



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>Gaby Logan – The First Half</p> <p>The Game – Micah Richards</p> <p>A Womens Game – The Rise, Fall and Rise again of Women’s Football – Suzanne Wrack</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>Netflix- Drive to Survive (F1)</p> <p>Welcome To Wrexham (Football)</p> <p>Stop At Nothing – The Lance Armstrong Story</p>

Attentive and Compassionate

	<p>Apple – The Rest is Football Podcast</p> <p>Apple - For the Love of Rugby Podcast</p> <p>The High Performance Podcast</p> <p>F1 – The Chequered Flag Podcast</p> <p>Sky Sports – Off The Court(netball)</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 a sporting controversy. Write a short report on what the controversy was and what caused it. Detail any outcome or impact that it had on the sport</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