

PHYSICAL EDUCATION

TOP TEN

- Consider who your sporting influence is - why are they so influential? What have they achieved? How did they start their sporting career?
- During the summer holidays, play a sport or participate in a physical activity once a week.
- Research a sport that you have never played before. Find out the rules and its most famous players.
- Visit the National Football Museum in Manchester.
- Research a famous sportsman or sportswoman and write a short paragraph on what they have achieved in their career to date.
- Write three sentences to explain why PE is important to you.
- Find out where your local sports clubs are in your area and what sports they offer.
- Pick a sport and research its history in the UK or globally.
- Become familiar with what the different muscles are called in your body - draw a diagram to demonstrate where they are.
- Research why physical activity is important and list the top 10 benefits to your body and well-being.