



ASHLYNS SCHOOL

Ashlyns School

The Challenge Curriculum

PE



Reading task



Research task



Watching task



Student-led task



Listening task



Creative task











Writing task










Trip/visit task

PE – Years 7, 8 and 9

 Reading	<p>Articles about the past two Olympics</p> <p>BBC Sports News/ Sky Sports News regularly</p> <p>Any sports autobiography</p>
 Research	<p>Research into the barriers to participation for women/disability/ethnic minorities</p> <p>Find out more about the history of your favourite sport</p> <p>Learn about the history of the Olympic Games</p>
 Watching	<p>A sporting event from the past two Olympics</p> <p>A sport of your choice at the elite level</p> <p>Any sporting documentary or film</p>
 Student-led	<p>Perform for the school in any sport including House Sports Perform for a Sports club</p> <p>Develop fitness through trying out a new sport or doing a Park Run Lead a group of students in a sporting competition</p> <p>Attend a school sports club - consider trying a new sport or leading a warm up or cool down</p> <p>Lead your tutor group in an inter-house event and consider becoming a House Sports Captain</p>
 Listening	<p>Listen to a Sports Podcast</p> <p>Listen to 5Live or an interview of your favourite sports star</p> <p>Listen to a Sports Audio Book online</p>
 Creative	<p>Create a scrapbook of any sport, sportsperson or sporting event from social media</p> <p>Create a timeline of the history of your chosen sport</p> <p>Create a new game, workout or gymnastics/dance routine and teach it to someone else</p>
 Writing	<p>Write a Sports report for a recent event to go in the E-Bulletin</p> <p>Create a glossary of skills used in your sport</p> <p>A journal of sports you have participated in over the past two weeks</p>
 Trip/Visit	<p>Any sporting stadia</p> <p>A live school or elite level sporting competition</p> <p>Local sport club facilities, Local sports team</p>

PE – Years 10 to 13

 Reading	<p>Read books on sport including: The Sports Gene by David Epstein 2013 or Bounce by Matthew Syed 2011 or The Talent Code by Daniel Coyle 2010</p> <p>Read the Journal of Applied Physiology, Sport and Society</p> <p>Read the Journal of Sport and Exercise Psychology</p>
 Research	<p>Has the increase in value of winning led to more deviance?</p> <p>How has the change in society influenced Sport?</p> <p>Research into how commercialisation has had an impact on sport</p>
 Watching	<p>Icarus (2017) Bryan Fogel, Netflix</p> <p>BBC One Panorama – Catch me if you can (2015)</p> <p>Sports Science (2013) ESPN The Program (2015)</p> <p>Sporting Film of your choice (age appropriate; Rocky, Coach Carter, Raging Bull, Ali, Million Dollar Baby, League of their own, Longest Yard)</p> <p>Last Dance Netflix</p>
 Student-led	<p>Volunteer and lead/help at a sports club within school</p> <p>Captain or manage a sports team within school</p> <p>Try a new sporting activity</p> <p>Run a fitness session for other students within Ashlyns</p>
 Listening	<p>Listen to a Sports Podcast</p> <p>Listen to 5Live or an interview of your favourite sports star</p> <p>Listen to a Sports Audio Book online</p>
 Creative	<p>Create a scrapbook of any sport, sportsperson or sporting event from broadsheet newspapers</p> <p>Assess another performance and coach someone how to develop their skill and strategy in performance</p> <p>Analyse a recent performance (elite performer or yourself) detailing the key strengths and weaknesses and then devise a development plan to improve your/their performance</p>
 Writing	<p>Write an article for the Berkhamsted today section of the Gazette/ Berkhamsted Living on an area of sporting interest to you</p> <p>Write a glossary of anatomy and physiology used in your sport</p> <p>Write a coaching plan for any sport</p>



Any sporting stadia and museum; MCC, Lords, Tottenham Hotspur Stadium, Wembley, Twickenham

A live school or elite level sporting competition, try Wimbledon

University of Hertfordshire Sports Science Laboratories