




YEAR 8 PE

Your challenge is to –

**Write a sports newspaper article of your favourite sport, sports star
or sports team.**

**Research the benefits of living a healthy and active lifestyle and
what it involves?**

**Attempt/complete as many of the practical Health and Fitness
sessions in your own home, (Challenge the family!)**



HOW TO WRITE A NEWSPAPER SPORTS ARTICLE

SPORT

HEAVYWEIGHTING GAMES AS JOGBRIA PLOTS NEXT MOVE
Page 26

LAMPS LOVES 'MUST-WIN' PRESSURE
Page 31

NO EXCUSES

TEAM WILL NOT ACCEPT ANY DROP-OFF FROM LIVERPOOL CAUSING COLLAPSE SPELL

SPECIAL GAMES FOR ARMED & POLICE OFFICERS BEING AGED




Russian team could play at the World Cup

DAVID ROCK HITTING BACK
STRIVING FOR PERFECTION

BIGGEST BATTLE

KEEPING PERSPECTIVE




What is a newspaper?

There are two different kinds of national newspapers in the UK:

Broadsheets: these are newspapers printed on large sheets of newspaper.

Tabloids: these are printed on smaller sheets of newspaper.



Task 1

Create a news article about your favourite sports star or team. Things to think about!

1. Headline
2. Sub-heading
3. Image
4. Caption
5. Opening paragraph
6. Columns

Headlines

Newspaper headlines are designed to attract the reader's attention.

- Use dramatic or emotional words, such as:
Crisis Drama Clash Fury Battle Row
- Alliteration – 'Pick up a Penguin'
- Puns – 'Kentucky Freed Chicken' (Jokes)
- Rhymes/half rhymes – 'St Helen's Glass has the class'
'Beanz Meanz Heinz'

Direct Speech

- He said, 'I am on the point of leaving'.
- 'You are as daft as my brother,' Wendy said.
- Emma declared, 'I shall go shopping.'
- 'I have your name and address,' said the policeman.

These are the EXACT words spoken

Quotations in Newspaper Articles

Direct Speech

Mrs Jones, a local shopkeeper said, 'I couldn't believe it when Robbie Williams turned up at my shop.'

These words came DIRECTLY from Mrs. Jones' mouth

Quotations in Newspaper Articles

Reported Speech

It was a complete surprise for Mrs Jones when
Robbie Williams turned up at her shop.

These aren't the actual words that Mrs. Jones
said, although it does tell us how she felt.

Healthy active lifestyles- Student's notes

Living a healthy and active lifestyle involves.....



Health is defined as...

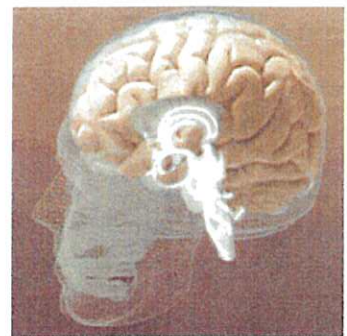
The benefits of exercise

Physical

Social

Mental

Relieving stress and tension



Provides opportunities for reflection or introspection:

Decreases boredom

Anger management



Aesthetic appreciation



Questions

1. There are many benefits of exercise.

Suggest three reasons why a person may join a club for physical, mental and social benefits.

(3)

2. State whether social, mental or physical reason for taking part in sport

- I took it because lots of my friends opted for it

- I knew I had to complete a Personal Exercise Programme (PEP) and hoped this would help me to lose weight

- I enjoy physical education lessons

(3)

3. What is meant by aesthetic appreciation?

(1)

4. Why would a retired person take up light physical activity?

(1)