

STRETCH AND CHALLENGE

CHRISTMAS ACTIVITIES

PHYSICAL EDUCATION

WEBSITES

Netball skills



A selection of netball drills for U13 players. Get together with your friends and family and have a go.

Christmas Sports Quiz



Test your knowledge of sport!

Fitness Advent Calendar



A good selection of daily activities to help maintain your fitness over Christmas.

THINGS TO WATCH

Christmas Truce

1914



Sport is a means of countries coming together. Even during war. Sports can be used to unite and solve differences.

This is a video about 5 Olympic Games that have been greatly effected by politics. Why is politics in sport?

Politics and the Olympics



PLACES TO GO

You could visit Sports Central at Northumbria University – play badminton on their courts, swim in their pool or watch the students carry out a Sports Science Lab session.

Northumbria



A visit and tour around St James' Park to see the home of Newcastle United – maybe you could be their lucky mascot during a game.

St James' Park



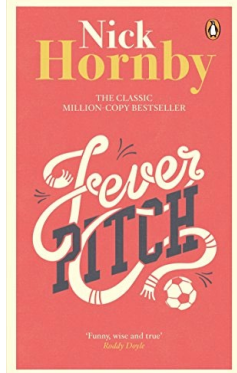
Park Run



Want to get fit and socialise? A parkrun is a great way to do it.

BOOKS TO READ

Fever Pitch



Brimming with wit and honesty, *Fever Pitch*, catches perfectly what it really means to be a football fan - and in doing so, what it means to be a man.

When the frail, trembling figure of Muhammad Ali lit the Olympic flame in Atlanta in 1996, a TV audience of up to 3 billion people was once again gripped by the story of the world's most famous sporting icon.

Ali – A Life

