

Reading beyond the classroom PE, Years 7 – 9.

BYRCHALL
HIGH SCHOOL

While in Years 7, 8 and 9 students should try and read a wide variety of books. Physical Education and School Sport plays a major part in life at Byrchall High School and we pride ourselves on supporting every student and their personal development. The books selected will help students to learn about trials and tribulations of some of the world's greatest sportsmen and women.

Newspapers and magazines are a good source of reading and these types of text will help students to understand the subject in great detail.

<https://www.telegraph.co.uk/sport/>

<https://www.menshealth.com/>

<https://www.si.com/>

<https://www.womenshealthmag.com/>

<https://www.ultra-fitmagazine.co.uk/>

<https://www.womensrunning.co.uk/>

<https://www.yourfitnesstoday.com/>

In addition to this, our recommendations follow below. These texts do not form part of our schemes of work so reading them will not spoil students' enjoyment of future lessons. They will most likely complement the work we do.



Lower School

Non- Fiction

James, Thompson and Wiggins et al. *A-Z Physical Education Handbook*

The ultimate guide of everything you need to know about Physical Education. Each entry begins with a clear definition and is followed by explanation, worked examples and cross-references where relevant.

Brad Stulberg and Steve Magness *Peak Performance*

A few common principles drive performance, regardless of the field or the task at hand. Whether someone is trying to qualify for the Olympics, break ground in mathematical theory or craft an artistic masterpiece, many of the practices that lead to great success are the same. In Peak Performance, Brad Stulberg, a former McKinsey and Company consultant and journalist who covers health and the science of human performance, and Steve Magness, a performance scientist and coach of Olympic athletes, team up to demystify these practices and demonstrate how everyone can achieve their best.

Christopher McDougall

Born to Run.

At the heart of *Born to Run* lies a mysterious tribe of Mexican Indians, the Tarahumara, who live quietly in canyons and are reputed to be the best distance runners in the world; in 1993, one of them, aged 57, came first in a prestigious 100-mile race wearing a toga and sandals.

A small group of the world's top ultra-runners (and the author) make the treacherous journey into the canyons to try to learn the tribe's secrets and then take them on over a course 50 miles long.

Tim S. Grover and Shari Lesser Wenk *Relentless*

For more than two decades, legendary trainer Tim Grover has taken the greats, Michael Jordan, Kobe Bryant, Dwayne Wade, and dozens more and made them greater. Now, for the first time ever, he reveals what it takes to get those results, showing you how to be relentless and achieve whatever you desire.

James Milner

Ask a Footballer

Ever wondered what it is really like to be a Premier League footballer? In this book, Milner answers questions asked by fans, ranging from the diet of footballer to penalties to tactics of the game.

Mark Flanagan

The Invincibles

In the Autumn of 1982 a youthful Australian Rugby League team embarked on a 22-leg tour of the UK and France, with a three test series against Great Britain. The tourists made history by winning every game, sparking the start of a golden era for test Rugby League.

Serena Williams

My Life: Queen of the Court

Applying sheer grit and determination to everything is the way that the world views Serena. Arguably the greatest tennis player of all time, Serena takes an empowering look at her extraordinary life and what is still to come.

Geva Mentor

Leap

Geva Mentor is the best netballer in the world, there is no denying that. Vigorous training, natural ability and iron determination; this inspiring autobiography recalls her journey to where she is today.

Ian Wright

A Life in Football: My Autobiography

His journey from a South London council estate to a national treasure is everybody's dream. Ian Wright has a lot to talk about and he does exactly that in this excellent autobiography. Find out how retirement affects footballers, what it's like to be on primetime TV, but most importantly, find out what he thinks about Spurs.

Tony Hawk

Tony Hawk: Professional Skateboarder

In this young adult autobiography, Tony Hawk shares the stories from his life that have helped him become a skateboarding hero. Hawk speaks of being a super-competitive 'demon' child who found peace while on a skateboard. Classmates teased him because of his interest in an 'uncool' sport. Instead of retaliating with violence, he practised even more. With his story, he will inspire a younger generation of fans to stand up for what they believe in and follow their dreams.

Gabrielle Douglas

Grace, Gold and Glory: My Leap of Faith

In the 2012 London Olympics, US gymnast Gabrielle Douglas stole hearts and flew high as the All-Around Gold Medal winner and the brightest star of the US gold-medal-winning women's gymnastics team. That same year, Gabrielle was also named the 2012 Sportswoman of the Year by the Women's Sports Foundation. In this personal autobiography, *Grace, Gold, and Glory My Leap of Faith*, Gabrielle tells her story of faith, perseverance, and determination. Walk with Gabby Douglas through her journey of faith and what her family overcame, from the time she first entered a gymnasium to her gold-medal-winning performances, demonstrating to readers ages 13 and up that they can reach their dreams when they let themselves soar.

Magazine (Available in the LRC) *Teen Breathe*

Be Inspired. Be Brave. Be Kind. Be Yourself. Here at Teen Breathe, following in the footsteps of our older sibling, Breathe, we believe mindfulness forms the basis of a happier, healthier, more authentic and we're putting you centre stage. From social media to sport and making friends to making flowers, we'll have tips, exercises and ideas to help you explore how paying attention to everything you do, being curious and staying positive can bring out the very best of You – a person who's comfortable and proud in their own skin, is open to ideas and follows their dreams. Teen Breathe is the original mindfulness magazine for teens, for a happier, healthier, more fulfilled life.

Marcus Rashford / Carl Anka *You are a Champion*

Written with journalist Carl Anka, *You Are a Champion* is packed full of stories from Marcus Rashford's own life, brilliant advice and top-tips from performance psychologist Katie Warriner. It will show you how to be the very BEST that you can be.

It shows you how to:

- Be comfortable with who you are – you can't be a champion until you're happy being you!
- Dream big
- Practise like a champion
- Get out of your comfort zone and learn from your mistakes
- Navigate adversity in a positive way
- Find your team
- Use your voice and stand up for others
- Never stop learning

Fiction

Jason Reynolds *Ghost*

Running. That's all Ghost (real name Castle Cranshaw) has ever known. But Ghost has been running for the wrong reasons -until he meets Coach, an ex-Olympic Medallist who sees something in Ghost: crazy natural talent. If Ghost can stay on track, literally and figuratively, he could be the best sprinter in the city. Can Ghost harness his raw talent for speed, or will his past finally catch up to him? READ THE RUN SERIES: Ghost. Lu. Patina. Sunny. Four kids from wildly different backgrounds with personalities that are explosive when they clash. But they are also four kids chosen for an elite middle school running team-a team that could qualify them for the Junior Olympics if they can get their acts together. They all have a lot to lose and a lot to prove. Not only to each other, but to themselves.

Victoria Jamieson *Roller Girl*

Astrid has always done everything with her best friend Nicole. So when Astrid falls in love with roller derby and signs up for a summer camp, she's sure Nicole will be right by her side - until Nicole signs up for ballet camp instead, with Astrid's biggest rival. So begins the hardest summer of Astrid's life, as she struggles to stay on her skates, to learn who she is without Nicole . . . and to find out what it takes to be a strong, tough, awesome roller girl.

Kwame Alexander *The Crossover: The Graphic Novel*

'With a bolt of lightning on my kicks . . . The court is SIZZLING. My sweat is DRIZZLING. Stop all that quivering. 'Cuz tonight I'm delivering,' raps twelve-year-old Josh Bell. Thanks to their dad, he and his twin brother, Jordan, are kings on the court. But Josh has more than basketball in his blood – he's got mad beats, too, which help him find his rhythm when it's all on the line. See the Bell family in a whole new light through Dawud Anyabwile's dynamic illustrations as the brothers' winning season unfolds, and the world as they know it begins to change.

John Grisham *Bleachers*

High school All-American Neely Crenshaw was probably the best quarterback ever to play for the legendary Messina Spartans. Fifteen years have gone by since those glory days, and Neely has come home to Messina to bury Coach Eddie Rake, the man who molded the Spartans into an

unbeatable football dynasty.

As Coach Rake's 'boys' sit in the bleachers waiting for the dimming field lights to signal his passing, they replay the old glories, and try to decide once and for all whether they love Eddie Rake – or hate him. For Neely Crenshaw, still struggling to come to terms with his explosive relationship with the Coach, his dreams of a great career in the NFL, and the choices he made as a young man, the stakes could not be higher.

Edward Bloor

Tangerine

Though legally blind, Paul Fisher can see what others cannot. He can see that his parents' constant praise of his brother, Erik, the football star, is to cover up something that is terribly wrong. But no one listens to Paul - until his family moves to Tangerine. In this Florida town, weird is normal: Lightning strikes at the same time every day, a sinkhole swallows a local school, and Paul the geek finds himself adopted into the toughest group around: the soccer team at his middle school. Maybe this new start in Tangerine will help Paul finally see the truth about his past - and will give him the courage to face up to his terrifying older brother. It includes a reader's guide and an afterword by the author.

‘I grew up reading the newspapers, mostly the sports section. I was a wrestler and would check to see if I was ranked.’

Michael Pena (Actor)