

KS5 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.

Biographies/ Autobiographies

- Tyson Fury - Behind the Mask
- Shane Warne - No Spin: My Autobiography
- Alex Ferguson - My Autobiography
- Jurgen Klopp - My Liverpool Romance
- Arsene Wenger - My Life in Red and White
- Mike Tyson - Undisputed Truth
- Max Verstappen - A Biography
- Steve Thompson - Unforgettable
- Mark Clattenburg - Whistle Blower
- Mark Cavendish - Tour de Force
- Ben Stokes - On Fire
- Jimmy Anderson - Bowl. Sleep. Repeat.
- Joe Marler - Loose Head

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

	<ul style="list-style-type: none"> • 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 Damned United - Football • The Greatest of All Time - Muhammed Ali • 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 • 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 – Damiel 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
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

Try Watching

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• 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• Warwickshire Cricket Club• Worcester Warriors Rugby Club

Try Listening

Podcasts	<ul style="list-style-type: none">• The Gary Neville Podcast - Football• The Good, The Bad & The Rugby Podcast - Rugby• Peter Crouch Podcast – Football
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

Try Joining

Clubs

Outside of school - there is a club for every sport, every level, and every person! Join one and reap the rewards!

School Sport - there are plenty of sports & clubs to join at school. Join one for participation and/or compete for Camp Hill.