

# PHYSICAL EDUCATION

## EXTENDED LEARNING GOALS

You need to select enough ELG's from the medal table to score a **MINIMUM OF 20 POINTS** over each half term...  
**REMEMBER THAT POINTS MEAN PRIZES!!!**



### PLATINUM 12 POINTS

Create a 10 question questionnaire on 'why people take part in physical activity'  
 Get at least 10 people (friends, family, teachers) to complete the questionnaire and display your findings using tables/charts/graphs

Write a poem/song/rap about the sports we have covered this year

Make a 3 minutes tutorial video for a skill/activity we have covered this term

Plan a skill session for the activity we are currently covering. Imagine you are leading a group of 8 students when you are planning your session.

### GOLD 8 POINTS

Plan a tournament for a sport of your choice between all of the forms in your year group...include a fixtures schedule, rules sheet and results scoring system

Plan a warm up session that includes...

1. A pulse raiser
2. A full stretch
3. A skill drill relating to the activity

Write a newspaper article about a sporting event this year. It can be an event you have taken part in or one you have seen i.e. Leicester City winning the Premier League

Create a 5 day diet and nutrition diary. Include breakfast, lunch and dinner (and any snacks drinks) try to work out how many calories you have consumed.

### SILVER 6 POINTS

Create a fact sheet about a sports team/personality of your choice

Make a poster about the safety points for the Trampoline

Design a kit and logo for a new sports team

Create a 'FakeBook' profile about a sports person of your choice – past or present.  
 Use [www.classools.net/fakebook](http://www.classools.net/fakebook)

### BRONZE 4 POINTS

Create a mind map summarising the key skills and fitness components needed in Physical Activity

Create a 'Glossary' sheet of at least 20 keywords or phrases that are associated to PE and sport – include definitions where necessary

Research the rules of one of the activities we have covered and make a fact sheet – minimum of 5 rules, you can use pictures/diagrams

Create a 10 question quiz about Football/Rugby/Basketball/Netball (Include the answers)