



Eloquent and Grateful

	<p>Select any sports autobiography .. a hero of yours or someone you know little about in a sport you love. For example Jessica Ennis Unbelievable: From my Childhood Dreams to Winning Olympic Gold by Jessica Ennis. Tom Daley My Story: The official story of inspirational Olympic legend Tom Daley Alex Ferguson: My Autobiography - The autobiography of the legendary Manchester United manager by Alex Ferguson Alex Scott How (not) to be strong Beth Meade Lioness My Journey to Glory Mark Cavendish My History Making Tour De France You can also choose one of your own</p>
	<p>You can choose any sports documentary but here are a few suggestions BBC iPlayer: Lionesses: Champions of Europe YouTube: Magic Johnson and Larry Bird: A courtship of Rivals YouTube: Jack Charlton: The Irish Years</p>

Attentive and Compassionate

	<p>BBC Sounds: SportSound Meets - What inspires our sporting heroes? Sporting Heroes take us back to the moment they were first hooked, and on through the successes and heartbreaks of their lives and careers BBC Sounds: Jermaine Defoe Outside The Box. Jermaine Defoe talks about management and leadership. Olympic Channel Podcast: Discusses current issues in Sport</p>
	<p>Download an app from you App Store that encourages you to improve your fitness. For example Nike Running Club or Nike Training Club Try a new sport or regularly attend a fitness event such as Parkrun. Complete Couch to 5K</p>

Wise & Curious and Faith-filled & Prophetic

	<p>Research your favourite sports star and write a short biography about them</p>
	<p>Visit any Sports fixture that involves your local team. This can be in any sport that you choose.</p>

Key

	<p>Read</p>		<p>Student Led</p>
	<p>Watch</p>		<p>Creative/Research</p>
	<p>Listen</p>		<p>Visit</p>