

## Podcasts

- **BBC Radio 4 Don't Tell Me The Score:** What can sport teach us about life and how best to live it? Each week Simon Mundie sits down with an expert and uses sport to answer life's big questions.
- **The Real Science of Sport:** Sports scientist Professor Ross Tucker and veteran journalist Mike Finch break down the myths, practices and controversies from the world of sport.
- **BBC Radio 4 Sport and the British:** Claire Balding presents a 30 part series charting how sport has shaped the British and how Britain has shaped sport.
- **BBC Sounds:** Numerous sport podcasts including the hilarious **That Peter Crouch** Podcast.

## Websites & You Tube

- <https://sportsscientists.com/> Translating the science behind sport performance.
- <https://www.youtube.com/watch?v=25BywC5-p2U> Born to Run: Secrets of the Kenyans.
- <https://www.youtube.com/channel/UCPu81I88W5d38hZplqzsLXQ/videos> A Level PE
- <https://www.bbc.co.uk/sport>
- <https://www.theguardian.com/uk/sport>

\* Just a small selection of the numerous online resources available.



JSTOR.ORG

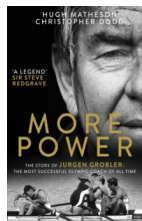
The school subscribes to JSTOR, a digital library of academic journals, e-books and primary sources.

## Memoirs



### How to be a Footballer by Peter Crouch

Hilarious insight into the world of the premiership footballer. The fashion, the cars, the social media gaffs with a bit of ball kicking here and there. **796**



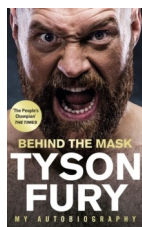
### More Power: The Story of Jurgen Grobler by Dodd & Matheson

Arriving from East Germany after the fall of the Berlin Wall, this is the story of the rowing coach who consistently took England to Olympic glory, with various boat classes and an ever changing group of athletes. **797**



### Running up that Hill: The Highs and Lows of Going That Bit Further by Vassos Alexander

Radio personality and Swindon Park Run regular, Alexander recalls his own endurance running tales, and what keeps him going mile after mile after mile. **796**



### Behind the Mask: My Autobiography by Tyson Fury

Unflinching autobiography from a great boxer and man who demonstrated strength of a very different kind by conquering his demons. **796**

## Inspiration

“Sport is a universal language, building more bridges between people than anything else.”

Sebastian Coe

Learning Resource Centre 2023/24



## PHYSICAL EDUCATION

### SUBJECT RESOURCES FOR R6 STUDENTS

All available from the

### LEARNING RESOURCE CENTRE



Learning Resource Centre 2023/24

# Non-Fiction

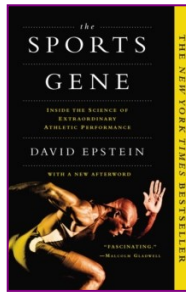
Books you may find useful to broaden your

Sports knowledge will be found in libraries under the following Dewey Decimal numbers:

**Human Anatomy:** 611      **Human Physiology:** 612

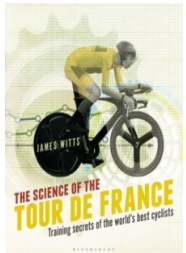
**Management:** 650      **Athletics & Outdoor Sport:** 796

**Aquatic & Air Sports:** 797      **Equestrian Sports:** 798



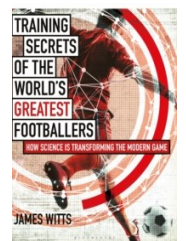
**The Sports Gene: Inside the Science of Extraordinary Athletic Performance** by David Epstein

Scientific exploration of whether sports champions are genetic freaks or normal people who have overcome their biological limits through sheer force of will and obsessive training. **611**



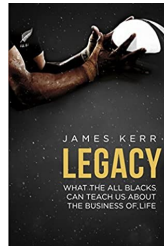
**The Secrets of the Tour de France: Training Secrets of the World's Best Cyclists** by James Witts

Behind the scenes look at the pioneering science techniques adopted by the top teams to develop world-class cyclists. **613**



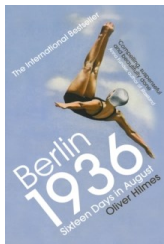
**Training Secrets of the World's Greatest Footballers** by James Witts

How sports scientists are key figures at every top club, applying cutting-edge techniques to boost fitness, accelerate recovery to create lean, mean, winning machines. **796**



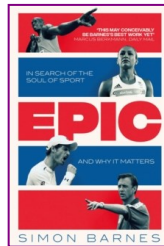
**Legacy: What the All Blacks Can Teach Us About the Business of Life** by James Kerr

The secrets of sustainable success in 15 powerful lessons, based on the practice of one of the most successful sporting teams in the world—the All Blacks. **650**



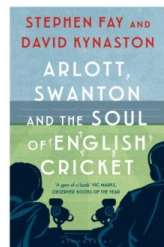
**Berlin 1936: Sixteen Days in August** by Oliver Hilmes

From the drama in the Olympic Stadium to the drama in the lives of ordinary Berliners, this award winning book takes us to the edgy, hedonistic days of Berlin between the wars. **796**



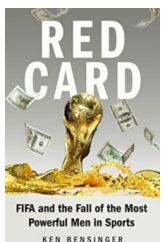
**Epic: In Search of the Soul of Sport and Why it Matters** by Simon Barnes

Combining a journalistic eye for detail and emotional integrity, Barnes' recollections of epic sporting moments of the last 30 years, show us how sport can help us enjoy life for the better. **796**



**Arlott, Swanton and the Soul of English Cricket** by Faye & Kynaston

Wise, lively and filled with social and sporting history, how two commentators from very different backgrounds transformed the broadcasting of cricket into a national summer institution. **796**



**Red Card: FIFA and the Fall of the Most Powerful Men in Sports** by Ken Besinger

Providing fresh insight into the FIFA scandal, showing how greed and arrogance brought down the most powerful institution in sporting history.

# School Information

**Exam Board:** OCR

**Subject Leader:** Mrs R Hill

Minimum grade required: 4 GCSE's with grades 5-9, one of which has to be PE and/or Science.

# Magazines & Newspapers

You may wish to consider subscribing to :



**Women's Health**

Monthly publication with workout tips, recovery advice, health, nutrition and fitness gear.



**Men's Fitness**

Monthly publication with advice and articles on workouts, health, fitness, nutrition and gear.



**Newspapers**

For a quick weekly round up of current sport commentary, fixture and articles, look in the Sunday newspapers.