

What is your child learning in Physical Education?

Topic of Study

Olympic baseline testing

Key Dates & Deadlines

Football and Netball trials week beginning 11th September.

Family Friendly Homework

Learn the definition for the following key terms

Cardiovascular fitness, speed, agility, co-ordination, flexibility, muscular strength

Resources to Support

BBC iPlayer – Rio Olympics 2016

BBC Bitesize PE



Resources to Challenge

Research 3 Olympic athletes and discuss what qualities they must possess to become successful.

Outside of the classroom

Pupils can work on their cardiovascular fitness by taking part in physical activity 3-5 times a week for a minimum of 30 minutes.

Discussion starters



Why do we perform a warm up before physical activity?

Can you name any of the major muscles in the human body?

What are their functions?



St. Antony's Catholic College

in partnership with Loreto Grammar School