

OPTION PE - Recommended Reading

YEAR 9

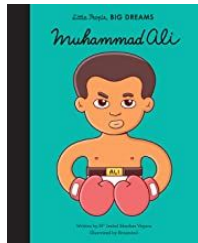
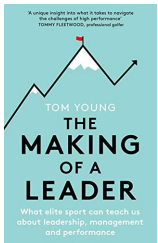
Term 1



The Making of a Leader: What Elite Sport Can Teach Us About Leadership, Management and Performance
by Tom Young

Muhmmmed Ali (Little people big dreams)
by Isabel Sanchez Vigara

Running Full Tilt
by Michael Currinder



Term 2

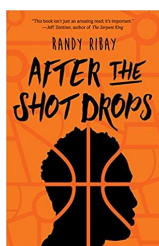
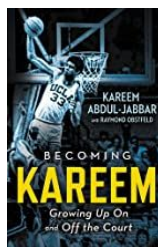
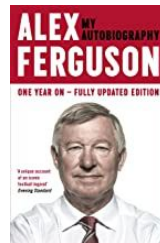


ALEX FERGUSON My Autobiography: The autobiography of the legendary Manchester United manager
by Alex Ferguson

Pep Guardiola: The Evolution
by Martí Perarnau

Becoming Kareem Growing up on and off court
by Kareem Abdul-Jabber

After the shot drops
Randy Ribay



Term 3



Soccer Number Crunch: Figures, Facts and Soccer Stats: The World of Soccer in Numbers
by Kevin Pettman

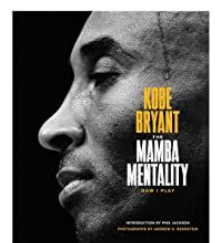
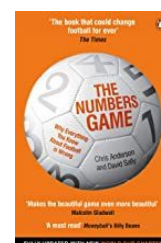
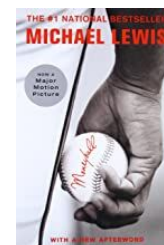
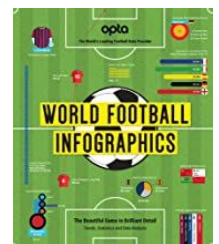
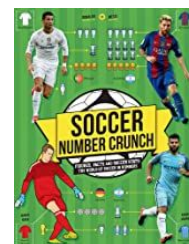
Opta World Football Infographics
by Adrian Besley

Moneyball: The Art of Winning an Unfair Game
by Michael Lewis

Sportonomics
by Gavin Newsham

The Numbers Game: Why Everything You Know About Football is Wrong
by Chris Anderson and David Sally

The Mamba Mentality: How I Play
by Kobe Bryant



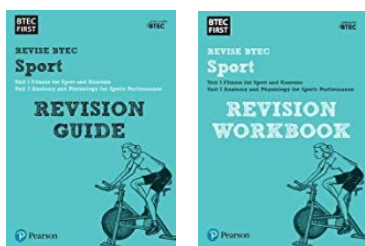
YEAR 10

Term 1



BTEC First in Sport Revision Guide (BTEC First Sport)
by Howard Hughes

BTEC First in Sport Revision Workbook (BTEC First Sport)
by Gledhill



Term 2



BTEC First in Sport Student Book (BTEC First Sport)
by Mark Adams, Rob Armstrong

Black Box Thinking: Marginal Gains and the Secrets of High Performance
by Matthew Syed

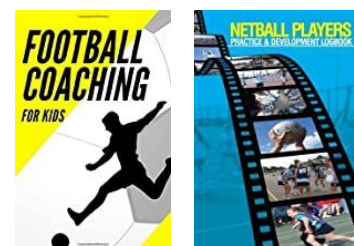


Term 3



Football Coaching For Kids: Football Activity Books Planning your Drills Techniques, Skills, Tactics, For Youth Boys And Girls to Training Soccer Tactics and Skills (Yellow Cover)
by Soccer Tactics And Skills Coaching

The Netball Practice Bible
by Anna Sheryn and Chris Sheryl



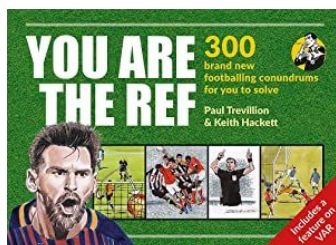
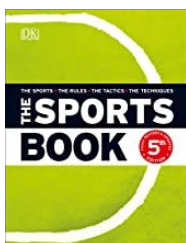
YEAR 11

Term 1



The Sports Book
by DK

You Are The Ref 2019
Keith Hackett



Term 2



Bounce: The Myth of Talent and the Power of Practice
by Matthew Syed



Term 3



BTEC National Level 3 Sport and Exercise Science 4th Edition (BTEC 2016)
by Jennifer Stafford-Brown, Simon Rea

The Athletic Performance Blueprint: The Science of Building Strength, Conditioning, and Mental Toughness for Ultimate Human Performance
by Marc S. Schneider M.D
Justin Roethlingshoefer

