STRIVE

IN Health and Wellbeing

Watch

Watch the top 10 greatest British athletes of all time.

https://www.youtube.com/watch?v=ZnXfs2zXpqY

Enjoy some of the best tries from our Welsh rugby team.

https://www.youtube.com/watch?v=1Uj1ibT65ps

Watch Michael Sheen giving an inspiring speech for Wales football team before the World cup.

https://www.youtube.com/watch?v=1fpV0OFC0vc

Watch Ian Wright meeting his old PE teacher again!

https://www.youtube.com/watch?v=omPdemwaNzQ

Listen

Listen to a variety of podcasts with experienced athletes from around the word on the altheltes podcast. It currently has almost 200 episodes!

https://www.theathletespodcast.com/podcast

Listen to Jamie Johnson's football podcast where Conor McNamara and his co-host, 9-year-old social media superstar, Braydon, bring you star interviews and special guests relating to the themes in the hit TV series Jamie Johnson.

https://www.bbc.co.uk/programmes/p04z1w6m

Read

Read about sports psychology and how theory links to practice.

https://www.infobooks.org/pdfview/1779-sport-psychology-linking-theory-to-practice-gangyan-s-cruz-j-jaenes-jc/

Read about the importance of physical activity and exercise.

https://www.infobooks.org/pdfview/5602-exercise-physical-activity-go4life/

Read about how to be a better footballer!

https://www.infobooks.org/pdfview/3812-so-you-want-to-be-a-soccer-player-dylan-tooby/

Research

Research health and safety in sport
https://www.bbc.co.uk/bitesize/guides/z2r34j6/revision/3

Research the impotance of a balanced diet

https://www.bbc.co.uk/bitesize/topics/z7x78xs/articles/zppvv4j

Research the bones of the body

https://www.bbc.co.uk/bitesize/guides/zq3sbk7/revision/1

Research the muscles of the body

https://www.bbc.co.uk/bitesize/guides/zpkr82p/revision/2

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