

Year 8 Independent Learning Project Task Sheet

Subject: Physical Education	Project title: How does your diet or smoking affect sporting performance.
<p>Project Task:</p> <p>In order to perform at your maximum level you must prepare yourself properly for each training session and sporting event you take part in. Research how either diet or smoking can affect performance.</p> <p style="text-align: center;"><u>You may</u></p> <p>a) Create an advertising campaign (poster/videos) b) Produce a brochure c) Write a report d) Prepare a presentation E) Produce a detailed eating log</p>	

In your project	
<p style="text-align: center;">You Should :</p> <ol style="list-style-type: none"> 1. Use examples of elite sports men/women. 2. Use your own knowledge. 3. Explain the physiological affects diet/smoking may have on the body. 4. Judge the importance of staying healthy. 5. Define what being 'healthy' is. 	<p style="text-align: center;">You Could:</p> <ol style="list-style-type: none"> 1. Produce a questionnaire. 2. Interview someone who may help you with your findings. 3. Use a computer to help present information clearly 4. Evaluate how your project could be improved.

