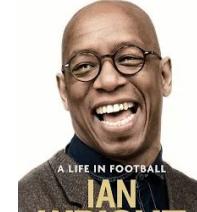
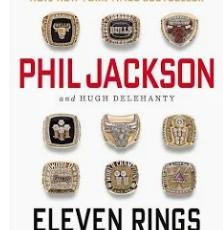
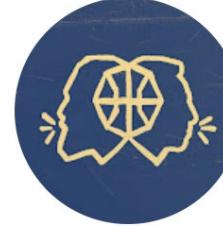




Be An Excellent Sportsperson

#LovetoLearn

What could you do to improve your knowledge and understanding and core skills in Football and Basketball? (Spring 1)

Watch	Read	Listen
Football 	Basketball 	A Life in Football- Ian Wright Eleven Rings- Phil Jackson  
Use the hyperlinks below to go to BBC bitesize to practise core skills Football techniques Basketball techniques	Identify and explain the Method of training best used for each sport What components of fitness are essential to improve your performance?	Football Podcast  Basketball Podcast  Who is.....  Sarina Wiegman
		Precious Achiuwa 