

# THE CORSHAM6TH PHYSICAL EDUCATION

super curricular activities

## WATCH

- Anatomy of an Olympian  
[https://www.youtube.com/watch?v=HF\\_werRINW8&list=PL-292yfpAFGZYGk\\_5NE5Dtg1w4e2AQ8eN](https://www.youtube.com/watch?v=HF_werRINW8&list=PL-292yfpAFGZYGk_5NE5Dtg1w4e2AQ8eN)
- The Last Dance documentary (Netflix, 2020)
- The High Performance Podcast  
<https://www.youtube.com/channel/UCT4hFg01kr0atjiSG7z3iag>

Films. Icarus (2017), Super Size Me (2004), More:  
<https://www.pescholar.com/insight/sport-documentaries-and-films/>



## READ

- [Is Money Ruining "our" Beautiful Game of Football?](#)
- The Sports Gene by David Epstein
- Bounce by Matthew Syed
- The Talent Code by Daniel Coyle
- Eat, Sweat, Play: How Sport Can Change our Lives by Anna Kessel
- Journal of Applied Physiology  
<https://journals.physiology.org/journal/jappl>

## LISTEN

- The Real Science of Sport podcast  
<https://open.spotify.com/show/3g71AuFYy6FnYHEI1G09A0>
- Radio 5 live  
<https://www.bbc.co.uk/programmes/b0915f8t>
- Talk Sport <https://talksport.com/>
- BBC Sounds sports podcasts  
<https://www.bbc.co.uk/sounds/category/sport?sort=popular>



## FOLLOW

@CorshamPE  
@BBCSport  
@MrAylesPE  
@MissPELegg

SUPER CURRICULAR  
TAKING YOUR LEARNING FURTHER

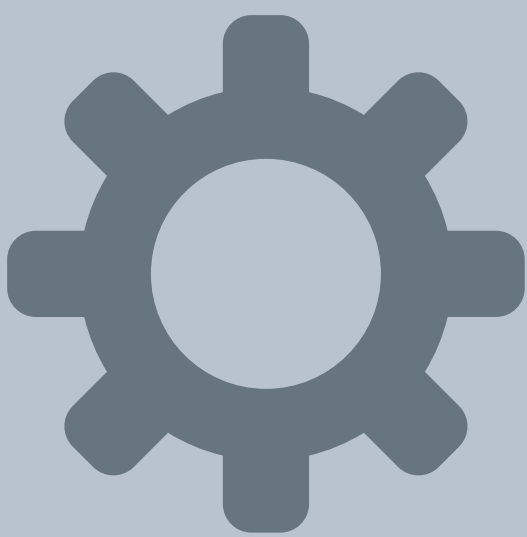
THE  
CORSHAM6<sup>TH</sup>

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## RESEARCH

- Research the selection of energy drinks on the market, comparing ingredients and benefits.
- Research the Karvonen Theory and calculate 'Target Heart Rate Intensity Zone'.  
Target Heart Rate Intensity Zone =  
 $((\text{max HR} - \text{resting HR}) \times \% \text{Intensity}) + \text{resting HR}$



## CREATE

- Write an essay to critically review one technological advancement which has influenced sports performance.
- Conduct a practical experiment which assesses participant reaction time and produce an academic poster.
- Create your own protein bar using one of these recipes:  
<https://www.eatthis.com/protein-bar-recipes/>

## VISIT

- Arrange a visit to Nottingham Trent University; Loughborough University or Nottingham University to look at their sports facilities / laboratory work.
- Queen Elizabeth Olympic Park, London.



## APPS

Download a fitness / health tracker. Use this to monitor your performance and to track improvements.