



## **Honiton Sport & PE Commitment Decathlon**

A Decathlon is an athletic event in which each competitor takes part in the same prescribed ten events.

The Honiton Commitment Decathlon has been created to test your commitment to Sport & Physical Education, both inside and outside of College.

You have one academic year to complete all ten challenges.

If you are interested in completing the Decathlon then speak to your PE teacher.

- 1) Represent the College in three different sports.
- 2) Fully participate in fifty extra-curricular PE sessions.
- 3) Complete the academic year without single kit mark.
- 4) Complete the academic year with attendance score of 96% or higher. In line with College target.
- 5) On your College reports, achieve good or excellent for behaviour, classwork effort and organisation/home learning within PE (1's or 2's)
- 6) Represent your Tutor Group in three inter-tutor events.
- 7) Try at least one new community club (see local clubs booklet on PE section of College website or copy from PE office).
- 8) Beat a student from an older year group in an individual sport (teacher officiated) or play a team sport for the year above.
- 9) Write a match report for a fixture that you've not participated in.
- 10) Assist with coaching of ten sessions for a school/club or community team.