KS3 Physical Education – Sports Performance

https://www.bbc.co.uk/education/topics/z8hkj6f/resources/2

1. Click on the link provided.
2. Choose a clip which best suits you.
3. Create a poster which must include the information you have learnt from the clip.

Extension Task

Think of the sports you have taken part in during your PE lessons this year.

Ask yourself which of these sports could you improve?

Create an action plan on how you are going to improve your knowledge and understanding of that particular sport.

Bring this work with you to your next PE lesson.