

What does the ultimate sports performer look like?

Aspire: To **critique** the ultimate sports performer

Challenge: To **consider** the musculoskeletal systems

Create a poster (this can be electronically) using 5 different elite sports people to build your perfect Sports Performer.

Most importantly – you must explain how each sports person contributes to the ultimate performer!

You must bring this to your first Sports Science lesson in September.

Be creative as possible



Locate the major muscles of body

Locate the major bones of the body

Locate the major joints of the body

Can you link in your knowledge about the different muscle fibre types.

Demonstrate your understanding of the different energy systems

Describe the psychological make up of your performer.

What might be some of their characteristics. E.g able to focus under pressure, demonstrates leadership qualities