



Enrichment Opportunities:

Full extra curricular provision across a range of sports

Opportunities within lessons to develop leadership and officiating skills

Questioning about advanced technical and tactical information

Chance to be chosen for representative teams across all sports (county and international)

Resources/Reading:

BBC Sport Website:

<https://www.bbc.co.uk/sport>

Brianmac: <https://www.brianmac.co.uk/>
(good for potential GCSE candidates)

The Athletic: <https://theathletic.com/uk/>
(subscription required but excellent analysis of sporting issues and tactics)

'Making Sense of Sport' by Ellis Cashmore

'Bounce' by Matthew Syed

'The Sports Gene' by David Epstein

'Outliers' by Malcolm Gladwell

What do 'more able' and 'exceptionally able' look like in PE?

More Able

More able students will demonstrate an extremely high level of performance in one particular sport, or a general competency above the expected level across a range of sports.

This will include the ability to utilise a range of techniques, exert influence on the match/competition, communicate ideas and understand tactics.

Exceptionally Able

Exceptionally able students will demonstrate a high level of performance across multiple sports. Typically they may be key members of a number of extra-curricular teams, or even achieve representative honours in multiple sports.

In the majority of sports that they perform in, they will display:

High levels of technical proficiency

An ability to *apply* advanced tactical information

Excellent communication skills

An ability to *lead* teams and sessions

Stand out amongst their peers, regardless of the sport.

How can you help your son?

Encourage him to attend extra curricular practices

Ask him to explain how skills are technically performed in different sports

Ask him to explain the rules of different sports to you

Ask him to come up with tactical changes during a performance that he is watching

Encourage him to familiarise himself with a range of sports outside of his favourite one(s)