

Achieve Higher

Year 7



Co-op Academy
Stoke-on-Trent

SUBJECT NAME: Physical Education				
Half Term	Curriculum	Reading	Watching & Listening	Other Opportunities
Autumn Term	Importance of the warm up and cool down	Read through the article Pg 1 https://www.bbc.co.uk/bitesize/guides/z9ntfrd/revision/1	Watch the male and female England squad warm up before matches and training England warm up England Lionesses Warm Up for Euro 2022 Opening Match at Old Trafford	Take part in and even lead a warm up and cool down in your PE lessons.
Spring Term	Sports leadership	Read through the article explaining the 9 qualities needed to become an excellent sports leader https://blog.pitcher.co.com/9-qualities-of-a-sports-leader My Life and Rugby: The Autobiography by Eddie Jones Lioness: My Journey to Glory by Beth Mead	Netflix documentary Captains - The story behind the World cup Captains 'The GOAT?!' Is Pep Guardiola the best manager of all time after second European treble? ESPN FC	Become an official sports leader https://www.sportleaders.org/about-us/skills-framework For your chosen sport try leading or coaching small sessions. Join the CYL program
Summer Term	Diet and healthy lifestyles	This website has lots of great advice and reading on how to live a healthy lifestyle and diet https://www.healthforkids.co.uk/staying-healthy/eating-healthily/	Please watch the videos below; Healthy plate advice How to Create a Healthy Plate Nutrition for Teenagers What is a healthy lifestyle	Walk the recommended 10,000 steps a day Participate in an activity that raises your heart rate to at least 65% of your resting heart rate 3xs a week for a minimum of 30 minutes