

Be An Excellent Sportsperson

#LovetoLearn

and Performing Arts

Creative Education Trust What could you do to improve your knowledge and understanding and core skills in rugby and netball? (Autumn 2)

Watch		Read		Listen	(*)
2018 - PG - 1h 41m + CVIEW POINT DESCRIPTION DESCRIPT	Volleyball – Miracle season	Taylor Reed MENTAL TOUGHNESS FOR TOUNG VOLLEYBALL PLAYERS Inspling Stories of Mindet Fraining For Gifts in Sports TAYLOR REED	Jack Kelly Over & Above Francise Gyments Teach Mrt Uber For Transco	Therapeutic effects	The Volleyball podcast
Practice		What?		Who?	
Volleyball	Trampolining	What are the different types of trampoline routines, and how are they judged in competitions? What are the most important skills for success in volleyball?		Who is Wilfredo Leon	Bryony Page