


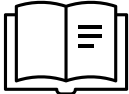



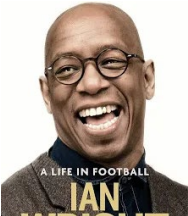
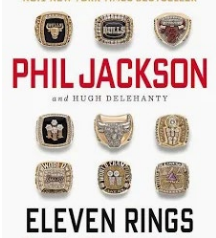






**CAISTER ACADEMY**  
Creative Education Trust  
School of Literature  
and Performing Arts

# Be An Excellent Sportsperson

#LovetoLearn

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

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