

Year 7	Read	<p>Read a sports Autobiography of someone from your favourite sport. Examples: Leap – Geva Mentor – Netball Unbreakable – Ronnie O’Sullivan - Snooker Hope and A Hockey Stick – Sam Quek - Hockey</p> <p>Read Be Amazing! An inspiring guide to being your own champion by Sir Chris Hoy</p> <p>Run Rebel - Majeet Mann</p>
	Watch	<p>Watch Why I run “Mo Farah” www.youtube.com/watch</p> <p>What’s his motivation? What is his support network Muscles and bones (Basics) www.bbc.co.uk/teach</p> <p>Why we warm up & Cool down www.youtube.com/watch</p> <p>How playing sports is beneficial to your body & brain www.ted.com/talks</p>
	View	<p>London Olympics 2012 https://www.youtube.com/watch?v=89TC_QItvW8&t=760s</p>

Year 8	Read	<p>A Woman's Game: The Rise, Fall and Rise Again of Women's Football by Suzy Wrack (2022)</p> <p>You Are A Champion: How To Be The Best You Can Be Marcus Rashford</p> <p>Good for A Girl – A Women Running in A Mans World – Lauren Fleshman</p>
	Watch	<p>Secrets of elite athletes https://www.youtube.com/watch?v=Kl3WJXNhCJ8&t=136s</p>
	View	<p>Inside GBs intense rowing training camp - https://www.youtube.com/watch?v=3N2vJu-GqxA</p>

Year 9	Read	<p>Touching the Void: The True Story of One Man's Miraculous Survival</p> <p>12 Rounds to Success by Eddie Hearn</p>
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		Coffee First, Then the World – Jenny Graham
	Watch	<p>Nyad - The remarkable true story of athlete Diana Nyad who, at the age of 60 and with the help of her best friend and coach, commits to achieving her life-long dream: a 110-mile open ocean swim from Cuba to Florida.</p> <p>Big George Foreman - Fueled by an impoverished childhood, George Foreman channeled his anger into becoming an Olympic Gold medalist and World Heavyweight Champion, followed by a near-death experience that took him from the boxing ring to the pulpit.</p>
	View / Listen	<p>High Performance Podcast - Jonny Wilkinson, Chris Hoy, Sir Ben Ainslie etc https://www.jakehumphreyofficial.com/news/article/the-high-performancepodcast</p> <p>Take takes Practice Podcast - Matthew Syed and Robbie Savage https://audioboom.com/channels/5038997</p>