

Core PE - Recommended Reading

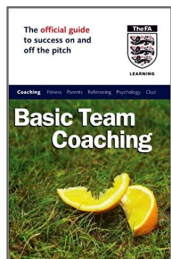
YEAR 7

Term 1
(football, netball, badminton)



The Official FA Guide to Basic Team Coaching (FAFO)
by Les Reed

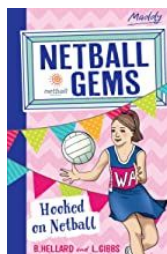
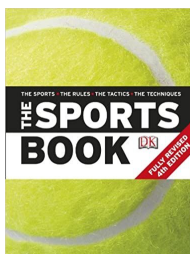
Netball (Know the Game)
by All England Netball Association



The Sports Book
by DK

Sean wants to be Messi: A children's book about football and inspiration. UK edition
by Tanya Preminger

Netball Gems: Hooked on Netball
by Bernadette Hellard and Lisa Gibbs

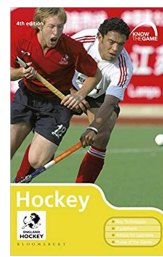


Term 2
(rugby, basketball, hockey, HRE)

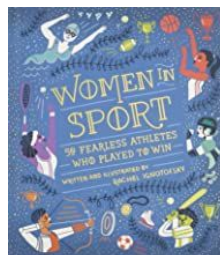


Rugby League (Know the Game)
by Rugby Football League

Hockey (Know the Game)
by England Hockey



Women in Sport: Fifty Fearless Athletes Who Played to Win
by Rachel Ignatofsky



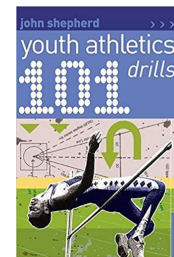
Term 3
(athletics, cricket, rounders, softball)



101 Youth Athletics Drills
by John Shepherd

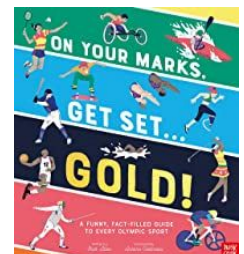
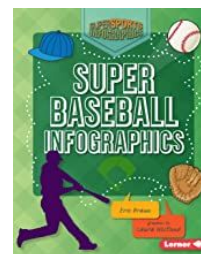
Cricket (Know the Game)
by England And Wales Cricket Board

Rounders (Know the Game)
by National Rounders Association



On Your Marks, Get Set, Gold!: A Funny and Fact-Filled Guide to Every Olympic Sport
by Scott Allen

Super Baseball Infographics (Super Sports Infographics)
by Eric Braun and Laura Westlund



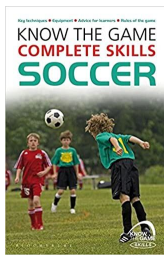
YEAR 8

Term 1
(football, netball, badminton)



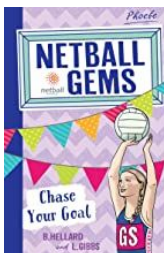
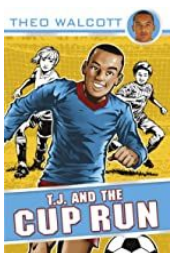
Pep Guardiola - 85 Passing, Rondos, Possession Games & Technical Circuits Direct from Pep's Training Sessions
by SoccerTutor.com

Know the Game: Complete skills: Soccer
by Paul Fairclough



T.J. and the Cup Run (T.J. (Theo Walcott))
by Theo Walcott

Netball Gems: Chase Your Goal
by Bernadette Hellard and Lisa Gibbs

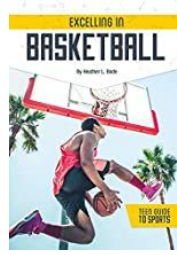


Term 2
(rugby, basketball, hockey, HRE)



Excelling in Basketball (Teen Guide to Sports)
by Heather L Bode

Badminton (Know the Game)
by Badminton Association Of England



Kevin Sinfield: My League Years in Words and Pictures
by Kevin Sinfield and Peter Smith

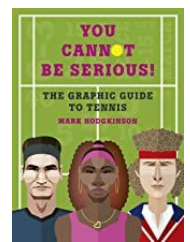


Term 3
(athletics, cricket, rounders, softball)



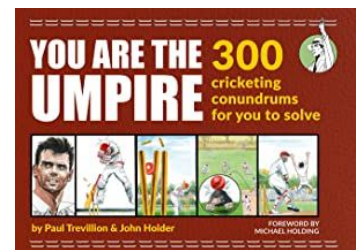
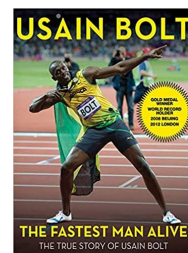
Know the Game: Complete Skills: Cricket
by Luke Sellers

You Cannot Be Serious! The Graphic Guide to Tennis: Grand slams, players and fans, and all the tennis trivia possible
by Mark Hodgkinson



The Fastest Man Alive: The True Story of Usain Bolt
by Usain Bolt

You Are the Umpire
by John Holder



YEAR 9

Term 1
(football, netball, badminton)

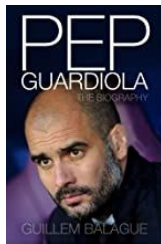
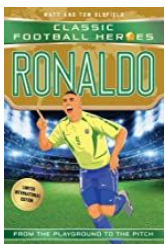


Strength Training for Soccer by Bram Swinnen



Ronaldo: Ultimate Football Heroes by Matt & Tom Oldfield

Pep Guardiola: Another Way of Winning: The Biography by Guillem Balague



Term 2
(rugby, basketball, hockey, HRE)

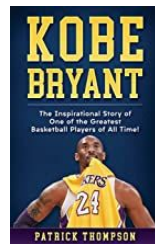


100 Rugby Conditioning Workouts For Beginners To Beasts (Rugby Simplified) by Mr Charlie Purdon and Mr Jacob Nelson



Jamie Peacock: No White Flag by Jamie Peacock

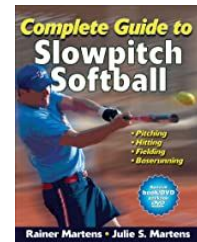
Kobe Bryant: The Inspirational Story of One of the Greatest Basketball Players of All Time! by Patrick Thompson



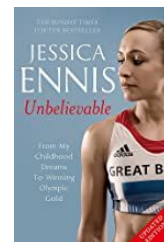
Term 3
(athletics, cricket, rounders, softball)



Complete Guide to Slowpitch Softball by Rainer Martens



Jessica Ennis: Unbelievable - From My Childhood Dreams To Winning Olympic Gold: The life story of Team GB's Olympic Golden Girl by Jessica Ennis



YEAR 10

Term 1
(football, netball, badminton)

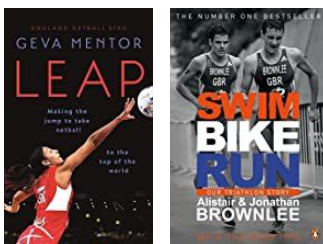


SAQ Football: Training and Conditioning for Football
by Alan Pearson and SAQ International



Leap: Making the jump to take netball to the top of the world
by Geva Mentor

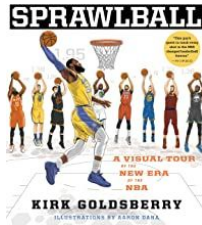
Swim, Bike, Run: Our Triathlon Story
by Alistair Brownlee and Jonathan Brownlee



Term 2
(rugby, basketball, hockey, HRE)

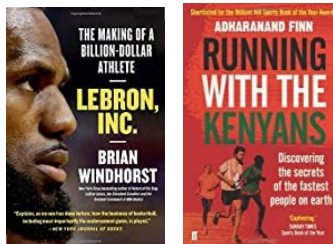


Sprawlball: A Visual Tour of the New Era of the NBA



LeBron, Inc: The Making of a Billion-Dollar Athlete
by Brian Windhorst

Running with the Kenyans: Discovering the secrets of the fastest people on earth
by Adharanand Finn



Term 3
(athletics, cricket, rounders, softball)



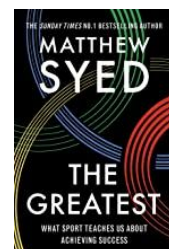
Eat Sweat Play: How Sport Can Change Our Lives
by Anna Kessel



Gold Rush
by Michael Johnson

The Autobiography: The Sunday Times Bestseller
by Sir Alastair Cook

The Greatest: The Quest for Sporting Perfection
by Matthew Syed

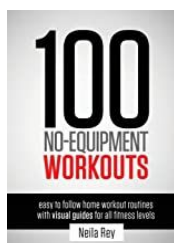


YEAR 11

Term 1
(football, netball, badminton)

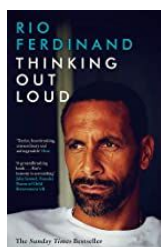
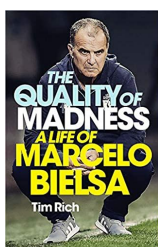


100 No-Equipment Workouts
Vol. 1: Fitness Routines you
can do anywhere, Any Time
by Neila Rey



The Quality of Madness: A Life
of Marcelo Bielsa
by Tim Rich

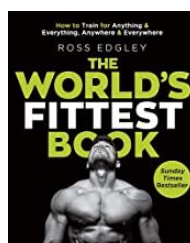
Thinking Out Loud: Love,
Grief and Being Mum and Dad
by Rio Ferdinand



Term 2
(rugby, basketball, hockey, HRE)



The World's Fittest Book: The
Sunday Times Bestseller from
the Strongman Swimmer
by Ross Edgley



Steadfast: My Story
by Lizzie Armitstead

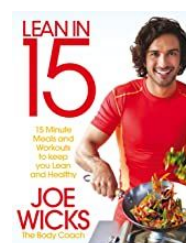
By Tyler Hamilton - The Secret
Race: Inside the Hidden World
of the Tour de France: Doping,
Cover-ups, and Winning at All
Costs
by Tyler Hamilton



Term 3
(athletics, cricket, rounders, softball)



Lean in 15 - The Shift Plan: 15
Minute Meals and Workouts
to Keep You Lean and Healthy
by Joe Wicks



The Dirtiest Race in History:
Ben Johnson, Carl Lewis and
the 1988 Olympic 100m Final
(Wisden Sports Writing)
by Richard Moore

A Life Too Short: The Tragedy
of Robert Enke
by Ronald Reng

