

# 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 month, we are exploring the fascinating ways technology is shaping the world of sport. From cutting-edge innovations at the Olympic Games to the tools you use in your own PE lessons, technology is everywhere.

## READ

How has technology revolutionised sports?  
[10 Ways Technology Revolutionised Sports](#) -  
explore.cloudscene.com

## WATCH

Are modern athletes really getting faster, better and stronger? Watch this fascinating talk to understand what is really causing the improvements in sporting performance:  
[Are athletes really getting faster, better, stronger?](#)  
- ted.com

## LISTEN

How are elite football clubs using hidden data to sign the right players. Dr Ian Graham from Liverpool FC explains:  
[The High Performance Podcast: How Liverpool Used Data to Sign Mo Salah, Allison and Van Dijk](#)  
- open.spotify.com

## DO

Technology is used to improve the sporting experience—from school PE lessons to the Olympic Games. Can you think of five more examples of technology that could benefit you in PE? Use the first two examples to get started:

- Astro turf pitch
- Movable lightweight goals