

Enjoy  
Achiev  
e  
Aspire



# Homework Project

Your task is to complete a project on the topic of 'Physical Education'. Choose one or more of the tasks on the other side of this sheet and complete it to the best of your ability. The tasks are divided into the following categories:

Enjoy - Aspire - Challenge

These three categories are the levels of difficulty of each task. So, choose a task that suits your ability but make sure it challenges your skills.

**Due date: Friday 16th October**

Your tutor will mark your project. On Wednesday, during lunch time break, there will be an hour homework club to support you along the way. There will be house points available for effort and achievement. Outstanding project, will be celebrated in assembly and displayed around the school. Winners of the best homework will be invited for a lunch in a local restaurant.



## Blue - Enjoy

## Yellow - Aspire

## Red - Challenge

### Design a sports team kit or a trainer:

- Make sure it is colourful and eye catching.

### Design a fact sheet

summarising the physical activity you can do within your local area, this may include:

- Leisure centre
- Park
- Sports teams

### Create a definition poster using words that underpin all physical activities and sports.

- Stamina
- Speed
- Strength
- Suppleness
- Agility
- Balance
- Coordination
- Explosive power
- Fast reactions

### Create a poster for your favourite sports team/ sporting hero:

Create a poster on your favourite sports team or a sports person you look up to and admire.

### Visit your local leisure centre sports facility and put together a factsheet about:

- Location
- Activities that you can do there

### Choreograph your own yoga/ dance routine:

You could include your friends or even draw pictures of the moves you would do to a song.

### Fact sheet about your favourite sport.

This may include:

History of the sport (how it was invented, where it was invented)  
Rules  
Equipment

### Create/ Invent your own sports game

Students will be creative and invent their own sports game, they could include:  
Rules  
Equipment  
Pitch design

### Make a sports report about a sports event that you have seen or you have participated in.

Include pictures and information about the physical activity as well as activity, score (if there was one), time and dates.

### Create an expert tutorial video

this would include you explaining and demonstrating how to do a particular sport or skill by demonstrating the sport or skill to someone who has never done it before.

### Go and try a new sport

Try and new sport that you have never done before and write a short paragraph on what you thought of it:

- Maybe at a local leisure Centre
- Maybe at School
- Could include pictures or a video.

### Write a report on you favourite sport/ sports personality.

You need to:

- Include pictures.
- Say what that sports person has done before/ the history of the sport.