
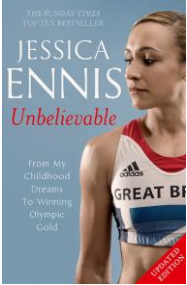

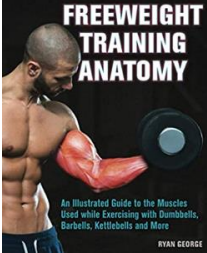

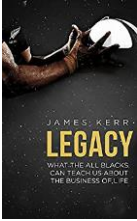
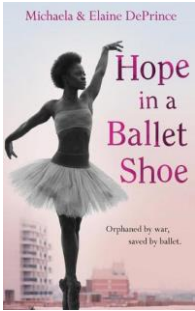
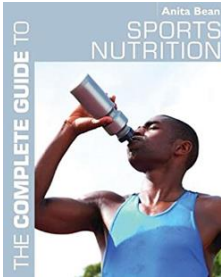





KS4 PE Recommended Reading List

Year Group	Suggested Reading	
Year 10	<p>Complete Guide to Food for Sports Performance by Louise Burke and Grey Cox (Author)</p> <p><i>Whatever your sport, as an athlete its essential to have your body working at the pinnacle of efficiency. This book presents nutrition as an integrated part of an athlete's total performance-enhancing package.</i></p>	
	<p>Unbelievable - From My Childhood Dreams To Winning Olympic Gold: The life story of Team GB's Olympic Golden Girl by Jessica Ennis (Author)</p> <p>On 4 August 2012 Jessica Ennis kicked off what some described as the greatest night in British sporting history. For her it was the end of a long, winding, and sometimes harrowing road. Hers is an inspiring tale of following your dreams no matter what life throws at you.</p>	
	<p>Run Like A Girl: 50 Extraordinary and Inspiring Sportswomen by Danielle Brown (Author)</p> <p><i>The award-winning Run Like a Girl is a collection of fascinating biographical stories told by 50 highly successful sportswomen, from boxing superstar Nicola Adams to record-breaking yachtswoman Ellen MacArthur and fearless mountain biker Rachel Atherton.</i></p>	
	<p>Freeweight Training Anatomy: A Guide to the Muscles Used while Exercising with Dumbbells, Barbells, and Kettlebells and more by George Ryan (Author)</p> <p><i>Maximize your strength training programs using free weights with these 100 step-by-step exercises combined with full-colour anatomy-of-weightlifting illustrations to guide you through isolating and building individual muscle groups.</i></p>	
	<p>The Running Dream (Schneider Family Book Award by Wendelin Van Draanen (Author)</p> <p><i>When Jessica is told she'll never run again, she puts herself back together -and learns to dream bigger than ever before. The acclaimed author of Flipped delivers a powerful and healing story.</i></p>	

KS4 PE Recommended Reading List

Year Group	Suggested Reading	
Year 11	<p>Legacy: 15 Lessons in Leadership: What the All Blacks Can Teach Us About the Business of Life by James Kerr (Author)</p> <p><i>The All Blacks are the world's most successful sporting outfit, undefeated in over 75% of their international matches over the last 100 years. What is the secret of their success? And what can we - as individuals, companies and teams - learn from them?</i></p>	
	<p>Hope in a Ballet Shoe: Orphaned by war, saved by ballet: an extraordinary true story Paperback by Michaela DePrince (Author)</p> <p><i>Michaela DePrince was born in 1995 in Sierra Leone. After the deaths of her parents, she moved to an orphanage from which she was adopted and taken to the US in 1999. Elaine DePrince, her new mother, noticed Michaela's obsession with ballet and allowed her to begin lessons. Michaela is now a professional ballerina.</i></p>	
	<p>The Complete Guide to Sports Nutrition by Anita Bean (Author)</p> <p><i>The Complete Guide to Sports Nutrition is the definitive practical handbook for anyone wanting a performance advantage. This book has the latest cutting-edge research. Written by one of the country's most respected sports nutritionists, it provides the latest research and information to help you succeed.</i></p>	
	<p>Drugs in Sport by Neil Chester (Author)</p> <p><i>Drugs in Sport is the most comprehensive and accurate text on the emotive, complex and critical subject of doping and illegal performance enhancement in sport.</i></p>	
	<p>The Talent Code: Greatness isn't born. It's grown by Daniel Coyle (Author)</p> <p><i>'Talent. You've either got it or you haven't.' Not true, actually. In The Talent Code, award-winning journalist Daniel Coyle draws on cutting-edge research to reveal that, far from being some abstract mystical power fixed at birth, ability really can be created and nurtured.</i></p>	