for a county trial
- National Cup Entries