

KS3 Physical Education – Recommended Reading

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| Book Title | Author |
| Physical Education, Essential Issues  | Ken Green |
| Dream to Win | Chris Hoy |
| Great Quotes from Great Leaders: 1000 Motivational Quotes to Help Create a Positive and Confident Mindset, that will Lead to Success | Albert Goodman & Thomas Manh |
| Let’s Play: The Importance of Exercise | Sally Huss |
| Exercise for Body and Mind: Learn the Importance of Exercise to your Physical and Mental Health | Dan Coupard |
| Healthy Diet: The Importance of a Healthy Diet and Exercise | E S |
| Getting Stronger, Getting Fit: The Importance of Exercise  | James Hunt |
| The Real Happy Pill: Power Up Your Brain by Moving your Body | Anders Hansen |
| The Food Parade: Healthy Eating with the Nutritious Food Groups | Elicia Castaldi |
| The Diet Myth: The Real Science Behind What We Eat | Professor Tim Spector |
| Inspirational Sports Quotes: 365 Motivational Sports Quotes | B. Ashiedu |
| The Running Dream | Wendelin Van Draanen |

KS4 BTEC Sport – Recommended Reading

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| Book Title | Author |
| BTEC Level 2 First Sport Student Book | Armstrong, Gledhill, Hancock & Harris |
| How to be a Footballer  | Peter Crouch |
| Berlin 1936 | Oliver Hilmes |
| Badminton: Technique, Tactics, Training  | J Edwards |
| The Netball Handbook | J Woodlands |
| How to Coach Children in Sports | Sports Coach UK |
| How to Coach Sports Safely | Sports Coach UK |
| The Complete Guide to Sports Training | A & C Black |
| **Websites** |
| www.brianmac.co.uk/trainprog | BrainMac |
| www.livestrong.com/fitness | Live Strong |
| www.sport-fitness-advisor.com | Sport Fitness Advisor |
| www.thinqfitness.com/video.asp | Thing Fitness |