



Reading Lists

Physical Education





Reading Lists

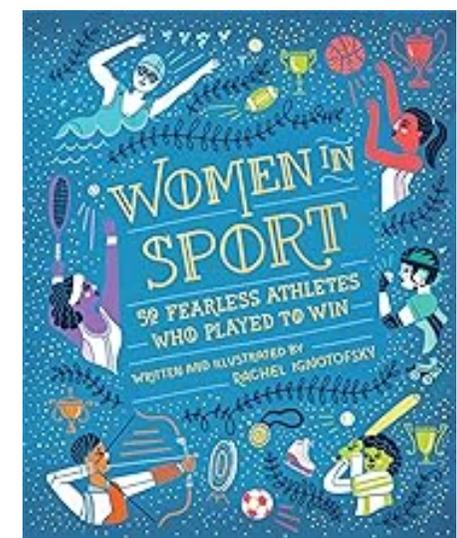
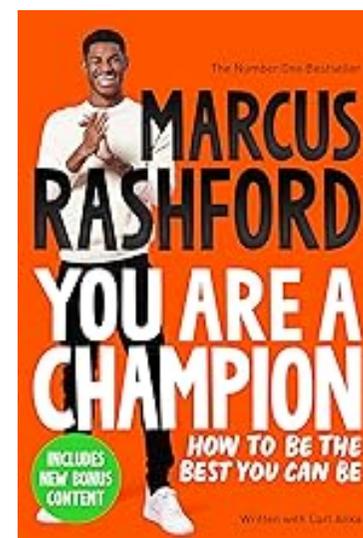
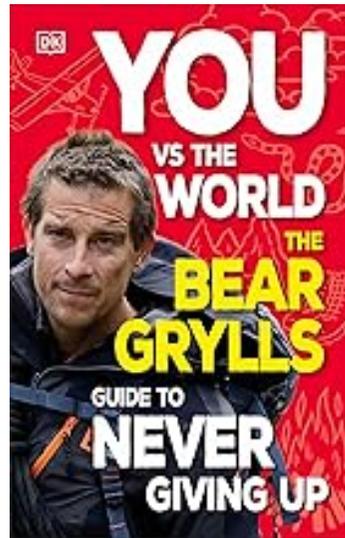
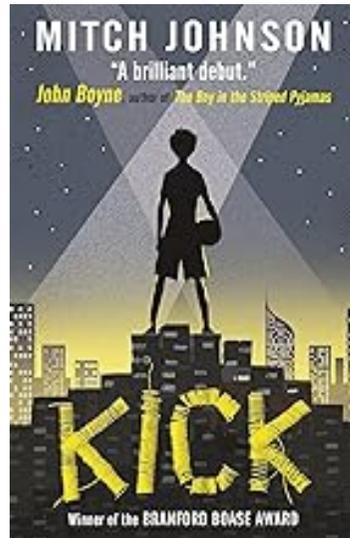
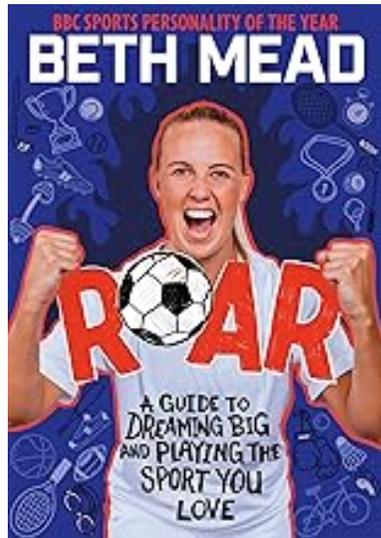
Physical Education

- Books available at Weald are found as subject reading lists on our [online library catalogue](#).
- Speak to your librarian about books available on either Weald site or reserve through the [online library catalogue](#).
- [Kent Libraries digital books](#) are available for free using the Libby app:
 - <https://www.kent.gov.uk/leisure-and-community/libraries/ebooks-eaudiobooks-emagazines-enewspapers>
- All Weald students can join [Kent Libraries](#) and reserve non-fiction to be delivered to any Kent Library for free:
 - <https://kent.spydus.co.uk/cgi-bin/spydus.exe/MSGTRN/WPAC/JOIN>



Physical Education: Key Stage 3

Recommended Reading

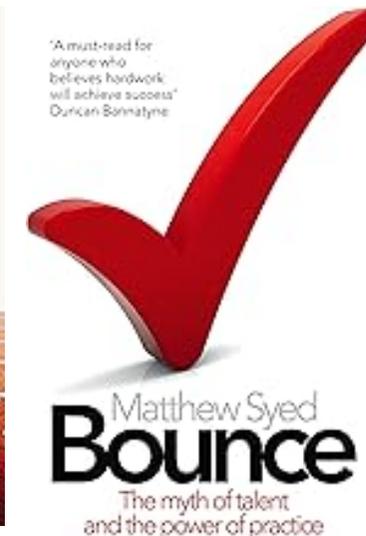
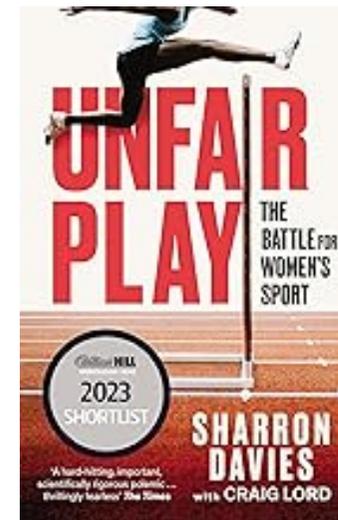
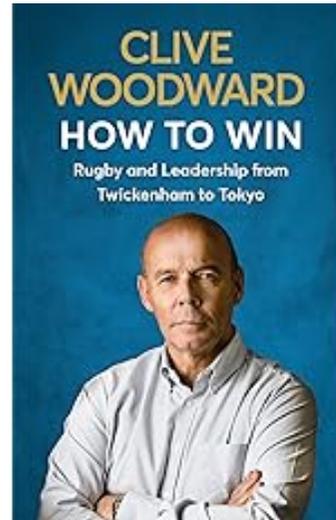
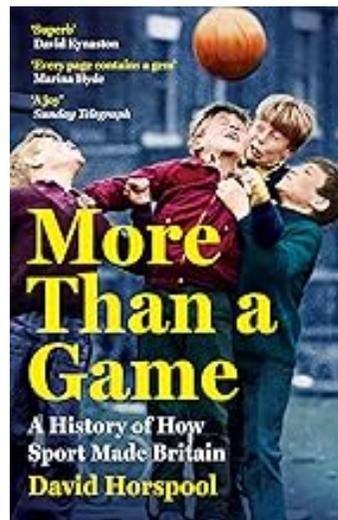
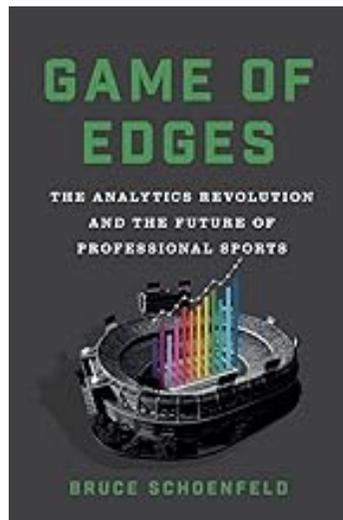
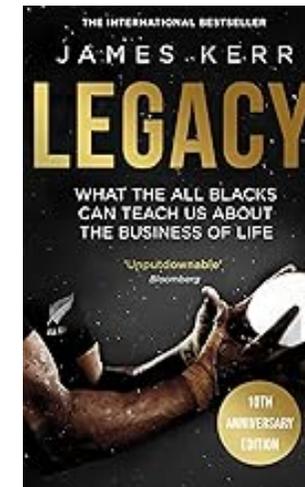
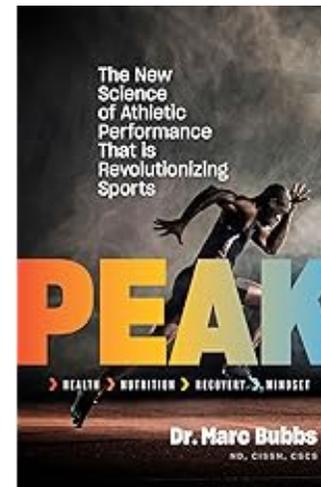
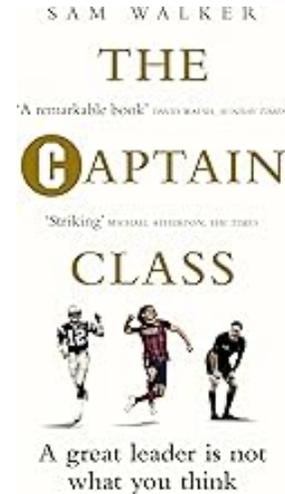
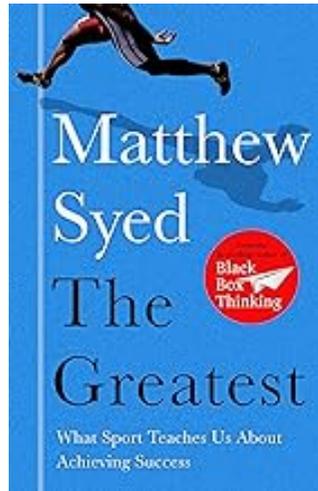
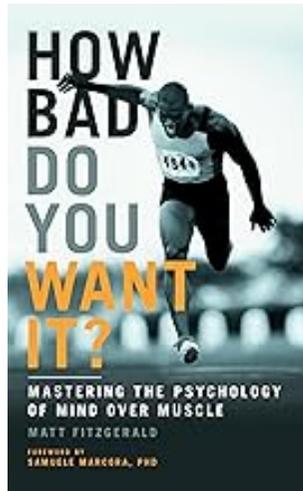


Title	Author	Stocked in Weald Tonbridge?	Shelf location	Stocked in Weald Sevenoaks?	Shelf location	Available as Kent Libraries digital book?	Available as Kent Libraries hardcopy book?
Roar	Mead, B.	<u>Yes</u>	796.33 MEA			No	<u>Yes</u>
Kick	Johnson, M.	No		<u>Yes</u>	FIC JOH	<u>Yes</u>	<u>Yes</u>
You Are a Champion: How to be the Best You Can be	Rashford, M.	<u>Yes</u>	796 RAS	No		<u>Yes</u>	<u>Yes</u>
You Vs the World: The Bear Grylls Guide to Never Giving Up	Grylls, B.	No		<u>Yes</u>	646.7 GRY	<u>Yes</u>	<u>Yes</u>
Women in Sport: Fifty Fearless Athletes Who Played to Win	Ignatofsky, R.	<u>Yes</u>	796.092	<u>Yes</u>	796.092	No	<u>Yes</u>



Physical Education: GCSE & A Level

Recommended Reading



Physical Education: GCSE & A Level

Recommended Reading

Title	Author	Stocked in Weald Tonbridge?	Shelf location	Stocked in Weald Sevenoaks?	Shelf location	Available as Kent Libraries digital book?	Available as Kent Libraries hardcopy book?
How Bad Do You Want It?: Mastering the Psychology of Mind Over Muscle	Fitzgerald, M.	No		<u>Yes</u>	796 FIT	<u>Yes</u>	<u>Yes</u>
The Greatest: What Sport Teaches us about Achieving Success	Syed, M.	<u>Yes</u>	796 SYE	No		No	<u>Yes</u>
The Captain Class: The Hidden Force Behind the World's Greatest Teams	Walker, S.	<u>Yes</u>	796 WAL	No		No	<u>Yes</u>
Peak: The New Science of Athletic Performance	Bubbs, M.	<u>Yes</u>	796 BUB	No		No	No
Legacy: What the All Blacks can Teach us about the Business of Life	Kerr, J.	No		<u>Yes</u>	796 KER	No	No
Game of Edges: The Analytics Revolution and the Future of Professional Sports	Schoenfeld, B.	No		<u>Yes</u>	796 SCH	No	No
More Than A Game: A History of How Sport Made Britain	Horspool, D.	<u>Yes</u>	796 HOR	No		No	<u>Yes</u>
How to Win: Rugby and Leadership from Twickenham to Tokyo	Woodward, C.	<u>Yes</u>	796.33 WOO	No		No	<u>Yes</u>
Unfair Play: The Battle for Women's Sport	Davies, S.	No		<u>Yes</u>	796 DAV	<u>Yes</u>	<u>Yes</u>
Bounce: The Myth of Talent and the Power of Practice	Syed, M.	Pending				<u>Yes</u>	No



Physical Education: GCSE & A Level

Recommended Podcasts



The Real Science of Sport Podcast
Revealing the truth behind the games we play with Professor Ross Tucker and sports journalist Mike...



Experts in sport podcast | School of Sport, Exercise and Health Sciences |...
Loughborough University's 'Experts in Sport' podcast is a regular series, hosted by Applied Sport...



Applying Sport Science Podcast
Collaborative, thoughtful, and well delivered sports science has the ability to provide key information, knowledge and understanding to support athletes...

<https://www.memphis.edu/hpcenter/about/sportsciencepodcast.php>

<https://www.lboro.ac.uk/schools/sport-exercise-health-sciences/research-innovation/experts-in-sport-podcast/>

<https://shows.acast.com/realscienceofsport>



with 'Meatball' Molly McCann Shattering Stereotypes:
From Paper to Podium - SUBSCRIBE

0:00 1:07:45 1x

Shattering Stereotypes with 'Meatball' Molly McCann	1:07:45
Recovering From Injury ft. Jack Willis	1:12:42
The Evolution of Sport Science in Football ft. Jamie Carragher	57:42
Tour de France Special: Fuelling and Hydration ft. Chris Froome	1:04:55
Rest, Recovery & Rugby ft. Dylan Hartley	1:27:24



Science for Sport Podcast
Discover the Secrets Behind Elite Performance. Join us on the Science for Sport Podcast, where every episode dives into the cutting-edge world of sports...

<https://scienceforsport.fireside.fm>



We Do Science
The Sports Nutrition Podcast
Hosted by Dr Laurent Bannock

We Do Science
For current and aspiring sports and exercise nutritionists! The Institute of Performance Nutrition's We Do Science podcast, hosted by Dr Laurent Bannock, features a...

<https://www.wedoscience.com>

<https://audioboom.com/channels/5044090-from-paper-to-podium>



You Majored in What? Career Opportunities in Exercise Science
This podcast is dedicated to informing current or prospective exercise science majors (or similar) on...

<https://directory.libsyn.com/shows/view/id/youmajoredinwhat>



THE REAL SCIENCE OF SPORT PODCAST
with Sports Scientist Prof. Ross Tucker & Editor Mike Finch
The Truth Behind The Games We Play!

The Real Science of Sport Podcast
Why Everything You Know About Recovery May Be BS
March 18, 2020 - 50 min - Listen later

<https://shows.acast.com/realscienceofsport/episodes/whyeverythingyouknowaboutrecoverymaybebs>



Podcast Archives
In each episode, the Stronger By Science team delves into exercise and nutrition research, health and fitness trends, and listener questions.

<https://www.strongerbyscience.com/podcast/>



Physical Education: GCSE & A Level

Exploring List

Recommended Viewing

<https://olympics.com/en/olympic-channel>



Full Swing (TV Series 2023-) ★ 8.0 | Documentary, Sport
45m | TV-MA
imdb.com

<https://www.imdb.com/title/tt17050700/>



Break Point (TV Series 2023-2024) ★ 7.3 | Documentary, Sport
50m | TV-MA
imdb.com

https://www.imdb.com/title/tt17048442/?ref=nr_sr_srsrg_3_tt_8_nm_0_in_0_q_breakpoint



Formula 1: Drive to Survive (TV Series 2019-) ★ 8.5 | Documentar...
40m | TV-MA
imdb.com

https://www.imdb.com/title/tt8289930/?ref=fn_al_tt_1



Six Nations: Full Contact (TV Series 2024) ★ 7.4 | Documentary, Sport
48m | TV-MA
imdb.com

https://www.imdb.com/title/tt26218826/?ref=nr_sr_srsrg_0_tt_1_nm_0_in_0_q_six%2520nations%2520full%2520contact

https://www.imdb.com/title/tt26218826/?ref=nr_sr_srsrg_0_tt_1_nm_0_in_0_q_six%2520nations%2520full%2520contact



All or Nothing: Manchester City (TV Mini Series 2018) ★ 8.1 |...
50m | Not Rated
imdb.com

https://www.imdb.com/title/tt7653274/?ref=fn_al_tt_1



Remember the Titans (2000) ★ 7.8 | Biography, Comedy, Drama
1h 53m | PG
imdb.com

<https://www.imdb.com/title/tt0210945/>



Miracle (2004) ★ 7.5 | Biography, Drama, History
2h 15m | PG
imdb.com

https://www.imdb.com/title/tt0349825/?ref=fn_al_tt_1



Icarus (2017) ★ 7.9 | Documentary, Sport
2h | TV-MA
imdb.com

https://www.imdb.com/title/tt6333060/?ref=nr_sr_srsrg_0_tt_6_nm_2_in_0_q_icarus



Free Solo (2018) ★ 8.1 | Documentary, Adventure, Sport
1h 40m | PG-13
imdb.com

https://www.imdb.com/title/tt7775622/?ref=nr_sr_srsrg_0_tt_6_nm_2_in_0_q_free%2520solo



The Dawn Wall (2017) ★ 8.1 | Documentary, Biography, Sport
1h 40m | Not Rated
imdb.com

https://www.imdb.com/title/tt7286916/?ref=nr_sr_srsrg_0_tt_2_nm_6_in_0_q_dawn%2520wall

https://www.imdb.com/title/tt7286916/?ref=nr_sr_srsrg_0_tt_2_nm_6_in_0_q_dawn%2520wall



The English Game (TV Mini Series 2020) ★ 7.6 | Drama, History, Sport
47m | TV-14
imdb.com

https://www.imdb.com/title/tt8403664/?ref=nr_sr_srsrg_0_tt_5_nm_3_in_0_q_english%2520game



<https://www.nike.com/gb/running/breaking2>



Physical Education: GCSE & A Level

Exploring List

Recommended articles/journals/magazines

PE Review articles on Weald Sharepoint

GCSE Physical Education

Exam board content from BBC Bitesize for students in England, Northern Ireland or Wales. Choose the exam board that matches the one you study.

... BBC Bitesize

<https://www.bbc.co.uk/bitesize/subjects/znyb4wx>



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theeverlearner.com

<https://pages.theeverlearner.com/2024-aqa-gcse-pe-revision>

