



# SUPER CURRICULUM

Years 7 to 8



## Reading



- “Grit Over Glory” Sports Stories for Teen Athletes
- “You Are a Champion” Book by Marcus Rashford
- “Football School” Book series – Alex Bellos
- Sport/PE Sections of BBC Bitesize (KS3)
- NHS Physical Activity Pages
- The Story of Olympic Legend: Jesse Owens
- Rules of Sport Guides

## Watching



- PE With Joe: The Body Coach TV (YouTube)
- “Ronaldo: Tested to the Limit” (YouTube)
- Olympic Highlights of different sports (YouTube)
- “Simone Biles: Rising” (Netflix)
- “Coach Carter” (Paramount+)
- “Cool Runnings” (Disney+)
- “Lionesses: Champions of Europe” (BBC iPlayer)
- “Together: Treble Winners” (Netflix)
- “King Richard” (Amazon prime)
- “Rising Phoenix” (Netflix)
- “Serena Williams: In the Arena” (BBC iPlayer)

## Listening



- “Sportsround” (BBC Sounds)
- BBC Sports World Podcast
- “Beyond the Sport”
- Podcast (Apple)
- “Rugby Union Weekly” (BBC Radio 5 LIVE)

## Doing



- Keep a fitness diary
- Leading a warm-up
- Officiate a game
- Fitness Component Poster
- Attend or watch a live sporting event
- Write a sports report



# SUPER CURRICULUM

Years 9 to 11



## Reading



- Relentless – Tim Grover
- BBC Sport – Match Analysis Articles
- Sky Sports – Tactical Breakdown Articles
- Books and Sports Stories
- Sport/PE Sections of BBC Bitesize (KS4)
- Read the autobiography of an athlete.

## Watching



- “Ronaldo: Tested to the Limit” (YouTube)
- “All or Nothing” Series
- “Gold Rush: The 2012 London Olympics” (Youtube)
- “Formula 1: Drive to Survive” (Netflix) (Age rating: 15)
- “Simone Biles: Rising” (Netflix)
- “King Richard” (Amazon prime)
- “Rising Phoenix” (Netflix)
- “Serena Williams: In the Arena” (BBC iPlayer)

## Listening



- “The High-Performance Podcast” Episodes.
- “The Real Science of Sport” by Mike Finch & Ross Tucker
- BBC Sports World Podcast
- “Beyond the Sport”
- Podcast (Apple)

## Doing



- Deliver a warm-up.
- Performance Analysis Task
- Design a 6-week training programme
- Volunteer in school or community sport
- Officiate competitive fixtures
- Plan & Deliver a Training Session



# SUPER CURRICULUM

## A Level (Sixth Form)



### Reading



- Game Changers: Inspirational Sports Stories by Dan Gold
- Mindset: A Mental Guide for Sport by Jackie Reardon & Hans Dekkers
- Bounce: The Myth of Talent and the Power of Practice by Matthew Syed
- How Champions Think: In Sport and Real Life by Dr Bob Rotella
- Read the autobiography of an athlete.
- BBC Sport Website & The Guardian Sport

### Watching



- 'All or Nothing' Series
- 'The Game Changers'
- 'I am Bolt'
- 'Panorama: Catch Me if You Can'
- 'Breaking2'

### Listening



- 'Experts in Sport Podcasts'
- 'Science for Sport' podcasts by Richard Graves
- 'The Real Science of Sport' by Mike Finch & Ross Tucker

### Doing



- Performance Analysis Task
- Officiate competitive fixtures
- Design a 6-week training programme
- Volunteer in school or community sport
- Plan and deliver a training session