

KS3

Let's get started...watch this video

The #Tokyo2020 moments that gave us hope.

SOMETHING TO READ



The Wonder Team and the forgotten Footballers by Leah Williamson

Join Lioness Leah Williamson, Arsenal and England women's football player, as she shows girls that they can be a leader at any age, and that huge things can happen when they believe in themselves!

SOMETHING TO VIEW



BBC SPORT Match of the Day

<https://www.bbc.co.uk/programmes/b007t9y1>

The world's most famous football show. Gary Lineker hosts with the big names and the big games from the Premier League.

SOMETHING TO LISTEN TO



High Performance Podcast

<https://www.thehighperformancepodcast.com>

The chart-topping podcast that provides an intimate glimpse into the lives of high-achieving, successful individuals.

SOMEWHERE TO VISIT



A stadium to watch a live sporting fixture:

Adams Park (WWFC)
Kassam Stadium (OUFC)

SOMETHING TO DO



Show someone the skills you have learnt in a PE Lesson

Teach a younger sibling or family member something you have learnt in a PE lesson

SOMETHING TO WATCH & WORKOUT



BODYWEIGHT HIIT WORKOUT

<https://www.youtube.com/watch?v=nfiBKdcNNlc>

20 Moves in 20 Minutes | Joe Wicks Workouts - YouTube

AND FINALLY...
an act of kindness

– Shake hands with a player on the opposing team at the end of a game.
Take a friend along to one of the extra-curricular clubs.