

Reading beyond the classroom PE, Years 9 – 11.

BYRCHALL
HIGH SCHOOL

While in Years 9, 10 and 11 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. They will also encourage students to become interested in the wider topics around health and fitness, promoting sport for life.

There are a number of high-quality news sites online:

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

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

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

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

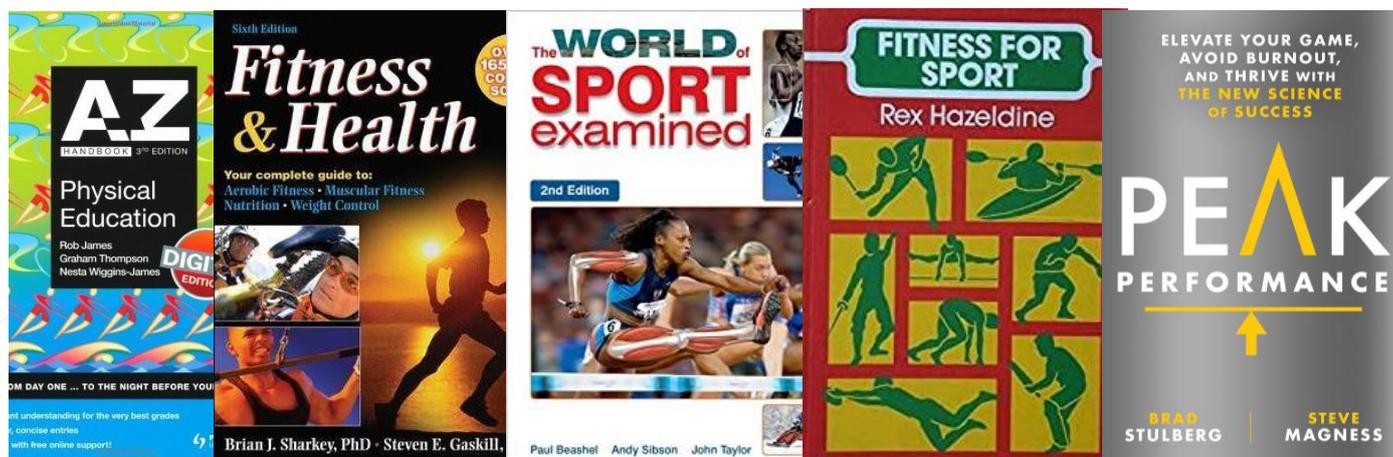
<https://www.ultra-fitmagazine.co.uk/>

<https://www.bbc.co.uk/news/health>

<https://www.bhf.org.uk/>

<https://www.nice.org.uk/>

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.



General Reading - Sport, Health & Fitness

Tyson Fury

The Furious Method

From weighing twenty-eight stone and fighting a deep depression, to his amazing return to heavyweight champion of the world, Tyson opens up and share his inspiring advice and tips on diet, exercise regime, and his incredible journey back to a healthier body and mind.

Anita Bean

The Complete Guide to Sports Nutrition

The Complete Guide to Sports Nutrition is the definitive practical handbook for anyone wanting a performance advantage. This fully updated and revised edition incorporates the latest cutting-edge research. Written by one of the country's most respected sports nutritionists, it provides the latest research and information to help you succeed.

Chris Cooper

Run, Swim, Throw, Cheat: The science behind drugs in sport

Drugs in sport are big news and the use of performance-enhancing drugs in sport is common. Here, Chris Cooper, a leading biochemist at the University of Essex, looks at the science behind drugs in sport. Using the performance of top athletes, Cooper begins by outlining the limits of human performance. Showing the basic problems of human biochemistry, physiology, and anatomy, he looks at what stops us running faster, throwing longer, or jumping higher. Using these evidence-based arguments he shows what the body can, and cannot, do. There is much curiosity about why certain substances

are used, how they are detected, and whether they truly have an effect on the body. Cooper explains how these drugs work and the challenges of testing for them, putting in to context whether the 'doping' methods of choice are worth the risk or the effort.

Ray Stubbs

The Sports Book

Discover everything you need to know about more than 200 sports, including all of the Olympic and Paralympic events featured in PyeongChang and Tokyo. Get the authoritative inside scoop from each sport's leading experts, conferences, leagues, and associations. Discover game-winning insights into the strategies and tactics of the world's top competitors. And learn all of the facts, stats, and stories behind the Olympic Games - the most spectacular sporting event on the planet.

John Anderson

A Great Face for Radio: The Adventures of a Sports Commentator

John Anderson tells the tale of how a humble insurance clerk from Guildford came to rove the world covering some of the biggest sports events of the past 25 years. Now updated with six new chapters including his stories and insights from the heart of the England camp during World Cup 2010 and Euro 2012, A Great Face for Radio is a hilarious memoir of his experiences as a radio sports correspondent and commentator.

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 Rashfords 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 encourages you 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

Rachel Ignatofsky

Women in Sports: 50 Fearless Athletes Who Played to Win

A richly illustrated and inspiring book, Women in Sports highlights the achievements and stories of fifty notable women athletes from the 1800s to today, including trailblazers, Olympians, and record-breakers in more than forty sports. The athletes featured include well-known figures like tennis player Billie Jean King and gymnast Simone Biles, as well as lesser-known champions like Toni

Stone, the first woman to play baseball in a professional men's league, and skateboarding pioneer Patti McGee. *Women in Sports* celebrates the success of the tough, bold, and fearless women who paved the way for today's athletes.

Exam Level Sport (Cambridge National and GCSE PE)

James, Thompson and Wiggins

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.

CGP Books

GCSE Physical Education OCR Complete Revision and Practice

A brilliant all-in-one guide to Grade 9-1 GCSE Physical Education! It covers everything from Anatomy to Sport in Society, with crystal-clear study notes and examples, plus a wide range of practice questions and exam-style questions (with answers included at the back).

John Honeybourne

OCR GCSE PE Second Edition

This reliable and accessible textbook is structured to match the specification exactly and will provide your students with the knowledge they need, while giving them the opportunity to build skills through appropriate activities.

John Honeybourne

My Revision Notes: OCR GCSE PE

These detailed revision notes will enable you to: successfully plan a revision programme; consolidate your subject knowledge by working through clear and focused content coverage; test your understanding of key topics, and finally help to improve your exam technique. This guide really does have it all.

Tim Ferguson

GCSE Physical Education: A Revision Guide

Packed with concise yet thorough notes, this guide is the only book that GCSE students and teachers will ever need for exam success. Written by an experienced GCSE PE teacher, it is the only revision guide that includes "Quick Test" questions and actual past examination questions (with answers) from all four exam boards.

Beashel, Sibson and Taylor

The World of Sport Examined

This guide is filled with revision questions and has recently been updated to reflect the increased emphasis in PE on performance and analysis and to introduce more exam-style questions, ICT skills and differentiation.

Rex Hazeldine

Fitness for Sport

This is designed for everyone who takes their sport seriously and who wants to achieve the most from their bodies safely. This new edition is completely updated with the very latest in fitness techniques and provides advice on endurance, flexibility, strength, speed, body composition, nutrition, and rest and relaxation, as well as a new section on fitness testing. This is an ideal book for the individual who wants to get fit, as well as for teachers, coaches, students, and performers who want to update their knowledge with the latest techniques as practiced by leading athletes.

Tony Scott

GCSE PE for Edexcel: Evaluation Pack

These resources provide thorough coverage of the Edexcel specification for GCSE PE for both full and short courses. The student book covers the material needed in exams of the Edexcel GCSE for Physical Education.

Brian J. Sharkey

Physiology of Fitness

It has been adopted as the fitness text in more than 100 educational institutions, is widely used by fitness instructors in training, and is often prescribed by fitness professionals to their clients.

Discover how to achieve the maximum benefits of physical activity. This is your guide to both a deeper understanding of the exercise-health relationship and a map for meeting your individual needs and goals. The book clearly explains how the body responds to physical activity, why physical activity is so beneficial to health, and the way in which physical activity enhances these areas of fitness: aerobic and muscular fitness, weight control, performance in work and sport, and Energy and vitality.

‘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)