



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

Is the price paid for advertisements a good thing for sport or not?

The American Football season finished during February half term when the Superbowl took place. With over 120 million people watching TV coverage of it around the world, it was estimated that a standard 30 second advertisement would cost an average of \$7m. Read this:

[Average cost of a 30 second Super Bowl TV commercial in the United States from 2002 to 2024](#) - statista.com

WATCH

How can you use failure when performing to make you become more successful?

Michael Jordan is widely regarded as the best Basketball player ever. Watch the first 5 minutes of this video to hear a range of quotes from Jordan about how in his life his failure has led to motivation to make himself a better player:

[Michael Jordan - One Of The Most Inspiring Speeches Ever](#) - YouTube

LISTEN

What is life like at the pinnacle of sport?

Alex Albon is a Formula One driver for Williams Racing. Albon had a quick start to his career in the highest level of motorsport where he moved to a top team after impressing, but in doing so he became unsuccessful at a high level.

During this interview he will give an account of what it is like to be at the pinnacle of your sport, and the motivation needed to remain at the top of your game:

[Alex Albon Exclusive: "I'm Ready To Win Championships"](#) - YouTube

DO

Sportsmanship within PE.

Sportsmanship is a key quality to have, and showing good examples of sportsmanship can also be a very good life skill to have. The positives of demonstrating sportsmanship in PE lessons can include:

- Developing respect within a group
- Promoting fair play
- Encouraging self-control
- Aiding positivity whilst competing

In your next PE lesson, how can you make sure you demonstrate an example of sportsmanship?