

EXTENDED INDEPENDENT LEARNING CHALLENGE

Write an explanation to the 3 athletes below on what three components of fitness (power, speed, cardiovascular endurance, agility, muscular strength and co-ordination) would be most required for their sports:

Two hours

- Andy Murray (tennis)
- Lionel Messi (football)
- Jessica Ennis (athletics)

LITERACY – Command Words

Definition – a statement of exactly what each test involves

Describe - Give a clear description of your personal strengths and weaknesses. Think of it as 'painting a picture with words'.

Explain – make clear by describing in more detail what sport you feel you would be best suited to and why based on your results

PRESENTATION

Choose how to present your work.

ILC student task sheets	You can present your information on the proforma provided broken down under the different task headings.
Extended writing	You can present your information like an essay, giving all the necessary information in lots of small paragraphs.
PowerPoint Presentation	Create a PowerPoint presentation and place in Student Access, PE, ILC, Year 7, PowerPoint . Make sure that your presentation clearly presents your forename and surname.
Something different	Negotiation with your subject teacher.

USEFUL RESOURCES, WEBSITES, BOOKS

Reference to personal experiences and knowledge.

www.brainmac.co.uk, www.teachpe.com, www.wikipedia.org,
http://news.bbc.co.uk/sport1/hi/health_and_fitness/4414024.stm – search what sports require certain components of fitness.

THE PERSONAL LEARNING AND THINKING SKILLS USED IN THIS CHALLENGE ARE:



LITERACY SKILLS USED IN THIS ILC IS:

- Punctuation, spelling and grammar.
- Extended writing.
- Applying understanding of terminology

NUMERACY SKILLS USED IN THIS ILC ARE:

- Reasoning and problem-solving.
- Being numerate; decision making.
- Interpretation and presentation of diagrams.

FURTHER SUPPORT CONTACT DETAILS

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CHECKLIST

Has my work achieved its purpose?
Have I re read my work to check spellings and grammar?
Have you developed your ideas?
Have you presented your work to the best of your ability?

