

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, our PE Super Curriculum is shining a spotlight on inclusion and the values that underpin sport at every level. Through a range of engaging resources, you will explore how major global events promote key sporting values, and why these values matter both on and off the field. You will hear from inspiring figures who share how lessons learned through sport and community can shape character, bring people together and support success. Finally, throughout the month, you will be challenged to reflect on your own participation in PE and consider how you can demonstrate values such as friendship and respect in your lessons and beyond.

READ

Major sporting events such as the Football World Cup, the Olympics and the Paralympics have a deep connection to sporting values. In this BBC Bitesize article, you can explore these values and identify links to both the Olympics and Paralympics:

[Olympic and Paralympic values](#) - BBC Bitesize

WATCH

In this TED Talk, we hear from Judy Murray, mother of former Wimbledon winner and Olympic gold medallist Andy Murray, and creator of the National Development School in Scotland, which has seen enormous success in developing players. She discusses how her time in community sport has helped bring people together and inspire them to achieve greatness:

[Community led sport: achieving greatness together: Judy Murray](#) - YouTube

LISTEN

Sean Adams is an American former college track athlete who, in this video, explains how the values learned throughout life can be brought together to support success. He describes how his journey to becoming a National Champion was shaped by lessons taught by people from all walks of life, helping to give him the best possible chance to succeed:

[The real importance of sports: Sean Adams](#) - YouTube

DO

With this month's focus on inclusion and values in sport, use your next PE lesson as an opportunity to include others and demonstrate Olympic values such as friendship and respect towards your teacher, your peers and yourself.