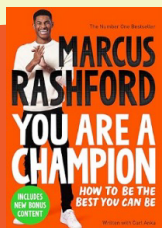


KS4

Let's get started...watch this video

The #Tokyo2020 moments that gave us hope.

**SOMETHING
TO READ**



You are a Champion by Marcus Rashford

It will show you how to be the very BEST that you can be. It shows kids how to: - Be comfortable with who you are – you can't be a champion until you're happy ...

**SOMETHING
TO VIEW**



Sky Sports News

<https://www.skysports.com>

Watch the best live coverage of your favourite sports: Football, Golf, Rugby, Cricket, F1, Boxing, NFL, NBA, plus the latest sports news, ...

**SOMETHING
TO LISTEN
TO**



High Performance Podcast

<https://www.thehighperformancepodcast.com>

The chart-topping podcast that provides an intimate glimpse into the lives of high-achieving, successful individuals.

**SOMEWHERE
TO VISIT**



A stadium to watch a live sporting fixture:

Adams Park (WWFC)

Wembley Stadium

Twickenham

**SOMETHING
TO DO**



Take a warm up session

Plan and lead a warm up within your PE class or at an extra-curricular club

**SOMETHING
TO WATCH &
WORKOUT**



BODYWEIGHT HIIT WORKOUT

https://www.youtube.com/watch?v=Og_f0_QO_Ko

20 Minute Full Body Workout - No Equipment Needed
| The Body Coach TV - YouTube

**AND
FINALLY...
an act of kindness**

– Shake hands with a player on the opposing team at the end of a game.
Take a friend along to one of the extra-curricular clubs.