

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.

The Physical Education Super Curriculum aims to support learning and promote student knowledge, awareness, fitness and wellbeing through different articles, videos and activities. This month, we are looking at achieving high performance.

READ

How do the best sports people deal with high-pressure moments in sport? Read the information sheet linked below to learn about common stress management techniques practiced by elite athletes:

[Cognitive stress management techniques](#)

WATCH

Watch this short video on how athletes mentally prepare for competitions to minimise mistakes and maximise performance:

[Mental preparation for a game](#) - BBC Bitesize

LISTEN

Listen to the world's strongest brothers discussing the importance of nutrition, sleep and recovery in maintaining high performance:

[The Stoltman Brothers: We eat 10,000 calories a day \(The Energy Equation E2\)](#) - podcasts.apple.com

DO

Aim to use the techniques described in the *Read* section in your next competitive performance, or during training sessions. These are particularly useful for:

- Netball shooting
- Football penalties or free kicks
- Rugby penalties/conversions
- Basketball set shots
- Tennis serves