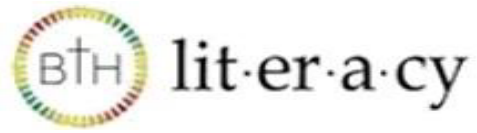




Reading suggestions - PE



Year 8 reading suggestions – PE

Parents/guardians know their child(ren) best, and are best placed to decide on the suitability and content of reading materials. Please ensure that you check online reviews, prior to letting your child read the suggested books.

Want to join our **Millionaire's Club**? Well, reading approximately 12 novels, will help to get you there. Keep a track of the books that you read, and we can check to see if this will make you **word rich** by **reading 1 million words** 😊

- 'Unbelievable' by Jessica Ennis
- 'Foul Play' by Mike Rowbottom
- 'What Sport Tells You About Life' by Ed Smith
- 'Bring Your A Game' by Jennifer L Etnier
- 'The Young Champions Mind' by Jim Afremow

Books marked with an asterisks (*) would be suitable for reluctant readers.

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*Please see your teacher for a comprehensive list of recommendations as this is not an exhaustive list.



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Year 9 reading suggestions – PE

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Year 10 reading suggestions – Physical Education

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- 'Bounce: The Myth of Talent and the Power of Practice' & 'Black Box Thinking: Marginal Gains and the Secrets of High Performance: The Surprising Truth About Success' by M. Syed
- 'The Secret Race: Inside the Hidden World of the Tour de France' by Daniel Coyle
- 'The Sports Gene: Talent, Practice and the Truth About Success' by David Epstein

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Year 11 reading suggestions – PE

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- PE Review Magazine - Either available via a student subscription or available to borrow from the Physical Education Department (Hodder Education).
- Developing Skill in Sport
- 'Motor Learning and Performance' (3rd Ed). By Schmidt, R.A. & Wrisberg, C.A.
- Sport Psychology
- 'Sport Psychology: Concepts and Applications' (6th ed) by R Cox.
- 'Psychological Dynamics of Sport and Exercise' (2nd/3rd edition). By D Gill
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