

## *Innovative approaches to teaching and learning*

- ✓ Saves you time by providing instant access to curriculum-focused PE learning and teaching resources
- ✓ Enhances your curriculum delivery
- ✓ Motivates your students
- ✓ Supports whole class, group work or individual learning with challenging multi-media activities
- ✓ Friendly and easy-to-navigate format

### **CD-ROM contains four video-rich resource banks supporting GCSE PE curriculum:**

1. **Human body** - bones, muscles, joints, and the human respiratory system
2. **Healthy living** - the difference between health and fitness, types of fitness, exercise and how it affects the body, and factors which influence the ability levels of sports people
3. **Training** - different training methods, treatment of injuries, and the acquisition and development of both open and closed skills
4. **Sport & society** - changing attitudes to sport, the influence of the media and the role of the Olympic Games



Homework section with extension and consolidation activities is accessible online for at-home study

Staffroom contains curriculum coverage, lesson guides and detailed content information

Search for the resources best suited to your students' learning styles

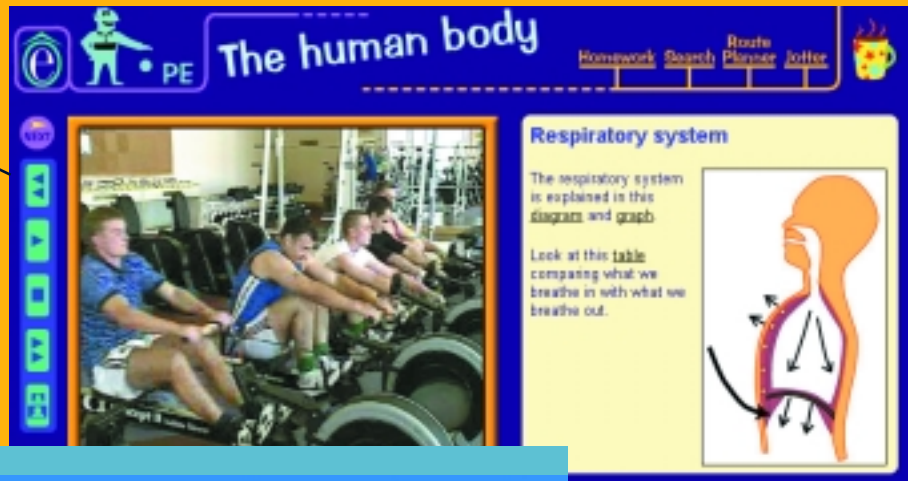
Advice on how to integrate the CD content into your curriculum

Within each module, immediate access to full-screen TV clips, interactive challenges, educational websites and a selection of multimedia & printable resources



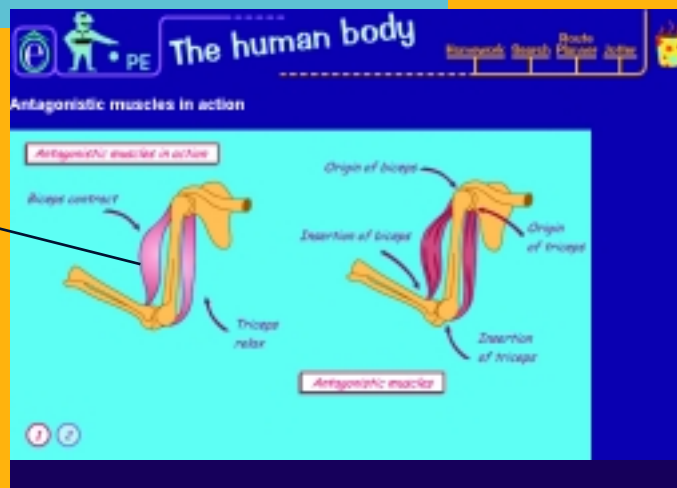
*Creative curriculum content*

Television-quality clips can be shown full screen or viewed along with other learning resources



Interactive challenges offer students learning and revision exercises

The muscles move! Animation to help illustrate and reinforce concepts



Espresso Education Ltd  
Riverside Studios,  
Crisp Road, Hammersmith  
London, W6 9RL

Tel (UK): 0800 0345 200  
Tel (from abroad): +44 (0)20 8237 1200  
Fax: +44 (0)20 8237 1201  
Email: info@espresso.co.uk

For further information about the company and our services go to [www.espresso.co.uk](http://www.espresso.co.uk)

CD-ROM requires a PC with (minimum) Windows 95/NT, Internet Explorer 5, Windows Media Player 6.4, Macromedia Shockwave 8.5 & Flash 5

