

KS3 Supercurricular Physical Education



Try Reading

We do, of course, encourage students to be discerning readers; however, parents should be aware of what their son is reading.

This list of text is not exhaustive and is only a selection of the range of possible texts available.

Please do contact your son's teacher or Ms Garvey, our wonderful Librarian, if you want any more advice.

General Sports Books

- A New Formation - How Black Footballers Shaped the Modern Game
- Mud, Maul, Mascara - When fighting for a dream can make you and break you
- Hitting Against the Spin - How Cricket Really Works
- Inverting the Pyramid - The History of Football Tactics
- Land of Seconds Chances - Cycling
- Touching the Void - Climbing
- The Damned United - Football
- The Greatest of All Time - Muhammed Ali
- Bounce- Matthew Syed
- The Greatest- Matthew Syed
- Endure: Mind, Body and the Curiously Elastic Limits of Human Performance – Alex Hutchinson
- The Sports Gene: Talent, Practice and the Truth About Success – David Epstein
- Black Box Thinking: Marginal Gains and the Secrets of High Performance: The Surprising Truth About Success – Matthew Syed
- Bounce: The Myth of Talent and the Power of Practice – Matthew Syed

	<ul style="list-style-type: none"> • Outliers: The Story of Success – Malcom Gladwell • Luck: A Fresh Look At Fortune – Ed Smith • The Secret Race: Inside the Hidden World of the Tour de France: Doping, Cover-ups, and Winning at All Costs – Daniel Coyle • Racing Through the Dark: The Fall and Rise of David Millar – David Millar • Born to Run: The hidden tribe, the ultra-runners, and the greatest race the world has never seen – Christopher McDougall • There are hundreds of Biographies/ Autobiographies available
Fictional Stories	<ul style="list-style-type: none"> • Roy of the Rovers - Football • Billy's Boots - Football <p style="text-align: center;">There are plenty more!</p>
Magazines	<ul style="list-style-type: none"> • FourFourTwo • Golf Monthly • Rugby World • The Cricketer • Outdoor Swimmer • Wisden Cricket Monthly • Match • GP Racing • Sea Angler • Men's Health • Todays Golfer • Motor Sport • Mens Fitness • Match of the Day

<u>Try Watching</u>	
Documentaries	<ul style="list-style-type: none"> • The Last Dance - Basketball • Icarus - Cycling • Fire in Babylon - Cricket • Storyville (Afghan Cricket Club, Out of the Ashes) - Cricket • All or Nothing Tottenham - Football • Sunderland 'Til I Die - Football • Eddie Hall Strongman - Strongman • Ronnie Coleman - Bodybuilding
Non-Fiction Films/Series	<ul style="list-style-type: none"> • Moneyball - Baseball • Chariots of Fire - Athletics • Touching the Void - Climbing • The Damned United - Football
Fictional Films/Series	<ul style="list-style-type: none"> • The Blind Side - American Football • Creed - Boxing

	<ul style="list-style-type: none"> • Warrior - UFC • Happy Gilmore - Golf • Rocky I-VI - Boxing • She's the Man - Football • Kicking & Screaming - Football
Live Sport	<ul style="list-style-type: none"> • Solihull Moors Football Club • Moseley Rugby Club • Knowle & Dorridge Cricket Club • Romulus Football Club (Castle Vale) • Bournville Rugby Club • Camp Hill Rugby Club

<u>Try Listening</u>	
Podcasts	<ul style="list-style-type: none"> • BBC sounds has a range of sporting Podcasts available such as Tailenders
Audio Books	<ul style="list-style-type: none"> • The Boys in the Boat - Athletics • Red Card - Drugs in Sport • League of Denial - Concussion in American Football
Radio Shows	<ul style="list-style-type: none"> • Talk Sport • Trans Europe Express - Talksport • The Monday Night Club - Radio 5 • Tuffers & Vaughan - Radio 5

<u>Try Joining</u>	
Clubs	<p>Outside of school - there is a club for every sport, every level, and every person. Join one and reap the rewards!</p> <p>School Sport - there are plenty of sports & clubs to join at school. Join one for participation and/or compete for Camp Hill.</p>