

My Links:

Learn more about sports programmes that help people around the world	Find out more about the Premier Skills project, then do some of the activities!	https://premierskillsenglish.britishcouncil.org
	Find out more about the Sparkle Effect project in the USA.	https://www.thesparkleeffect.org/
	Watch this video to find out about the 'This girl can' campaign to encourage more women to do sport.	http://learnenglishteens.britishcouncil.org/study-break/video-zone/girl-can

Practise grammar	Refresh your knowledge of comparative and superlative adjectives with these activities	https://learnenglishteens.britishcouncil.org/grammar/beginner-grammar/comparative-superlative-adjectives
	Do more activities to refresh your knowledge of comparative and superlative forms.	http://learnenglish.britishcouncil.org/en/art/art-scene-2-language-focus
Learn more about famous sportspeople	Find out more about Michael Phelps and his amazing achievements.	https://en.wikipedia.org/wiki/Michael_Phelps
	Find out more about boxing's most famous fight, 'the Rumble in the Jungle'.	https://en.wikipedia.org/wiki/The_Rumble_in_the_Jungle
	Find out more about Nadia Comaneci and her amazing achievements.	https://en.wikipedia.org/wiki/Nadia_Comaneci
	Find out more about Katie Ledecky and her amazing achievements.	https://en.wikipedia.org/wiki/Katie_Ledecky
	Find out more about Simone Biles and her amazing achievements.	https://en.wikipedia.org/wiki/Simone_Biles

Learn more about less well-known sports	Read this blog post and find out how Joanna's attitude to sports changed thanks to martial arts.	http://learnenglishteens.britishcouncil.org/magazine/sport/sport-evolution
	Find out more about orienteering in the UK.	https://www.britishorienteering.org.uk/newcomers_guide
	Find out more about mud runs and obstacle races in the UK.	http://www.mudrunguide.com/directory/uk/
	Find out about the best mud runs in the UK.	http://xrunner.co.uk/
	Find out more about Ultimate Frisbee.	http://www.whatisultimate.com/what-is-ultimate/
	Watch this video and out about Frisbee Golf.	https://www.youtube.com/watch?v=Mjo8k3ACFL4
	Find out about Vancouver's annual Hoop-a-thon event.	https://rotaryvancouver.sunrise.ca/sitepage/hoopathon