

## **Physical Education Holiday work**

### **Task 1**

Write about your sporting background

What clubs have you play for and currently play for? This could be school teams!

How many times a week do you train?

What do the training sessions consist of?

What event/ what position do you play?

What attributes/ fitness requirements are needed in your sport?

Who is your role model for that sport and why?

If you are a coach, please answer most of the above a relate it to coaching

### **Task 2**

Complete the login on Everlearner

Complete the task on Everlearner. Watch videos and make notes and complete tests