

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

READ

PE: **What does pressure do to performance?**

Read BBC Sport's recent look at the idea of being a 'mentality monster'. Explore how sports psychologists help athletes manage emotions, doubt and expectations when the stakes are high.

Read here

WATCH

PE: **Michael Johnson: Dealing with pressure**

Watch the Olympic champion explain how he used visualisation and psychological techniques to cope with the pressure of major competition. Think about how these strategies could transfer to school sport.

Watch here

LISTEN

PE: How elite athletes respond under pressure

Listen to Science for Sport's 2026 podcast with behavioural scientist Dr Alicia Naser. It explores self-talk, emotion, fatigue and the physical responses that can affect performance when pressure increases.

Listen here

DO

PE: Build your own pre-performance routine

Choose a sport and design a 3–5 minute routine for an athlete preparing for an important performance.

Include: breathing or focus, positive self-talk, visualisation, a physical warm-up and one strategy for dealing with mistakes.

If you are an athlete, why don't you do it for yourself?