

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)
- Katarina Johnson-Thompson (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.

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|-------------------------|---|
| 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.

<https://www.biodigital.com/> 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?

