

## PE – Read & Watch List

Core PE	<p>BBC Bitesize: Fact file, Skills &amp; Technique for Practical Performance: <a href="https://www.bbc.co.uk/bitesize/topics/zpq7j6f">https://www.bbc.co.uk/bitesize/topics/zpq7j6f</a></p> <p>PE with Joe Wicks: <a href="https://www.youtube.com/user/thebodycoach1">https://www.youtube.com/user/thebodycoach1</a></p> <p>Kobe Bryant, Black Mamba (Basketball): <a href="https://www.youtube.com/watch?v=VH1wT4osLxQ">https://www.youtube.com/watch?v=VH1wT4osLxQ</a></p> <p>Being Serena (Tennis): <a href="https://www.youtube.com/watch?v=2UGgT7q3jfc">https://www.youtube.com/watch?v=2UGgT7q3jfc</a></p> <p>Trent Alexander Arnold (Football): <a href="https://www.youtube.com/watch?v=pS-PkC-Dhql">https://www.youtube.com/watch?v=pS-PkC-Dhql</a></p> <p>Jurgen Klopp, Journey to Top: <a href="https://www.youtube.com/watch?v=sNv-yPctj4">https://www.youtube.com/watch?v=sNv-yPctj4</a></p> <p>Lebron James, Strive for Greatness: <a href="https://www.youtube.com/watch?v=EVNQU-7Q3G4">https://www.youtube.com/watch?v=EVNQU-7Q3G4</a></p> <p>Tyson Fury, Road to Redemption (Boxing) <a href="https://www.youtube.com/watch?v=Ft4yg203tJY">https://www.youtube.com/watch?v=Ft4yg203tJY</a></p> <p>Crossing The Line (Cricket) <a href="https://www.youtube.com/watch?v=MKcvHAec6GM">https://www.youtube.com/watch?v=MKcvHAec6GM</a></p> <p>BBC iPlayer – Match of The Day (Football)</p> <p>Netflix – Blindside (American Football)</p> <p>Netflix - Last Chance U (American Football)</p> <p>Netflix - The Last Dance (Michel Jordan, Basketball)</p> <p>Netflix – Born to Survive (F1)</p> <p>Prime Video – All or Nothing, Manchester City</p> <p>Prime Video – All or Nothing, New Zealand All Blacks</p> <p>Prime Video – This is Football</p> <p>Prime Video – 4 Minute Mile (Athletics)</p> <p>Prime Video – Dan Carter, Perfect 10 (Rugby)</p> <p>Prime Video – The Unknown Runner (Athletics)</p> <p>Sky Sport News - General</p>
---------	--

## PE – Read & Watch List

Physical training	<p>BBC Bitesize: Physical Training:  <a href="https://www.bbc.co.uk/bitesize/topics/ztjqwxs">https://www.bbc.co.uk/bitesize/topics/ztjqwxs</a></p> <p>Fitness Testing/Training Seasons - Liverpool FC:  <a href="https://www.youtube.com/watch?v=w3Ub16Xln_U">https://www.youtube.com/watch?v=w3Ub16Xln_U</a></p> <p>Prime Video – Andy Murray – Resurfacing (Injury Rehabilitation)</p>
Anatomy	<p>BBC Bitesize: Anatomy and Physiology:  <a href="https://www.bbc.co.uk/bitesize/topics/zsmx2p3">https://www.bbc.co.uk/bitesize/topics/zsmx2p3</a></p> <p>Prime Video – Muscles to Medals</p>
Physiology	<p>The Cardiovascular System:  <a href="https://www.youtube.com/watch?v=Qx2l6uMuziQ">https://www.youtube.com/watch?v=Qx2l6uMuziQ</a></p> <p>Book – The Secret Race, Tyler Hamilton and Daniel Coyle</p>
Movement Analysis	<p>Planes, Axis &amp; Levers:  <a href="https://www.youtube.com/watch?v=gIEaHxXZKXI">https://www.youtube.com/watch?v=gIEaHxXZKXI</a></p>
Sports Psychology	<p>Book – Bounce, Matthew Syed</p> <p>Book – Black Box Thinking, Matthew Syed</p> <p>Netflix - Losers (15) (Documentary - How do athletes handle failure?)</p> <p>Netflix - Late life the Chein-Ming Wang Story (Documentary captures relentless battle back to the majors.)</p> <p>Netflix – Unstoppable</p> <p>Netflix – Coach Carter</p> <p>Netflix – Moneyball</p> <p>BBC iPlayer - Driven: The Billy Monger Story</p> <p>BBC iPlayer - Doddie Weir: One more try (Battles motor neurone disease)</p> <p>Mind Set and Goals - FourFourTwo: <a href="https://www.youtube.com/watch?v=eScC2K54-OE">https://www.youtube.com/watch?v=eScC2K54-OE</a></p> <p>Skill Classification - Planet PE: <a href="https://www.youtube.com/watch?v=Kf476pclFkY">https://www.youtube.com/watch?v=Kf476pclFkY</a></p> <p>SMART Targets - Planet PE: <a href="https://www.youtube.com/watch?v=f4npCA983sk">https://www.youtube.com/watch?v=f4npCA983sk</a></p> <p>Feedback and Guidance - Planet PE: <a href="https://www.youtube.com/watch?v=f4npCA983sk">https://www.youtube.com/watch?v=f4npCA983sk</a></p> <p>The Psychology of a Winner 2020:  <a href="https://www.youtube.com/watch?v=TupaYScUUHM">https://www.youtube.com/watch?v=TupaYScUUHM</a></p>
Socio-cultural	<p>Netflix - Stop at Nothing (Lance Armstrong Documentary)</p> <p>Netflix - ICARUS (15) (Documentary about American cyclist doping scandal)</p>

## PE – Read & Watch List

	<p>Netflix – Screwball (Doping in Baseball)</p> <p>Netflix – Eddie the Eagle</p> <p>Netflix – The English Game</p> <p>Netflix – Losers</p> <p>Prime Video – The Race to Dope (Doping System in Sport)</p> <p>BBC iPlayer - Shame in the game: Racism in Football</p> <p>BBC iPlayer - Bats, Balls and Bradford Girls (Documentary on first all Asian girls cricket team)</p> <p>BBC iPlayer - Out of their skin (Documentary about the history of Black footballers in Britain)</p> <p>BBC iPlayer - Get shirty (How a Leicester company invented the replica kit and spawned an industry worth billions)</p> <p>BBC iPlayer - Antoine Griezmann: The making of a legend (Footballer who overcame his small stature to become world's top soccer player)</p> <p>Twitter - The Runner's World Test Team takes a deep look at how the shoe works, and why it's been so controversial  <a href="https://twitter.com/i/status/1250835848322482176">https://twitter.com/i/status/1250835848322482176</a></p> <p>Tokyo 2020: How Nike's Vaporfly tech could change the track game Weblink to read and watch videos: <a href="https://www.bbc.co.uk/sport/athletics/51292475">https://www.bbc.co.uk/sport/athletics/51292475</a></p> <p>Commercialism: How Nike Became The Most Powerful Brand In sports  <a href="https://www.youtube.com/watch?v=tbnGih1aad0&amp;feature=youtu.be">https://www.youtube.com/watch?v=tbnGih1aad0&amp;feature=youtu.be</a></p> <p>Lance Armstrong - Performance Enhancing          Drugs: <a href="https://www.youtube.com/watch?v=QNP7CeVc3c4">https://www.youtube.com/watch?v=QNP7CeVc3c4</a></p> <p>Commercialisation in Sport - Sunderland til I Die -          Netflix: <a href="https://www.netflix.com/gb/title/80207046">https://www.netflix.com/gb/title/80207046</a></p> <p>Technology in Sport - Derby County FC: <a href="https://www.youtube.com/watch?v=48dLxsOPXIQ">https://www.youtube.com/watch?v=48dLxsOPXIQ</a></p> <p>Technology in Sport - Kipochge's Vaporflys - Wall Street          Journal: <a href="https://www.youtube.com/watch?v=wVXrlaPuP7c">https://www.youtube.com/watch?v=wVXrlaPuP7c</a></p> <p>Technology in Sport - Cryo Chambers - <a href="https://www.youtube.com/watch?v=2xiBnlSS2cs">https://www.youtube.com/watch?v=2xiBnlSS2cs</a></p>
<p>Health, Fitness and Well Being</p>	<p>Netflix - The Redeemed and the Dominant fittest on earth (Reebok CrossFit Games)</p> <p>Netflix - The Game Changers (UFC fighters finding the optimal diet for human performance and health)</p> <p>Netflix – Supersize Me</p>

## PE – Read & Watch List

	BBC Bitesize: <a href="https://www.bbc.co.uk/bitesize/topics/z9v3ycw">https://www.bbc.co.uk/bitesize/topics/z9v3ycw</a>
--	---

	Dehydration in Sport: <a href="https://www.youtube.com/watch?v=mve0mVu5y5A">https://www.youtube.com/watch?v=mve0mVu5y5A</a>
--	---