

Super Curricular Activities (P.E.)

What are Super Curricular Activities?

Super Curricular Activities describe extra-curricular activities that help students to expand their general knowledge and subject knowledge. The list below has been compiled using advice given from Oxford and Cambridge universities about the resources young people could use to enhance their knowledge about the world. *The new GCSE and A Level courses are much more focused on knowledge than in previous years: students who 'read widely' will undoubtedly have an advantage because they will have a deeper understanding of topics and will have nurtured their love of learning.*

Advice on how to use the Super Curricular Activities

Simple: follow your interests and dip in and out of whatever catches your eye! Learning is a life-long commitment and you should relish opportunities to explore new topics and expand your knowledge. The best way to do this is to follow your interests and to stretch yourself to find out more about new topics and ideas: the suggestions below are sources of information you could use to help you to explore any topic that interests you... *keep in mind that although Google and Wikipedia can be useful tools, they don't always have accurate information so cannot be entirely trusted!*

Super Curricular Activities:

- TK Physical Education – YouTube
[Reinforces and further explains a range of topics from the GCSE PE specification – animations, demonstrations, exam revision]

- BBC Bitesize – www.bbc.com/bitesize
[Reinforcement of all topics, revision tasks, test tasks]

- Brian Mac Sports Coach – www.brianmac.co.uk
[Advice on topics relating to athletic development, exercise physiology and successful coaching for athletes, sports science students and coaches]

- Topend Sports – www.topendsports.com
[The ultimate sport and science resource, containing comprehensive information about sport, fitness, training, testing and nutrition for trainers]

- TED Talks – www.ted.com
[Collection of TED Talks (and more) on the topic of sports – get inspired – explore!]

- James Morris - You Tube - www.youtube.com/channel/UCChU8cYZY5xpQ7pBIklu3Xw
[Online lessons for A Level PE students based on aspects of Anatomy, Physiology, Sports Psychology, and Social and Historical issues and concepts]

- A Level Physical Education – www.alevelpe.com
[Extended information and reinforcement of the A Level PE specification, particularly component 3]