



KS3

Doing

- Attend at least 2 extra-curricular sporting activities per term. Check the activities booklet to find out more.

<https://www.wimbledoncollege.org.uk/attachments/download.asp?file=662&type=pdf>

- Join local sports clubs to challenge yourself in a different environment from school.
- Visit the website below to find out about more sporting activities you can be involved with.

www.bbc.co.uk/getinspired

- Create a scrapbook of any sport, sportsperson or sporting event from broadsheet newspapers.

Watching and Listening

- As well as subscription channels there are lots of opportunities to watch top level sport on free channels.

<https://www.bbc.co.uk/iplayer/categories/sport/featured>

Reading

- Check the Wimbledon College Reading List.
- Read the 'back pages' and sports supplements of Newspapers.



KS4

Most of the suggestions for KS3 are still relevant for KS4

Doing

- Join a local gym and seek advice from your teachers and coaches about what type of programme you should be following.

<https://www.mybounce.co.uk/>

https://www.virginactive.co.uk/clubs/wimbledon-worple-road?utm_source=google&utm_medium=local&utm_campaign=local

https://www.nuffieldhealth.com/gyms/wimbledon?utm_source=google&utm_medium=local&utm_campaign=GoogleLocal-Wimbledon

<https://fitnessspace.com/wimbledon>

- Do some research into what type of diet you should be following and take the opportunity to plan and cook your meals with your parents.

<https://www.nutrition.org.uk/healthyliving/an-active-lifestyle/eating-for-sport-and-exercise.html>

- Assess another performance and coach someone how to develop their skill and strategy in performance.
- Apply to be a Wimbledon Ball Boy. See Mr Van Der Hoeven or Mr Causton for more details.

Watching and Listening

- Sports biographies and 'day in the life of' programs give an excellent insight into the world of the elite athlete. There are loads on YouTube, just search 'Sports Biographies'.
- Check out the BBC Sounds sports podcasts and see if there are any that interest you.

<https://www.bbc.co.uk/sounds/categories/sport?sort=popular>

Reading

- Outliers -10,000 Hours by Malcolm Gladwell
- Touching the Void by Joe Simpson
- Bounce - The myth of talent and the power of practice by Mathew Syed
- The Champion's Mind by Jim Afremow
- What I Talk About When I Talk About Running by Haruki Murakami
- Born to Run: A Hidden Tribe, Superathletes, and The Greatest Race the World
- Has Never Seen by Christopher McDougall
- The Champion in all of Us: 12 Rules for Success by Steve Backley



KS5

Doing

- You can begin refereeing courses to be a qualified official in a number sports once you reach the age of 16.

Football

<http://www.thefa.com/my-football/referee/local-county-referee-contacts>

Rugby

<http://www.englandrugby.com/my-rugby/referees/courses/>

- During KS5 you can become a qualified coach by starting with a range of Level 1 coaching Qualifications

Football

<http://www.thefa.com/get-involved/coach>

Rugby:

<http://www.englandrugby.com/my-rugby/volunteers/>

- Check out Brianmac.co.uk. Here you can find all sorts of links to training programmes, information on different sports and links to journal articles.

<https://www.brianmac.co.uk/>

- Check out what Sport England do to increase participation and accessibility.

<https://www.sportengland.org/>

Watching and Listening

- Try watching some of the Sports documentaries highlighted in this article.

<https://www.esquire.com/uk/culture/film/a15963/best-sports-documentaries-of-all-time/>

- Or these available on Netflix.

<https://www.menshealth.com/entertainment/g26837686/best-sports-documentaries-netflix/>



Reading

- Journal of Sports Science and Medicine.

<https://www.jssm.org/>

- Search for journal articles on the websites below.

<https://www.physiology.org/>

<https://journals.sagepub.com/action/showPublications>