



Writtle
University
College



TASTE
OF SPORT



ONLINE SCHOOLS OUTREACH PROGRAMME



EACH WORKSHOP/EPISODE LASTS
AROUND 20 MINUTES AND IS
SUPPORTED BY A WORKSHEET OR
ACTIVITY

OUR SERIES IS OFFERED VIA GOOGLE
CLASSROOMS TO ALL SCHOOLS AND
IS AIMED FOR STUDENTS IN YEARS 10
UPWARDS.

TO REQUEST MORE INFORMATION
AND A LINK FOR YOUR SCHOOL TO
ASSESS THIS PROGRAMME WHICH
WILL SUPPORT YOUR PE AND SCIENCE
CURRICULUM, SIMPLY EMAIL
OUTREACH@WRITTLE.AC.UK



EPISODE 1

Lower Limb
Anatomy with
Sport Injuries

EPISODE 2

Current Issues:
The Benefits of
a Role Model

EPISODE 3

Football Skills
Development
Ft. Leyton Orient FC

EPISODE 4

Components
of Fitness

EPISODE 5

Fitness Testing:
Power

EPISODE 6

Nutrition