





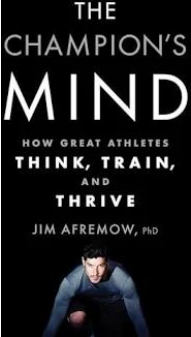




CAISTER ACADEMY
Creative Education Trust
School of Literature
and Performing Arts

Be An Excellent Sportsperson

#LovetoLearn

What could you do to improve your knowledge and understanding and core skills in Athletics? (Summer 1)

Watch 	Read 	Listen 
	<p>The Champion's Mind: How Great Athletes Think, Train, and Thrive</p> 	<p>Athletics Weekly Podcast</p> <p>Just Fly Performance Podcast</p>
Practice	What?	Who?
<p>Use the hyperlinks below to go to BBC bitesize to practise core skills</p> <p>Athletics - fact file</p> <p>Athletics - essential skills and techniques</p>	<p>How does participating in athletics contribute to overall physical and mental well-being?</p> <p>What strategies can athletes use to balance academic responsibilities with their training and competition schedules?</p>	<p>Who is.....</p> <div style="display: flex; justify-content: space-around;"> <div data-bbox="1735 1076 1964 1258">  <p>Simone Biles</p> </div> <div data-bbox="2109 1068 2313 1268">  <p>Mondo Duplantis</p> </div> </div>