



## Poole High School Sixth Form

### Physical Education - Transition Courses

#### Courses:

- Fitness training and principles 2-3 hours
- Coaching styles and techniques 1.5-3 hours
- The other two courses in the section will be useful but can be optional as take a fair few more hours.

<https://alison.com/tag/physical-education>

#### Additional Reading for keen beans

- **Black Box Thinking by Matthew Syed:** An extraordinary, inspirational book which reveals how great performers and teams are driven by an insatiable curiosity for marginal gains, together with the intellectual courage to challenge their most cherished assumptions
- **Bounce: The myth of talent and the power of practice by Matthew Syed.** Mr Syed draws on a vast array of case studies and real-world examples across sport, business, education and politics. He looks at the inside story of how success really happens – and how we cannot grow unless we are prepared to learn from our mistakes.
- **The Sports Gene: Talent, Practice and the truth about Success by David Epstein**  
Provides a powerful and convincing analysis of how genes influence all our lives, especially the careers of elite sportsmen