



# PHYSICAL EDUCATION

**Welcome to the Physical Education Super Curriculum. Below you'll find a whole host of things to do to stretch yourself beyond the classroom curriculum.**

This Physical Education Super Curriculum aims to support learning and promote student knowledge, awareness, fitness and wellbeing through different articles, videos and activities.

## READ

**Analyse the benefits and drawbacks of Video Assistant Referee (VAR). What do the fans think about the use of VAR in football?**

[Analysing VAR In Football: The Pros And Cons Of Technology](#) - overtimeheroics.net

## WATCH

**Is VAR a positive addition in football?**

What are the positives and negatives of VAR in football? Has it benefited the sport or made it worse?

We all have an opinion on whether or not the referee has made the right decision or not. Watch this video clip which covers some of the positives and negatives of the use of VAR in football:

[VAR Pros and Cons](#) - YouTube

## LISTEN

**Is VAR ruining football?**

VAR was brought into football to improve the accuracy of decisions. It was meant to help speed up the decision-making process, but many argue that it has not helped and has in fact made the sport worse.

[Is VAR Ruining Football? Premier League All Access](#) - podcasts.apple.com

## DO

**How could technology enhance your PE lessons?**

Whilst taking part in your PE lessons in the Spring term, have a think about how technology could enhance your lesson. Could this be the use of heart rate monitors, video replay technology or perhaps even goal-line technology?

Feedback your thoughts to your PE teacher and tell them all about how you think technology could enhance your experience in PE.