

# Sport Star Challenge

**Do you have a sport star that you look up to? Have you ever considered how they use their body to perform in their sport? Do you know what it takes to improve sport performance? With the 2021 Olympics fast approaching, how are athletes getting ready?**



We invite you to use your research skills to find out more. Choose your favourite sport star and pick one of the topics below or create your own topic. You may present the research project in any format you like, as long as you can email it over to us! We can't wait to receive your entries.

## Topic ideas:

<i>Research what you can do to increase your own health and fitness.</i>	<i>Research the different muscles the athletes need to work.</i>	<i>Research into the things an athlete does to avoid injury.</i>
<i>Research the types of training athletes need to do and which parts of the body they work (scientific vocabulary).</i>	<i>Research how an athlete is preparing for the Tokyo Olympics.</i>	<i>Research the diet athletes need to consume in order to reach their peak performance.</i>

Submit your entries to [wideningaccess@aecc.ac.uk](mailto:wideningaccess@aecc.ac.uk) no later than midnight on Sunday 20<sup>th</sup> June 2021.

Terms and conditions can be found below. Don't forget to tell us your name, age and which school you go to in your entry, as winners will be notified via their school after the close date. Terms and conditions can be found below. Good luck!

Competition terms and conditions: AECC University School competitions have been devised to encourage science-based learning during this time. The closing date will be Sunday 20<sup>th</sup> June 2021. Submissions will be via email and you can type your entry, scan it or take a photo. Alternatively you can post it to the Access and Participation team at the address below. Your school may choose to do a year group submission or you can submit individually. A panel of AECC University College staff will judge the entries during the week commencing 21<sup>st</sup> June and winners will be notified via their schools in late June. Prizes will be science books and kits which will be sent to schools to distribute to the student. There will be one winner and one runner up in each age category (Categories: Key Stage 1, Key Stage 2).



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*Transforming lives  
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