



PE A LEVEL AND SPORT BTEC SUPER-CURRICULAR

AIMING FOR THE TOP AND ASPIRING HIGH



Reading Tasks

The Sports Gene by David Epstein

In this controversial and engaging exploration of athletic success and the so-called 10,000-hour rule, David Epstein tackles the great nature vs. nurture debate and traces how far science has come in solving it. Through on-the-ground reporting, revealing conversations with leading scientists and Olympic champions, and interviews with athletes who have rare genetic mutations or physical traits, Epstein forces us to rethink the very nature of athleticism.

Bounce: The of Myth of Talent and the Power of Practice by Matthew Syed

If you've ever wondered what makes a champion, Bounce has the answer. What are the real secrets of sporting success, and what lessons do they offer about life?

The Talent Code *Greatness Isn't Born. It's Grown. Here's How* by Daniel Coyle

In this book, Daniel Coyle provides parents, teachers, coaches, businesspeople and everyone else with tools they can use to maximise potential in themselves and others. Whether you're coaching soccer or teaching a child to play the piano, this revolutionary book shows you how to grow talent by tapping into a newly discovered brain mechanism.

Peak Performance : Elevate Your Game, Avoid Burnout, and Thrive with the New Science of Success by Brad Stulberg and Steve Magness

Peak Performance combines the inspiring stories of top performers across a range of capabilities from athletic to intellectual to artistic with the latest scientific insights into the cognitive and neurochemical factors that drive performance in all domains. This book is an entertaining and actionable guide to optimising personal performance that shows readers how to get the most from themselves.

Writing Tasks

Article

Write an article for a PE journal about a current affair in Sport and submit to the PE Department to be published.

Listening Tasks

Peter Crouch

That [Peter Crouch Podcast - Back Stronger](#)

Podcast

[Flintoff, Savage and The Ping Pong Guy](#)

The three discuss topical sports talking points.

High Performance

[High Performance Podcast_](#) Jake Humphrey and Prof Damian Hughes

Watching Tasks

The Dawn Wall - Available via Netflix

Legendary free climber Tommy Caldwell tries to get over heartbreak by scaling the Dawn Wall of El Capitan in Yosemite National Park.

The English Game - Available via Netflix

Two 19th-century footballers on opposing sides of a class divide face personal and professional turmoil to change the game, and England, forever.

Game Changers - Available via Netflix

James Wilks travels the world on a quest for the truth about meat, protein, and strength. Showcasing elite athletes, special ops soldiers, and visionary scientists to change the way people eat and live.

Chariots of Fire - Apple TV

Two men, Harold Abrahams and Eric Liddell, race for the gold in the 1924 Olympics. While one runs for his faith, the other participates to leave prejudice behind.

Nike: Breaking2

Breaking2 - Disney +

In 2016, Nike teamed up with National Geographic to document Eliud Kipchoge's quest to break the two-hour marathon barrier. Watch the film above to learn how science and innovation played an integral role in making history.

Gold Rush - YouTube

Teams of miners face various obstacles and overcome several challenges as they dig for gold in the lesser-known regions across Canada and the United States.

Research Tasks

You Choose the Topic!

Research and write both sides of an argument regarding controversies in sport, such as

- *Should we allow performance enhancing drugs in Sport?*
- *Gender and Sport*
- *Does technology ruin sport?*
- *A controversial story of Sponsors dropping their athletes when they become pregnant.*
- *Is Mo Farah a drugs cheat?*

Trips & Visits

Lords Cricket Ground

Go on a tour of [Lord's Cricket Ground](#)

Wimbledon Tennis tour and museum

[https://www.wimbledon.com/en_GB/museum and tours/index.html](https://www.wimbledon.com/en_GB/museum_and_tours/index.html)

Creative Tasks

A Podcast

Create a Sport related podcast and submit to the PE Department