**SUBJECT: Optional Summer Project**

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| What is the Optional Summer Project? | |
| **Analysis of Sporting performance**.  List your strengths and weaknesses in your main sport.  Explain why they are a strength or a weakness.  For 3 of your weaknesses research how to improve that weakness – this could be a particular way of training e.g. sprint training, weight training or it could be a particular drill you could use. | |
| What resources will I need? | |
| A way of writing up your analysis – could be typed or written.  Access to the internet to research | |
| Where can I look for more activities or resources if I would like them? | |
| To find skills – There are loads of great sport specific websites so google your sport and skills e.g. rugby skills or rugby kicking.  To find ways of improving – YouTube is excellent for finding ways to improve weaknesses and specific drills to improve weaknesses. Again type in improving speed in athletics or improving run up in javelin. Teach PE website and YouTube channel is particularly useful. | |
| What will I be studying when I return in September and how can I prepare? | |
| Year 10 | Fitness. Exercise regularly over the summer. Aim for a minimum of 20 minutes per day. |
| Year 11 | See above. |