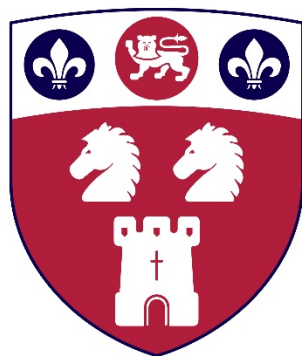


RGS NEWCASTLE

Parent Tool Kit



RGS

*A guide, for parents, to all
things sports to help keep your son or
daughter engaged in sport and active.
Accessible from the comfort of your own
homes*



RGS

“Movement is a medicine for creating change in a person's physical, emotional, and mental states”

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Chapter 1 Fitness Websites and apps

Images and underlined content contain hyperlinks to sites (ctrl + click)



Headspace is an app that teaches you how to meditate. [Meditation](#) has been shown to help people stress less, focus more and [sleep better](#). Headspace is meditation made simple, teaching you life-changing mindfulness skills in just a few minutes a day.



YouTube Channel and app 12 minute Athlete us a HITT workout regimen consistent of incredibly short, effective workouts you can do in just 12 minutes a day with minimal equipment.



Fiit provides access to many of the best trainers in the country for video-led workouts that can be completed in your bedroom and beyond. There are three categories to choose from – cardio, strength and rebalance, which includes yoga, pilates, mobility and breath work – and all feature sessions comprised of body weight moves, so they're accessible to everybody.

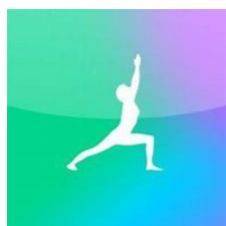


A virtual take on the fitness class, GymCube is an online database of more than 700 do-at-home workout videos, plus regular sessions you can stream live (imagine, all the buzz of a group class with none of the faff beforehand). Workouts can be filtered by duration, target area, difficulty, equipment available, preferred trainer and the amount of calories you could burn, and there's an option to follow a plan (all of which are listed under the Programmes tab) – such as the 30 day challenge – if you prefer a little guidance.





For those who favour a fitness DVD but like a little bit of variety, FitFusion is an online subscription service that allows access to a catalogue of exercise videos, ranging from cardio and strength training, yoga, boxing and pre/postnatal-focused workouts, too. The sessions vary in length (the 10-minute Body Transformation may sound like a breeze, but it's brutal), and while many are led by an enthusiastic – yet merciless – Jillian, others see the presence of a range of equally encouraging top trainers.



Providing everything from power flows and pilates, to tips for great posture and assistance in progressing poses, the Doyouyoga site has a little something for every yogi there is. Videos can be filtered by style, focus, teacher, level of ability and duration, and modules – such as the Men's 30-Day Yoga Challenge – are available for those seeking to improve their practice.



Work out at home for free. We believe fitness should be accessible to everyone, everywhere, regardless of income or access to a gym. With hundreds of professional workouts, healthy recipes and informative articles, as well as one of the most positive communities on the web, you'll have everything you need to reach your personal fitness goals – for free!



Welcome to DAREBEE, an independent global fitness resource. DAREBEE is a non-profit and also an ad-free and product placement-free website. All of the information here has been thoroughly researched and tested and provided free of charge. You can download and print anything – everything is provided in its entirety with no strings attached.





30 Day Fitness. New workouts, fitness plans, and exercises with HD video tutorial are now available. Get your whole body toned and feel like the best version of yourself. Drop any extra weight with minimum struggle (nothing comes without any effort!) and see a noticeable difference in your shape in 30 days. Try it now, follow the 30 Day Fitness Challenge and see your fat cells melt away.

THE BODYCOACH

The BodyCoachTV will post weekly HIIT workouts and daily PE lessons.



NHS Active 10 App is a free tracker app takes away the guesswork. It shows how much brisk walking you're doing and how you can do more. It's easy to use and helps you set your goals for the day.



Bean provides you the platform to tailor an exercise and nutrition plan individually to you. Let us know your key stats & exercise experience, and we'll develop the perfect plan to help you bust fat and achieve your goals



We believe in the power of learning to move your body in new ways through progressive bodyweight training. The Virtual Classroom is a proven online calisthenics training system that is the most accessible and effective bodyweight training platform in the world.





TrainHeroic is designed for trainers, gym owners, and coaches. Our strength and conditioning software platform gives you superpowers to do more, with less effort. We've taken high performance out of its ivory tower. With TrainHeroic, coaches of any level can provide an elite level of service to their athletes and clients. We help you provide what they need to buy-in, stay accountable, and push past possible.



Short two-minute videos will be posted that will show parents (and teachers) free, fun and easy to follow PE activities for the whole family to enjoy together. Each #ThisIsPE video will focus on a different aspect of the National Curriculum. The videos, delivered by PE teachers, will help children and young people to continue their skill development in PE during this period when we are having to stay at home, to save lives. Videos will be posted at 1pm on a Monday, Wednesday and Friday.



PE activities that can be done individually or in small pairs/small groups with a focus on the development of physical competence and actively learning the importance of personal skills to support social, emotional and mental wellbeing.



The world's best music, best moves, and best instructors. We bring it all together to create life-changing fitness shaped by science. We support our tribe of 140,000 instructors as they find their greatness and inspire others to become their best. Partnering with 20,000 clubs worldwide, we make it easy to deliver world-leading group fitness and help members fall in love with fitness.





Tips, advice and guidance on how to keep or get active in and around your home. Join the. Movement and use #StayInWorkOut to share how you're getting active during this time.

SWÖRKIT

SworkIt is a top choice if you like control over your exercise routines. SworkIt is a workout-on-demand app that has a wide range of exercises you can do just about anywhere, with no equipment. Videos of each move and audio coaching lead you through each session.



Stream classes or a live workout with Peloton at home fitness and redefine your fitness routine at home or on-the-go. Run, spin, stretch—even meditate! Choose from up to 30 new live exercise classes taught daily by instructors who sweat alongside you or pick from thousands of on-demand classes.



Useful channels:

[RGS Newcastle](#) Sport playlist (content being uploaded)

[Glenn Higgins Fitness](#) (KS1/2)

[Cosmic Kids Yoga](#) (KS1/2)

[PE With Joe](#)

[Fitness Blender](#)



Chapter 2 Sport specific activities

Badminton



Basketball



HomeCourt basketball

Basketball Coach



Cricket

Chris Rushworth daily cricket related drills

icoachcricket

Wiltshire cricket kids' workbook (Key stage 1 & 2)

jtca

Ludimos online cricket coaching platform



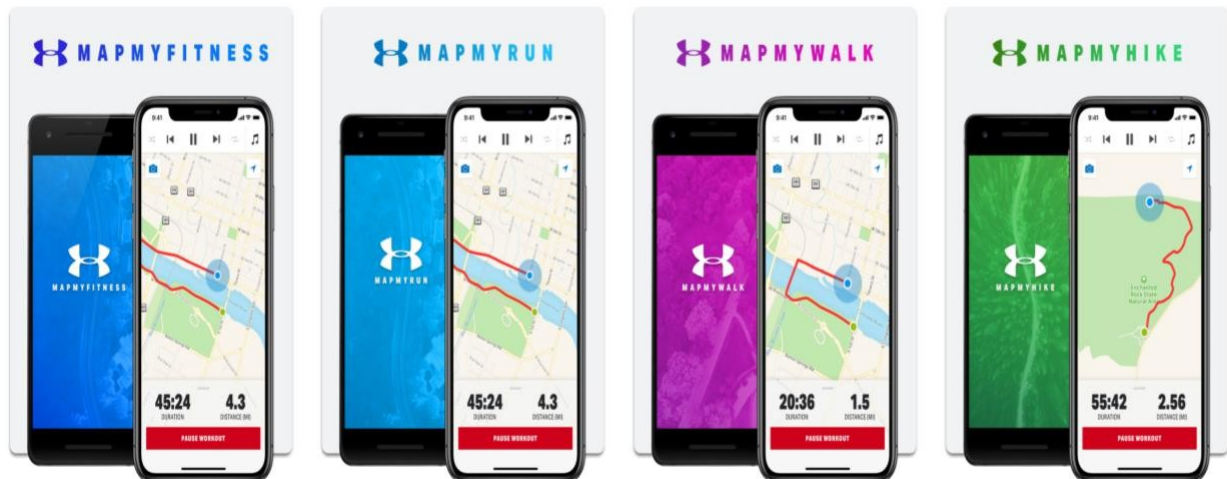
Cycling

The Strava logo is displayed in a bold, orange, sans-serif font.

Strava, a social-fitness network, primarily tracks cycling and running exercises, using GPS data - although alternative types are available. Strava offers a free service with no advertising in its mobile application, and a monthly subscription plan called Strava Summit. Watch out for details coming soon of a RGS club for parents, students and staff to join.

The MapmyRide logo features the Under Armour symbol in orange, followed by the word "MAPMYRIDE" in a bold, orange, sans-serif font.

Others apps in the family include:



Dance

The logo for "HIP HOP public health" features the words "HIP HOP" in a large, bold, black, sans-serif font, with "public health" in a smaller, grey, sans-serif font below it. To the right is a stylized purple graphic consisting of concentric circles and a central dot, resembling a target or a stylized 'O'.

Select one or more of the categories below to filter and sort through our music, videos, teaching guides and more.



Disability Sport



Football

Ball Mastery: Individual ball manipulation techniques you can do on your own

Week by week ball mastery skills by Coerver

Another Coerver curriculum

Inspiration and ideas - the F2 Freestylers

Tactical learning and history of the game - Tifo Football

For anyone with an interest in coaching 'The Bootroom' - large online FA video session library (note, for information and interest, not group organised coaching sessions, which are currently prohibited). Also includes interviews and online learning courses.

Dundee United Academy curriculum and drills

Pro soccer data - drills with one ball

Hockey



Netball



Solo Sessions

Rowing (Indoor)



Running



Nike Run Club - Track your runs, get coaching that adapts to you, and bring your friends along for the ride. It's all possible with the Nike Run Club app



Strava, a social-fitness network, primarily tracks cycling and running exercises, using GPS data - although alternative types are available. Strava offers a free service with no advertising in its mobile application, and a monthly subscription plan called Strava Summit. Watch out for details coming soon of a RGS club for parents, students and staff to join.



Rugby



RugbyPass Official - **#LockdownWorkout** with England and Bath rugby star Freddie Burns! Bath & England player, Freddie Burns talks us through his fitness regime during lockdown due to the coronavirus. He also takes part in a backyard passing challenge with brother Sam who is a Cyprus International rugby player.



Squash



Swimming

10 Dry Land Exercises for Swimmers You Can Do at Home

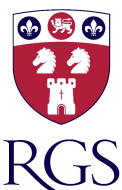


Table Tennis

[Expert table tennis](#)

[Table tennis spot](#)

Tennis



Chapter 3 Multimedia lists and resources

Best Sport movies IMDB

[Raging Bull](#) (1980)
[Million Dollar Baby](#) (2004)
[The Big Blue](#) (1988)
[The Wrestler](#) (2008)
[Rocky](#) (1976)
[Escape to Victory](#) (1981)
[Cinderella Man](#) (2005)
[Invictus](#) (2009)
[Rush](#) (2013)
[The Fighter](#) (2010)
[Offside](#) (2006)
[Rocco and His Brothers](#) (1960)
[Warrior](#) (2011)
[The Boxer](#) (1997)
[Moneyball](#) (2011)
[Rocky Balboa](#) (2006)
[The Hurricane](#) (1999)
[The Hustler](#) (1961)
[Lagaan: Once Upon a Time in India](#) (2001)
[Chariots of Fire](#) (1981)
[Creed \(II\)](#) (2015)
[Shaolin Soccer](#) (2001)
[The Color of Money](#) (1986)
[Ip Man](#) (2008)
[Foxcatcher](#) (2014)
[Ali](#) (2001)
[Field of Dreams](#) (1989)
[The Basketball Diaries](#) (1995)
[Concussion](#) (2015)
[Jerry Maguire](#) (1996)
[The Blind Side](#) (2009)



Any Given Sunday (1999)
Hardball (2001)
Looking for Eric (2009)
Rocky II (1979)
The World's Fastest Indian (2005)
Real Steel (2011) United (I) (2011)
Southpaw (2015)
Miracle (2004)
The Natural (1984)
Major League (1989) I, Tonya (2017)
Rocky III (1982)
Bend It Like Beckham (2002)
McFarland (2015)
Bull Durham (1988)
The Greatest Game Ever Played (2005)
Trouble with the Curve (2012)
Tin Cup (1996)
The Damned United (2009)
Eddie the Eagle (2015)
The Hammer (2010)
A League of Their Own (1992)
Remember the Titans (2000) Goal! (2005)
The Karate Kid (1984)
Creed II (2018)
Mystery, Alaska (1999)
Green Street (2005) 62. Goon (2011)
Seabiscuit (2003)
The Legend of Bagge Vance (2000)
For Love of the Game (1999)
Run Fatboy Run (2007)
Dreamer: Inspired by a True Story (2005)
Two for the Money (2005)
Hands of Stone (2016)
Space Jam (1996)
Friday Night Lights (2004)



Whip It (2009)
Chak de! India (2007)
Fighting with My Family (2019)
Mean Machine (2001)
Slap Shot (1977)
Pelé: Birth of a Legend (2016) 42 (2013)
The Replacements (2000)
Draft Day (I) (2014)
Gracie (2007)
Dodgeball: A True Underdog Story (2004)
Win Win (2011)
Coach Carter (2005)
Grudge Match (2013)
Rocky IV (1985)
Unbroken (I) (2014)
Blades of Glory (2007)
Invincible (2006)
Soul Surfer (2011)
Summer Storm (2004)
Gridiron Gang (2006)
Kickboxer (1989) 100.
We are Marshall (2006)



10 of the best sports films and documentaries on Amazon Prime Video

1) *All Or Nothing: A Season With The Arizona Cardinals*

There are a number of the *All Or Nothing* series around now, in a variety of sports including rugby, cricket and football – and all of them are excellent. So we thought we'd go for the first of the American football offerings (but do, please, check out all the rest, especially the New Zealand All Blacks, and Manchester City varieties). This behind-the-scenes documentary series follows the Arizona Cardinals through the 2015 NFL season, and, as with each series, is a fascinating insight into the ecstatic highs and desperate lows of professional sport.

2) *Andy Murray: Resurfacing*

Britain's greatest-ever tennis player's long, painful, emotional journey pretty much all the way back from career-threatening injury. An inspirational look at what it takes to be a professional sportsman, this documentary, with remarkably frank interviews and behind the scenes footage, shows quite clearly why most of us could never cut it as a pro athlete.

3) *Building Jerusalem*

The story of the England rugby team's epic journey to the pinnacle of the world game in 2003. Jonny Wilkinson, Martin Johnson, Clive Woodward et al explain and explore just what it takes to win a World Cup in one of the toughest games there is. At this level, it's about the small things adding up to give just the slightest advantage. But you've got to get the basics right first.

4) *Fire in Babylon*

"I intend to make them grovel." South Africa-born England cricket captain Tony Greig's words about the touring West Indies cricket team in 1976 couldn't have been more incendiary – and, of course, they would haunt him for the rest of his days. West Indies captain Clive Lloyd barely needed a team talk after that, and a sporting dynasty was born. In a time when no cricketer wore a helmet, the England team were genuinely in danger for their lives – some of the footage is truly terrifying. The legendary West Indies team of the 70s and 80s, with its seemingly endless conveyor belt of scarily fast bowlers, would become surely the most dominant force of all time in sport – any sport. *Fire in Babylon* is more than a sports documentary; it highlights the importance that this team of disparate men from many Caribbean nations had politically and socially in a time when apartheid was still almost 20 years from ending. This is an important film, and certainly not just for the sports fan.

5) *Fastball*

From one form of intimidatory ball delivery to another: the fastball is the pitcher's ultimate weapon in baseball. And while, unlike in cricket, the body is not officially a legitimate target, you try telling MLB batters that; intimidation is just as important a factor in America's game as it is in the other bat and ball pastime. When there's a potentially lethal projectile travelling towards you at 100mph+, you need nerves of steel and world-class hand-eye coordination to cope. This film, narrated by Kevin Costner, looks at the history, science and psychology of the fastball from the early days of the game through to the present day, and is well worth a watch.



6)Next Goal Wins

In 2001, American Samoa suffered the worst defeat in international football history – a 31-0 shellacking at the hands of the mighty Australia. This heartwarming and life-affirming film is the story of a group of people from a speck in the Pacific Ocean, who just want to play the game to the best of their ability and see where it takes them. So they bring in a Dutch coach who had played with George Best and Johan Cruyff and gradually start to improve. Their targets are small, perhaps, but they are nevertheless not easily attainable. You can expect laughter and tears from this one.

7)Marvellous

Another fantastic life-affirmer, this one is a Bafta-winning BBC drama. It's the true story of Stoke City's beloved kit-man Neil "Nello" Baldwin – among other things also a registered clown. Starring Toby Jones as Neil and Gemma Jones as his mother, the film also includes cameos from (among others) Nello himself and the wonderful Lou Macari, the Manchester United legend and Stoke City manager who employed Neil in the first place. This is a lovely film about an irrepressibly optimistic man who simply will not allow life to get him down. Inspiring.

8)Mr Calzaghe

The story of Joe Calzaghe, Wales boxing legend. Coached by his father, Calzaghe fought his way up the rankings to become a true boxing great, and along the way forged a remarkable relationship with his dad. With appearances from Chris Eubank and Michael J Fox among others, this is classic behind the scenes fare about one of the toughest sports in which you can participate.

9)Fittest On Earth

Oh my; what on earth possesses people? These super-fit, super-committed athletes are each desperate to prove they are the fittest person in the world. The single-minded dedication required to undertake these challenges has to be seen to be believed. Normal sporting activity, this most certainly is not.

10)Road

The story of the Dunlop family, two sets of brothers from Northern Ireland, and motorcycle-racing royalty. Narrated by Liam Neeson, this film is a revealing insight into the high-adrenaline, high-speed, high-danger life of the motorcycle racer. With interviews from many of the great and good of motorsport, including the inimitable (and yet so imitable...) Murray Walker.



The Best Sports Documentaries On Netflix

1) *Icarus* (2017)

Run Time: 121 min | IMDb: 7.9/10

This Oscar-winning documentary dives into the world of doping in competitive cycling. Netflix bought the distribution rights to *Icarus* after a strong showing from director and co-writer Bryan Fogel's film at Sundance. The documentary plays out as a thriller, with Fogel chasing the truth about cycling cheats and stumbling onto a major International doping scandal. Watch as a chance meeting with a Russian scientist turns a story that started as a simple experiment into a geopolitical thriller and one of the biggest scandals in cycling history.

2) *Last Chance U* (2016-19)

Run Time: 32 episodes, 55 min | IMDb: [8.5/10](#)

This docuseries looks at the world of college football with a bit of a twist. The first two seasons chronicled East Mississippi Community College and coach Buddy Stephens as his team — many of which lost their spot at major college football programs for rules violations or arrests — try to win a collegiate title and rehabilitate their football careers. One unique aspect of the show was the role academic advisor Brittany Wagner had in shepherding the players through their semesters, trying to balance play on the field with performance in the classroom and personal growth off the field. The show's third season introduced viewers to Independence Community College in Indiana, a departure from the first two seasons yet following a similar story arc that made the show a streaming hit.

3) *Cheer* (2019)

Run Time: 6 episodes, 60 min | IMDb: [8.2/10](#)

Cheer is an inside look at small college's top-ranked cheerleading team in Corsicana, Texas. But what sounds like a charming exploration of a niche sport quickly becomes a harrowing look at a high-stakes and dangerous sports subculture. From Greg Whiteley, the executive producer of football documentary series *Last Chance U*, *Cheer* is visually stunning and emotionally tough. It's an inside look at physical realities of competitive cheerleading in small-town college life and the students it attracts, often as a way out of some tough situations. That includes the dangers that come with competing and all the work put into just a few minutes that determine a national championship.

4) *The Dawn Wall* (2018)

Run Time: 100 min | IMDb: 8.2/10

The Dawn Wall isn't *Solo*, which just won an Oscar for best documentary earlier in 2019. But there are a lot of stories to tell about El Capitan. One of climbing's most famous landmarks was conquered by Alex Honnold without any ropes, but Tommy Caldwell's story of triumph is every bit as compelling. The climbing legend's quest to chart a new path up the peak in Yosemite National Park is as fascinating as it is harrowing. The film won the Audience Award at SXSW's film festival, and it tells an amazing story that covers Caldwell's extraordinary biography as well as the most intense climb of his life. The documentary



is a great look at the world of climbing, and is visually stunning. It also does a great job of illustrating just how difficult his climb up *The Dawn Wall* was, and the way it was experienced by the rest of the world.



5) *Formula 1: Drive To Survive* (201)

Run Time: 100 min | IMDb: 8.6/10

The racing docuseries is beloved by auto enthusiasts and Netflix bingers alike, as it takes an inside look at the cut-throat world of open-wheel racing. The first season followed the 2018 FIA Formula One World Championship and featured footage of the various drivers that both dominate and struggle with the year. The pressure-packed episodes follow each driver as things change, both in the racing world and in their own lives. It's an unprecedented look inside the sport and at 10 episodes a season it's a relatively quick watch that's especially illuminating if you're not familiar with the globe-trotting auto racing series.

6) *Screwball* (2018)

Run Time: 104 min | IMDb: [7.2/10](#)

We liked Billy Corben's Biogenesis scandal documentary [we talked to the director about it. Twice](#). The documentary centers around Alex Rodriguez and the [Miami steroid scandal that rocked baseball](#), using child actors to play adults and up the ante on absurdity. It's a great recent history lesson featuring some characters you may have already forgotten about, such as now-MLB commissioner Rob Manfred's bumbling role into the league's investigation. It's also a fine entry into Corben's Florida Man anthology of amazing stories from America's most phallic state.

7) *Sunderland 'Till I Die* (2018)

Run Time: 8 episodes, 39 min | IMDb: 8.4/10

Sunderland's fall from the English Premier League to the Championship was a bleak moment in the club's recent history, and this docuseries gives viewers an inside look at the dedication of Black Cats fans despite a truly heartbreaking season and the further tribulations that followed. This dive into English football fandom is a unique look at something American sports fans have little experience with: relegation, and the impact it can have on small clubs across Europe.

8) *The Carter Effect* (2017)

Run Time: 95 min | IMDb: 7.1/10

Produced by LeBron James' Uninterrupted, *The Carter Effect* made its debut at the Toronto International Film Festival in 2017. It was fitting, as the movie is a loving homage to Carter and basketball in Canada's largest city. Carter changed the game when he started his career with the Raptors in 1998, and he put Toronto on the basketball map in a way it had never been before. Interviews with Drake and Carter himself anchor a fascinating look at basketball in a hockey-first land. It's a weighted look at how Carter's swagger and style influenced a city and an entire generation of Canadian basketball talent, smartly executed by director Sean Menard.



9) *GLOW: The Story Behind The Gorgeous Ladies Of Wrestling* (2012)

Run Time: 76 min | IMDb: [7.3/10](#)

If you liked the [Netflix original](#), it's worth watching the documentary that covers the history of the real show. It's a good look at what the show is based on, and the interviews with the women who made up the show's cast allow for a fascinating story about wrestling in the '80s. It's also a serious look at the physical toll wrestling takes on its competitors.

10) *The Short Game* (2013)

Run Time: 99 min | IMDb: [7.4/10](#)

This 2013 documentary is a delightful look at a youth golf championship. Chronicling the 2012 championship at Pinehurst, it follows a handful of charming golf proteges from around the world as they vie for the title of best 7- and 8-year-old players in the world. Golf greats like Jack Nicklaus, Gary Player, and Annika Sörenstam provide commentary on the difficulty and drama of the game while we watch young golfers deal with the stress of the tournament, parents, and some nitpicky rules. It has its fair share of Sports Parent moments, but the kids are genuinely interesting and full of character.

11) *Iverson* (2014)

Run Time: 106 min | IMDb: [7.0/10](#)

This 2014 documentary — which debuted at Tribeca a few years ago — takes a look at the career of former Philadelphia 76ers great Allen Iverson and the perception that many had of him. The film is a satisfying nostalgia trip for AI fans but it doesn't introduce a wealth of new footage or offer anything new about The Answer. It's still better than [watching him in the BIG3](#), though.

12) *The Battered Bastards of Baseball* (2014)

Run Time: 80 min | IMDb: [8.0/10](#)

Did you know Kurt Russell's dad owned a baseball team? And Kurt played on it? The saga of the scrappy Portland Mavericks is not the most well-executed film on the list, but it's lovingly done and the archival footage carries the day here. If you're curious, in need of a true underdog tale, and want to add a bit of baseball trivia to your brain, this might be for you.



Podcasts

Football:

[Statsbomb](#) (football data analysis)

[Football Weekly](#)

Men In Blazers | Podcast about Soccer

Cricket:

[The cricket badger](#)

[The Analyst \(cricket\)](#)

The Bowlology Report | Cricket Podcast

Tailenders

Rugby:

[House of rugby](#)

[Rugby Coaching weekly](#)

[Will Greenwood Podcast](#)

[The RugbyPod](#)

Others:

[ESPN 30 for 30](#)

[Magic Academy](#) (sports coaching)

[Boxing life stories](#)

[Don't tell me the score](#)

The Bill Simmons Podcast

Crime in Sport

Sport and the British



The Sport Psych Show

NHS Strength and Flexibility

The High Performance Podcast



Best Sports Books Ever Written as selected by Esquire Magazine

1. Football Against The Enemy by Simon Kuper (1994)

Financial Times columnist Simon Kuper wrote this accomplished and quirky footballing travelogue when he was still only in his early 20s. And it's remarkably good; arguably the first and even best in the now-not-so-new wave of 'literary' football tomes that have followed in ever-greater numbers. Kuper travels to 22 countries to find out how football has shaped individual national politics and culture – and vice versa – meeting players, politicians and picking up anecdotes and observations along the way. We all know football as a global obsession, but these fascinating tales – from the tragic to the bizarre – show just how far its reach extends.

2. Touching The Void by Joe Simpson (1988)

Simpson's harrowing account of his and Simon Yates's calamitous assault, in 1985, on Siula Grande, Peru, has rightly transcended the sport of climbing and become a legendary fable for what humans are capable of doing to survive. It centres, of course, on one of the most amazing escapes ever achieved: with Simpson hopelessly hanging off one end of a rope, Yates is faced with cutting it to prevent them both being killed. Somehow, Simpson survives the fall. But alone in a crevasse with a shattered leg, his situation is hopeless. What follows is a staggering tale of will and courage that also addresses the perennial question of what drives people to climb mountains in the first place. As Churchill said: "When you're going through hell, keep going".

3. A Good Walk Spoiled: Days And Nights On The PGA Tour by John Feinstein (1995)

Even if you're not a golf fan – though it certainly helps if you are – this groundbreaking account of the highs and lows of the 1993/4 season on the American pro circuit is ultimately a human drama. With unprecedented access to the stars – Greg Norman, Nick Price, John Daly and Nick Faldo to name just a few – and rookies alike, it reveals the disparate personalities and personal travails behind the TV images and how these combine with the particular demands of a sport where the margins between success and failure are so thin. A gripping and always entertaining account of what can justifiably be called the cruellest sport of all, whatever your level.

4. Addicted by Tony Adams (1998)

Adams was still a regular for Arsenal and England when his jaw-droppingly frank autobiography was published at the start of the 1998–99 season. His drinking problem destroyed him personally yet seemed to leave his football unaffected (wearing bin bags under training kit to sweat out the booze served him well). If any stories were left out, they must have been truly hideous. Here are remembrances of picking through jeans on the bedroom floor to find the least-piss-soaked pair to wear. Expect fights, prostitutes, broken lives, redemption.



5. Paper Lion by George Plimpton (1966)

To millennial sportswriters who never leave the office (or sofa) to live blog sport on TV, Plimpton's participatory journalism ("that ugly descriptive", in his words) must seem preposterous and grand. That Plimpton himself came across ever so slightly preposterous and grand was not lost on the man himself, who pricked that public persona with a terrifically witty, inquisitive writing style that worked best applied to sport. Of his five books about taking part in pro-level match-ups in boxing, baseball, ice hockey, golf and US football, Paper Lion, on the latter, is the finest.

6. Pocket Money by Gordon Burn (1986)

Burn, known for his mixing of fiction with non-fiction in the New Journalism style, spent a year documenting snooker during its mid-Eighties' boom, and produced one of the lesser-known classics of British sportswriting. Reading it now, Burn is not the Hunter S of the green baize: his write-up is as straight as Steve Davis's cue action, yet all the better for it. Every endorsement deal, every shit hotel room from Stoke to Guangzhou, every hour on the practice table, every string pulled by the promoter Barry Hearn: Burn recorded the lot with great skill.

7. Provided You Don't Kiss Me: 20 Years With Brian Clough by Duncan Hamilton (2007)

"Aspurious intimacy evolves between you," writes Hamilton, of the relationship between a football club reporter and the club's manager. In his case, from the age of 18 for two decades in Nottingham, with Clough, "an extraordinary journey with a contradictory, Chinese box of a man — idiosyncratic, eccentric, wholly unpredictable." Clough's one-liners are magnificent, for example, on a time before blanket player representation: "the only agent back then was 007 — and he shagged women, not entire football clubs." Hamilton's poignant, revealing book is a wonder.

8. I Think Therefore I Play by Andrea Pirlo (2013)

I Am Zlatan is held up as the foreign footballer's must-read memoir, but entertaining though the Swede's book is, time spent rubbing up against his ego isn't so enlightening. Pirlo's, however, has the sort of insight you'd expect from the thinking man's Greatest Player of his Generation. "You won't believe me, but it was right in that very moment," about to take the first penalty in the 2006 World Cup Final shoot-out, "I understood what a great thing it is to be Italian. It's a truly priceless privilege." Also learned: he adores video-game football and always plays as Barça.

9. Laughing in the Hills by Bill Barich (1980)

As mid-life crises go, Barich's, aged 35, is special. Five rejected novels, mother and mother-in-law dead of cancer five weeks apart, no money, no job, wife with suspected brain tumour. Craving structure, he found it only studying the Daily Racing Form, picking horses methodically and placing small bets. He



then told his wife (tumour: false alarm), he'd be moving to a motel next to San Francisco's Golden



Gate Fields racetrack, “convinced there was something special about racing and I wanted to get to the heart of the matter.” There was. He did. His write-up of that time is spectacularly good.

10. Ball Four by Jim Bouton (1970)

On the face of it, a diary of the 1969 season by a second-string pitcher for the Seattle Pilots baseball team, the only year that team existed, does not leap to the top of the to-read pile. But the total frankness in terms of locker-room talk, player drug use and womanising, bad blood, gamesmanship and other off-topic matters means this is the most inside-a-team book you’ll ever read. It offended baseball so much, Bouton’s 1971 follow-up was called I’m Glad You Didn’t Take It Personally. David Simon, creator of *The Wire*, put *Ball Four* in his six all-time favourite books.

11. The Damned Utd by David Peace (2006)

Brian Clough (see elsewhere on this list) spent 44 days as manager of Leeds United in 1974. Peace’s self-styled “fiction, based on a fact” unpacks this mistake via an unrelenting Clough inner monologue that brings the great man vividly to life. (The Clough family, and Leeds’ Johnny Giles disagreed, the latter winning an apology though the courts.) As a study of football partisanship, one of the game’s most important emotions, it is astonishing. Said Gordon Burn (see elsewhere on the list), “if the English novel needs a kick up the pants... consider it wholeheartedly kicked.”

12. Muhammad Ali by various

The Greatest has a whole shelf to himself in the sporting library (including, naturally, *The Greatest Coloring Book of All Time*). Four books in particular stand out, together covering every angle you could wish for. Jonathan Eig’s *Ali: a Life* (2017) is the best cradle-to-grave account, as good on the flaws as the fabulous. *King of the World: Muhammad Ali and the Rise of an American Hero* (1999) by David Remnick focuses on the Clay-becomes-Ali era of the early Sixties. *The Fight* (1975) is Norman Mailer’s amazing retelling of the Rumble in the Jungle, and the giant, glossy *Greatest of all Time* (2003; 2010 reprint) by Taschen, is the coffee table book to top them all.

13. Slaying the Badger: LeMond, Hinault and the Greatest Ever Tour de France by Richard Moore (2011)

The badger, or more correctly, Le Blaireau, is Bernard Hinault, the last Frenchman to win the Tour de France and one of cycling’s all-time greats. Out to get him is his American teammate Greg LeMond, who finished second to Hinault in the 1985 Tour and wants the result reversed in 1986’s race. Reliving the latter contest, Moore forces the reader to pick sides — grizzled veteran versus young upstart, old ways versus new ways, USA versus France — which only heightens the drama. *Journo* props to Esquire contributor Moore, too, for tracking down both men more than 25 years later for illuminating postscripts.



14. Open by Andre Agassi (2009)

According to The New York Times: "one of the most passionately anti-sports books ever written by a superstar athlete." Says Agassi: "I knew in the book I had to expose everything." So: the unceasing slog, from toddler to champ, that prevented him from loving tennis, or anything, until he met his second wife Steffi Graf. His failed first marriage to Brooke Shields, crystal meth: it's all here. Props to Agassi and his quest for truth, and also his ghost, JR Moehringer, who got 250 hours of interview time with his subject instead of the typical 30.

15. All Played Out by Pete Davies (1990)

English football's second-finest hour — Italia '90 — led to its finest book. Having spent the year before the World Cup earning the trust of the England players and manager Bobby Robson, Davies was let into the camp during the tournament. He also observed, close-up, the press, fans and hooligans. An epic journey for the team and their chronicler, superbly told with sharp reportage, dry humour and real feeling. In 2010, the book was retitled *One Night in Turin*, to tie in with the documentary of the same name.

16. Chinaman by Shehan Karunatilaka (2011)

First, to get ahead of any Twitter storm, we recognise the decision of cricket bible Wisden (the greatest annual sports book ever, of course) to stop using the term "chinaman" to describe a slow left-arm wrist-spin bowler. Such a player is one of cricket's rare gems, and this novel is about a washed-up journalist trying to find a slow left-arm wrist-spinner who has faded from the spotlight. The author knows a lot about cricket, but he also knows a lot about myth, mystery, obsession, drinking and noble pursuits undertaken by the ignoble.

17. Mystery Spinner: the Story of Jack Iverson by Gideon Haigh (2002)

Hold your right hand out in front of you, palm facing you, fingers spread, then bend your middle finger at the knuckle. Now try bowling a cricket ball held between thumb and middle finger. Jack Iverson mastered it, and bamboozled batsmen so much that when he played for Australia, the captain, also Iverson's club captain, would move players from other clubs around in the field so they couldn't watch Iverson up close. This biography, by the writer many think is cricket's current best (they're correct), reveals, at times movingly, why Iverson didn't become an all-timer.

18. Fever Pitch by Nick Hornby (1992)

Hornby could not have imagined that his book would be relevant to the football fan's experience 26 years after it was first published. (That it is still in print, after several bestselling years, would also be a surprise to him.) It's harder for fans to follow Hornby's best piece of advice — be seen reading the papers'



back pages on the first days of a new job, to attract fellow supporters — but he absolutely nails the inexorable pull of football fandom. And he had to do it all with boring, boring Arsenal.



19. Levels of the Game by John McPhee (1969)

This writer's favourite began life, as most of its author's books do, as an article in *The New Yorker*. It is an account of the 1968 US Open semi-final between Arthur Ashe and Clark Graebner, a profile of both men and their place in US society at the time. Ashe is black, Democrat, bookish, skinny; Graebner the opposite. Every sportswriter ever has played the sport-is-life-and-life-is-sport card. In this slim volume, which punches far beyond its weight, McPhee plays it best of all.

20. The Miracle of Castel Di Sangro by Joe McGinniss (1999)

Castel Di Sangro is a small-time football club that miraculously rose through the Italian pyramid to Serie B's second tier for the 1996–97 season. Equally extraordinary was the presence of McGinniss, a US writer famous for a revealing Richard Nixon book and true-crime doorsteps, as the upstarts' Boswell. He had fallen hard for soccer after the 1994 World Cup and moved to Italy to document the fairy tale. Instead: corruption, cocaine smuggling, car crashes and conspiracy to go with the calcio.

21. Fast Company by Jon Bradshaw (1975)c

Brilliant, evocative profiles of winning gamblers including Bobby Riggs (of the 1973 'Battle of the Sexes' tennis match), pool legend Minnesota Fats and Tim Holland, backgammon's best ever. The author, who wrote for *Esquire*, *New York* magazine and *Vogue*, understood these rascals because he admired and shared their qualities. In his introduction to a later edition, writer Nik Cohn remembers Bradshaw's "conscious roguery, a Rothmans perpetually dangling from one corner of his mouth, and that lopsided shark's grin plastering the other. He sported Turnbull & Asser silk shirts and Gucci loafers, flashed gold lighters and a Piaget watch." Touché.

22. Beware of the Dog by Brian Moore (2010)

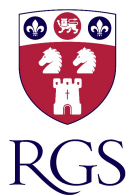
England's 64-cap hooker begins this second account of his life by effectively apologising for the less-than-candid nature of the first, then describing the sexual abuse he endured as a child, why he came to deal with it as an adult and what happened when he told his mum. It's genuinely stunning. But this book is not on this list because of just one chapter. Everything that follows, including pissed-up rugby tales, personal and professional highs and lows, feels like it's in the book for the same reasons as that prologue: honest, insightful and crucial to Moore's life.

23. The Hand of God: the Life of Diego Maradona by Jimmy Burns (1996)

Burns was the right choice to decode Diego in the post-Fever Pitch wave of sportswriting. As the former FT man in Buenos Aires, he knew Argentina and its favourite son perhaps better than any other English-language writer. The beats of the player's life are storyteller's gold: shantytown upbringing, national team aged 17, FC Barcelona aged 22 (when he also had his first line of coke), World Cup



winner aged 25, roaring into a camera at the World Cup, full of illegal stimulants, aged 33. Also: mafia, money, mayhem. Burns weaves it all together magnificently.



24. The Blind Side: Evolution of a Game by Michael Lewis (2006)

Lewis's Moneyball, about disruptive baseball analysis, often appears on lists of this sort, but The Blind Side is more entertaining, with a you-couldn't-make-it-up human-interest core that some felt was over-egged in the film version starring Sandra Bullock. Back in the book, two stories are told: how a black US high-school football prospect (crack addict mother, dad killed in prison) changes after adoption by a rich white family, and how the game itself has changed with respect to the "blind side", a quirk of player growth and tactics.

25. A Life Too Short: the Tragedy of Robert Enke by Ronald Reng (2011)

Reng and Enke were planning to write a book together; Reng wrote it alone after Enke killed himself in November 2009. Three months previously, Enke had kept goal for Germany for the last time. Three years earlier, his two-year-old daughter died after lifelong heart problems. More than once, the pressure of top-level football had come down hard. Reng uses Enke's diaries, interviews with the keeper's wife and family and the material the two men generated together in a masterful, moving account of depression and its devastating consequences. Once read, never forgotten.

26. The Death of Ayrton Senna by Richard Williams (1995)

Williams, former editor of Melody Maker and chief sportswriter of The Guardian, is both the man you want over your shoulder when playing HQ Trivia and the sort of writer who can make you listen to, or care about, someone you had no interest in before reading his take on them. Of course, Senna is beloved; even more so since the 2010 documentary biopic. Williams even-handedly dispels the myths surrounding the Brazilian's remarkable life, his tragic death and the afterlife of his legend, yet maintains his heroic aura through concise, insightful analysis.

27. The Illustrated History of Football by David Squires (2016)

Squires has just completed his fourth season of football cartoons for The Guardian, with no sign of let-up in quality or hilarity. (The panel-per-season tribute to Arsène Wenger at Arsenal is especially good, even by Squires' ridiculously high standards.) His first book, a history of the game with all-new work, is the funniest football tome since Viz's Billy the Fish Football Yearbook, published 26 years earlier. Last year's second volume, The Illustrated History of Football: Hall of Fame, is more of the same.

28. Full Time: the Secret Life of Tony Cascarino by Paul Kimmage (2000)

Everything you'd think the 21st-century footballer is advised to leave out of an autobiog is here: infidelity, itemised career earnings, dialogue with the internal voice of crippling self-doubt ("you pathetic fucker, Cascarino!"), mystery injections from club physios and, most candidly, the fact you were not really qualified to play for your country. "Tony Goal", as the Republic of Ireland (perhaps) centre-



forward was known in France, teamed with Irish writer Paul Kimmage, whose cycling book *Rough Ride* and rugby book *Engage*, had a shot at being on this list.



29. A Lot of Hard Yakka, Triumph and Torment by Simon Hughes (1997)

"There's nothing exceptional about me; never was," claims Hughes, in what is the only duff note in a book that proves his statement incorrect. His lid-lift on the jobbing cricketer's lot is a celebration of shortfalls, on and off the pitch. After all, what is sport if not mostly mediocrity punctuated by rare moments of glory and despair? Hughes has neither of those. He has kit sponsors rewarding improved performance with "a couple of short-sleeved casual shirts" and that time he interrupted coitus to turn over the Donna Summer tape. Very funny stuff.

30. My Father and Other Working-Class Football Heroes by Gary Imlach (2005)

Stewart Imlach played for Scotland at the 1958 World Cup and won the FA Cup with Nottingham Forest a year later. Now you know about as much about Stewart as did his son Gary when the old man died. Holding a cigarette card of his dad at a collectors' fair a few months after the funeral, Gary laments, "How had I managed to let him die without properly gathering together the details of his career, his life story?" Surely doubly galling for Gary, the TV sports journalist, who had likely researched thousands of other sporting lives. This book triumphantly redresses his oversight.

Other interesting reads:

- The Champion's Mind - Jim Afremow
- Peak - Anders Ericson
- One Goal - Bill Beswick
- The Score Takes Care of Itself - Bill Walsh
- Mindset - Carol Dweck
- The Barcelona Way - Damien Hughes
- Culture Code - Dan Coyle
- The Talent Code - Dan Coyle
- The Little Book of Talent - Dan Coyle
- Outliers - Gladwell
- Blink - Gladwell
- The Tipping Point - Gladwell
- Legacy - James Kerr
- The Hard Hat - Jon Gordon
- The Energy Bus - Jon Gordon
- You Are Awesome - Matthew Syed
- Bounce - Matthew Syed
- Black Box Thinking - Matthew Syed



- Rebel Ideas - Matthew Syed
- Sacred Hoops - Phil Jackson
- Nudge - Richard Thaler
- Unleash Your True Athletic Potential - Soviero
- The Chimp Paradox - Stephen Peters
- Relentless - Tim Grover



Chapter 4 Sport/PE based worksheets and resources

Questions linked to films:

Anatomy of an Olympian (YouTube)



Rugby Player: How Strong Is Olympic Medallist Tom Mitchel? https://www.youtube.com/watch?v=R6omDnyuXMw&list=PL-292yfpAFGZYGk_5NE5Dtq1w4e2AQ8eN&index=11

Weightlifter: What are their Biggest Strengths? https://www.youtube.com/watch?v=wPgAcvBc94s&list=PL-292yfpAFGZYGk_5NE5Dtq1w4e2AQ8eN&index=4

Rowers: Do they have the strongest legs of any Olympic athlete? https://www.youtube.com/watch?v=bGuTgIfDU_k&list=PL-292yfpAFGZYGk_5NE5Dtq1w4e2AQ8eN&index=3

Swimmer: How does Olympic champion Abbey Weitzeil generate speed? https://www.youtube.com/watch?v=1FcNirTV1Y&list=PL-292yfpAFGZYGk_5NE5Dtq1w4e2AQ8eN&index=2

Cyclist: The Incredible Stamina of Jolanda Neff. https://www.youtube.com/watch?v=TrEo-Q9H6dA&list=PL-292yfpAFGZYGk_5NE5Dtq1w4e2AQ8eN&index=7

Steeplechaser: How their Physique Helps Their Stamina https://www.youtube.com/watch?v=xgz8D9bLvGg&list=PL-292yfpAFGZYGk_5NE5Dtq1w4e2AQ8eN&index=1

Figure Skater: What Are Maé-Bérénice Méité's Hidden Powers? https://www.youtube.com/watch?v=XGhxEljPOq&list=PL-292yfpAFGZYGk_5NE5Dtq1w4e2AQ8eN&index=5

Ice Hockey Player: the Strength and Recovery of Jenn Wakefield https://www.youtube.com/watch?v=9KGKPF9NHCg&list=PL-292yfpAFGZYGk_5NE5Dtq1w4e2AQ8eN&index=6

Gymnast: Are They The Most Flexible Athletes on Earth? https://www.youtube.com/watch?v=ycMPXvQ5Eiw&list=PL-292yfpAFGZYGk_5NE5Dtq1w4e2AQ8eN&index=8

Biathlete: Can Monika Hojnisz Control Her Heart Rate Better? https://www.youtube.com/watch?v=eXy_EE4H9Us&list=PL-292yfpAFGZYGk_5NE5Dtq1w4e2AQ8eN&index=9

Diver: Yona Knight-Wisdom shows remarkable results! https://www.youtube.com/watch?v=Pfi6hUA03tk&list=PL-292yfpAFGZYGk_5NE5Dtq1w4e2AQ8eN&index=10

Snowboarder: Discover their Hidden Strengths of Slopestyle Star https://www.youtube.com/watch?v=H5Mqyp5-wOM&list=PL-292yfpAFGZYGk_5NE5Dtq1w4e2AQ8eN&index=12



- Pick two episodes and answer the following, for each:
- What is the biggest advantage the athlete has, in your opinion?
- How do you think the athlete trains towards these specific skills and fitness?
- If you could improve the athlete further, what would you improve and how would you do it?
- What surprised you most in this episode?

Compare the two:

- What differences do you see between the athletes in the two episodes you watched?
- How and why do these athletes end up with these differences?
- If the two athletes swapped sports for a competition, what do you think would happen?

Finally:

Write about what a scientist might find if they tested you and your abilities. What would be your strengths? What would be your weaknesses?

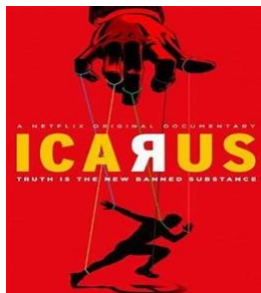


Ice Guardians



- What does 'NHL' stand for?
- Which cities have an NHL team?
- How many players play on the ice at any one time?
- How many periods are in an ice hockey game?
- What is the name of the championship trophy won in the NHL?
- Describe the role of an "enforcer" in the NHL.
- Why do you think there are mixed views about fighting in ice hockey? What's your opinion?
- Describe the difference between the NHL and ice hockey played in Europe.
- What kind of role model do you think "enforcers" provide for young people?
- What are the pros and cons of taking up a role as an "enforcer" in the NHL?
- What does this documentary say to you, in terms of sacrifice?

Icarus



- What is the aim of the documentary in the first instance?
- What is the Russian scientist's name?
- How does the aim of the documentary change towards the end?
- What drug is the focus of the documentary?
- Which Olympic games location does the documentary revolve around?
- Why do you think some individuals and some groups knowingly cheat using drugs?
- Do you think performance-enhancing drugs in sport are a big issue?
- What argument can you make for / against the legalisation of drugs in sport?

Iron Cowboy



- Which disciplines make up a triathlon?
- How many children does James Lawrence have?
- Which state was he forced to complete a leg on the elliptical?
- How far is each leg of an Ironman triathlon?
- Which state did James Lawrence start and finish his quest in?
- Which charity did James do this for?
- What is your opinion on James using an IV and the elliptical?
- What does this documentary say to you about perseverance and resilience?

Cheer




- What does 'on mat' mean?
- Who is the cheerleading head coach?
- Which college wins the NCA championship?
- What state is the NCA championship held?
- Who is injured on the mat during the championship?
- Describe a top / bottom / flyer.
- What do you think about Cheer teaches us about teamwork?
- What are the pros and cons with striving to be the best in sport?

Katie (15)






- Which Olympic games did Katie win
- Who did she fight in the gold medal bout?
- What threw Katie off in the run up and during Rio 2012?
- When did Katie turn professional?
- What are some of the differences between amateur and professional boxing?
- Who is Katie's manager in the documentary?
- Who does Katie make her professional debut against?
- Who does Katie fight to win the WBA Lightweight belt?
- What do you think are the pros and cons of women's boxing?
- What kind of obstacles do women have when it comes to a sport like boxing?

Picture Board

Photo	Name of Person Involved	Implications in the History of Sport. Include dates and event when possible.
		
		
		
		
		



Home Activity Packets and from other PE teachers:

[Pete Charrette](#)

[Bob Vogt](#)

[Joey Feith 1](#)

[Joey Feith 2](#)

[Jason Denk:](#)

[Activity Ideas:](#)

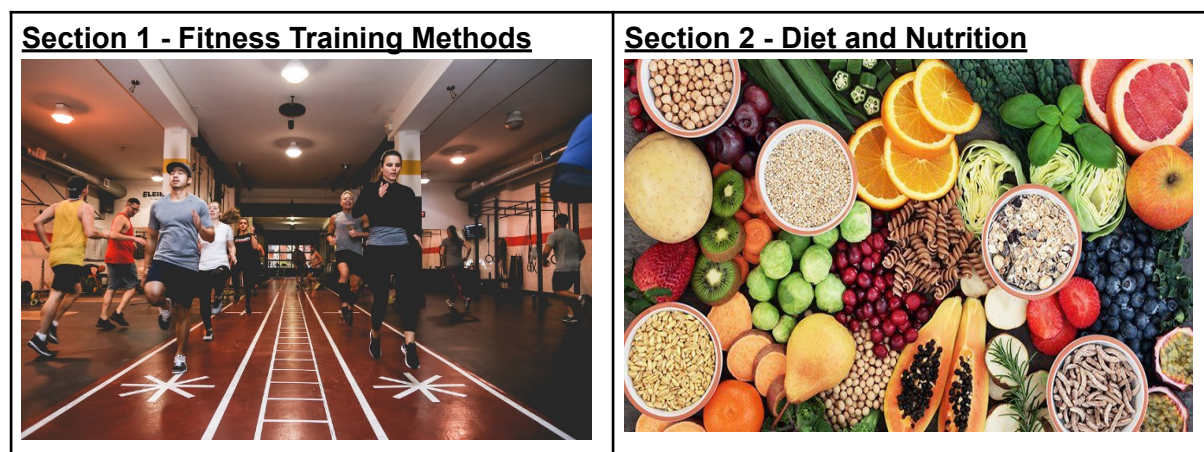
Check out the website below for a great set of inspirational videos for students to watch and have some conversations about perseverance through hard times, believing in yourself and making an impact in the world. I think this series offers a great perspective for students.

[Inspirational Character and Confidence Building Video Series:](#)



This section is designed for those Y10/11 students interested in PE as an academic subject. It contains a mixture of tasks based around improving understanding of health and fitness. This should stretch your knowledge, so do expect to have to undertake some research!

There are 2 parts to the booklet with each part focusing on a different area of fitness and health which supports a healthy lifestyle.



Please attempt all sections of the workbook and ask teachers should you need some help.

The boxes underneath each question will automatically expand as you type so please answer each question in as much detail as you can. Good luck completing your booklet.

Be sure to look out for daily workouts to complete on your Microsoft teams group, aswell as media links via the Sports twitter platforms.

Section 1 - Fitness Training Methods

1. What are the 11 'components of fitness'?

<u>Health-Related Components</u>	<u>Skill-Related Components</u>
----------------------------------	---------------------------------



C	A
S	S
M	C
B	B
F	R
	P

2. Please complete the table below by researching the definitions of the components of fitness.

Health-Related Components

C	
S	
M	
B	
F	

Skill-Related Components

A	
S	
C	
B	
R	
P	

3. What components of fitness would be most important for the athletes in the images below?

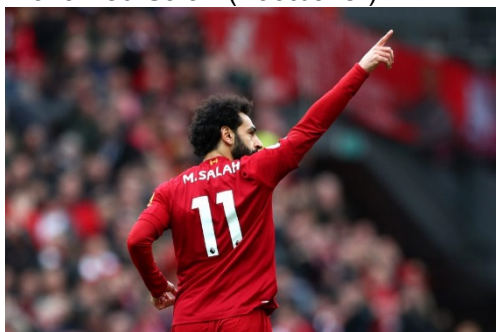
<u>Example</u>	What components of fitness do they need and why?



Sir Mo Farah (Long Distance Runner)



Mohamed Salah (Footballer)



Babar Azam (Cricketer)



Max Whitlock (Gymnast)



Methods of Training

There are 6 main types of training we would like you to learn about in this section. These are; Continuous, Interval, Strength, Circuit, Sprint, and Flexibility.

1. In the table below, please describe the different types of training listed.

<u>Training Method</u>	What is it?
Continuous	
Interval	
Strength	
Circuit	
Sprint	
Flexibility	

2. Which training method would a long distance mainly use?

--

3. Which two types of training would benefit a gymnast?

--

4. Which training method involves lifting weights and using machines?

--

5. Which training method involves moving around to different stations?

6. Running for 30 minutes without stopping is an example of which type of training?

7. Pilates and Yoga would be an example of what type of training?

Training Zones

Heart rate (HR) is defined as the number of times your heart beats per minute. This is measured in BPM.

TASK 1

Find your pulse by using the link below:

<https://www.youtube.com/watch?v=gaZrzoH8Jvk>

Once you have found your pulse, set up a timer and count the number of times you feel your pulse in one minute and record it below.

My Resting Heart Rate = () BPM

TASK 2

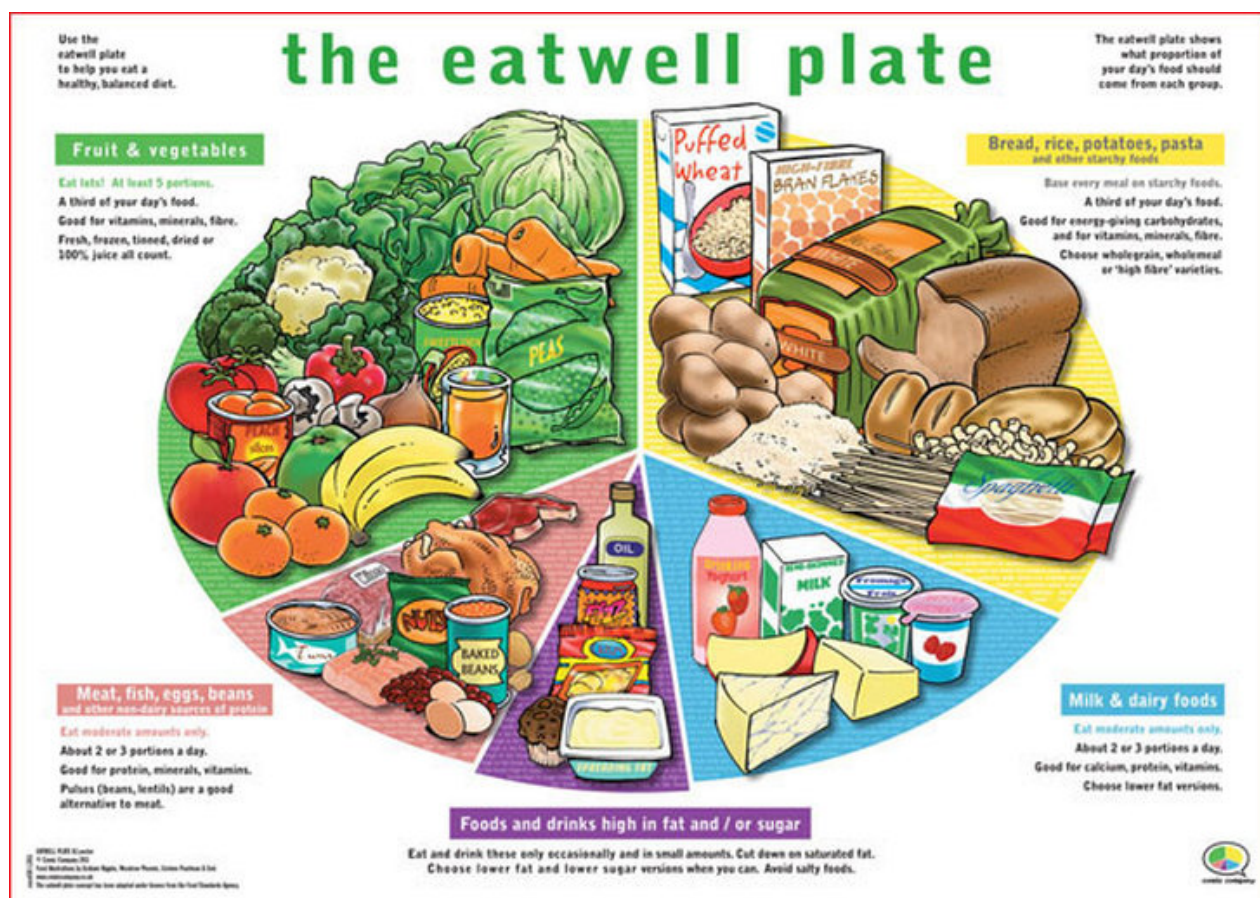
Stand up and do star jumps for 30 seconds, immediately once you have finished, sit down and record your pulse again.

Describe what has happened to your pulse rate

Section 2 - Diet and Nutrition

The eatwell plate below shows how we should balance our meals to ensure we get the correct amount of each different food group.





1. Breads, rice, potatoes and pasta would contain high levels of what macronutrient beginning with C?



2. Meat, fish and beans are excellent sources of what macronutrient beginning with P?

3. What could be the impact on the body if we eat too much food from the fatty and sugary foods section?

4. In the table below the main nutrients are listed, please describe why they are important for the body.

Nutrient	How it helps the body
Carbohydrates	
Fat	
Protein	
Vitamins	
Minerals	
Fibre	
Water	

5. Fat, Protein and Carbohydrates are known as macronutrients, please research good source and bad sources of each one and write them in the table below.

Good Sources 	Bad Sources 
Protein	
<i>Eg. Chicken</i>	<i>Doner Meat</i>
Carbohydrates	
Fats	

Food Plan

Your final task in this booklet is to create a food plan for someone who is looking to improve their diet and more of a balanced range of meals. *(Use the eatwell plate image on page 6 to help you)*

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Breakfast					
Lunch					
Dinner					
Snacks					

Please explain your food plan telling us why you chose to put these foods in and how this would help the person to maintain a healthy balanced diet.

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