

# Beyond the Classroom: Wider learning opportunities

Subject: PE

Year: 7 & 8

Watch	Do	Read	Follow	Visit
<p>The link below to be inspired 2012, London Olympics. <a href="#">Highlights of the 2012 Olympics Super Saturday</a></p> <p><a href="#">BBC bitesize sports class clips</a></p> <p>Watch the clips to inspire and excite</p> <p>Olympics <a href="https://www.olympic.org/">https://www.olympic.org/</a></p>	<p>Take part in sport and exercise outside of school. We want to know what you are doing so come and tell us.</p> <p>Follow us on instagram <a href="#">johncoletschool_pe</a> to see what is going on.</p>	<p>Read through the NHS website to understand the need for <a href="#">Healthy Eating for teenagers</a></p>	<p>Use the <a href="#">Team GB</a> link to find out about current athletes and watch videos for performance and training tips.</p> <p><a href="#">BBC Sport</a></p>	<p>The PE department to find out about all extra curricular activities and click the link to find the up to date timetable of activities.</p> <p><a href="#">Extra curricular timetable</a></p>

# Beyond the Classroom: Wider learning opportunities

**Subject:** PE

**Year:** KS4

Watch	Do	Read	Follow	Visit
<p>Listen to the <a href="#">running for real</a> podcast.</p> <p>Listen to the <a href="#">Don't tell me the score</a> podcast</p> <p>Live sport on tv or in person.</p> <p><i>That Peter Crouch Podcast</i></p>	<p>Take part in sport both in and out of school.</p> <p><a href="#">Coaching courses</a></p>	<p>Read any articles from <a href="#">Sports Coach</a></p> <p>On:</p> <p>Fitness testing, Fitness development, Anatomy &amp; Physiology, Planning, Nutrition, Training aids, Sports injury, Psychology.</p> <p>Autobiographies on sporting greats.</p>	<p>An elite athlete on instagram or twitter, to find out what training they take part in and at what intensity they are working at</p> <p>The <a href="#">Olympic games</a> website to keep up to date.</p>	<p>Join a virtual gym session and attempt a HITT circuit of eight to ten stations.</p> <p><a href="#">Body coach</a></p> <p><a href="#">HITT workout</a></p> <p><a href="#">Insanity workout</a></p>

# Beyond the Classroom: Wider learning opportunities

Subject: BTEC level 3 Sport

Year:12/13

Watch	Do	Read	Follow	Visit
<p><a href="#">Planet PE</a></p> <p><a href="#">Fitness coaching</a></p> <p><a href="#">Crash course Anatomy &amp; Physiology</a></p>	<p>Remain active and take part in sport and or activity both competitively and recreationally.</p>	<p><a href="#">Sports coach</a></p> <p><a href="#">Sports psychology</a></p> <p><a href="#">Bounce</a> by Matthew Syed</p> <p>Legacy: What the All Blacks can teach us about the business of life</p>	<p><a href="#">Very well mind</a></p> <p><a href="#">Tedx talks</a></p>	<p><a href="#">Sports Psychology tedx talk</a></p> <p><a href="#">Psychology of the great</a></p> <p>Sport documentaries on youtube</p>