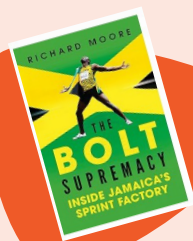


KS5

Let's get started...watch this video

The #Tokyo2020 moments that gave us hope.

SOMETHING TO READ



The Bolt Supremacy by Richard Moore

The Bolt Supremacy opens the doors to a community where sprinting permeates conversations and interactions; where the high school championships ...

SOMETHING TO VIEW



Icarus

<https://www.imdb.com/title/tt6333060/>

When Bryan sets out to uncover the truth about doping in sports, a chance meeting with a Russian scientist transforms his story from a personal experiment into a geopolitical thriller.

The English Game

<https://www.netflix.com/gb/title/80244928>

Two 19th-century footballers on opposing sides of a class divide face personal and professional turmoil to change the game, and England, forever.

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 that you are particularly interested in.

SOMETHING TO DO



Become the Teacher!

Speak to one of your PE teachers and plan a session to deliver to a Year 7 group

SOMETHING TO WATCH



BODYWEIGHT HIIT WORKOUT

<https://www.youtube.com/watch?v=CqV5wI3NQOg>

15 Minutes 15 Moves | LEG BURNING workout | Joe Wicks - 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.