



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</p> <p>Stuart Broad: Broadly Speaking</p> <p>Sarina Wiegman: What It Takes – My Playbook On Life and Leadership</p> <p>Jessica Ennis Unbelievable: From my Childhood Dreams to Winning Olympic Gold by Jessica Ennis.</p> <p>Beth Meade Lioness My Journey to Glory</p> <p>Gary Neville: The Peoples Game</p> <p>You can also choose one of your own</p>
	<p>You can choose any sports documentary but here are a few suggestions</p> <p>BBC iPlayer: Lionesses: Champions of Europe</p> <p>YouTube: Magic Johnson and Larry Bird: A courtship of Rivals</p> <p>YouTube: Jack Charlton: The Irish Years</p>

Attentive and Compassionate

	<p>BBC Sounds – Match of the Day Top 10</p> <p>BBC Sounds - Tailenders – podcast about issues in cricket</p> <p>BBC Sounds – Replay – Looks back at 90 years of sport and some classic commentaries</p> <p>BBC Sounds – Mental Muscle – Behind the scenes look at the science behind the sport</p> <p>BBC Sounds – Sky Blues Fancast – Weekly round up of all Coventry City</p> <p>You can also choose one of your own</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</p> <p>Try a new sport or regularly attend a fitness event such as Parkrun.</p> <p>Complete Couch to 5K</p> <p>Do an activity like Joe Wicks for a period of 5 weeks</p>

Wise & Curious and Faith-filled & Prophetic

	<p>Research your favourite sports star and write a short biography about them.</p> <p>Write a match report for a school game that you have participated in</p>
	<p>Visit any Sports fixture that involves your local team. This can be in any sport that you choose. Try to visit a team that you have not watched before.</p>

Key

	Read		Student Led
	Watch		Creative/Research
	Listen		Visit