

RVHS Academic Reading List

Subject: PE



Love

LEARNING

RVHS Academic Reading List

Subject:	PE
Key Stage:	KS3

V = visit
 NFA = academic non fiction article
 TB = school textbook

S = TV drama series
 D = documentary
 N = novel for adults

YA = novel for teenagers
 F = film
 NF = non fiction

Year of Study	Topic	Suggested Reading	Type
7	Health, Fitness and Well-being	https://www.gosh.nhs.uk/teenagers/staying-healthy/healthy-eating Anita Bean— The complete Guide to Sports Nutrition	WS N
8	Anatomy and Physiology	Brad Walker—The Anatomy of Sports Injuries Costas Karageorghis & Peter Terry— Inside Sport Psychology	N N
9	Recapping Year 7 and 8 theory.	Going for Gold by Jocelyn Andrews https://www.bbc.co.uk/bitesize/examspecs/ztrcg82	N WS

RVHS Academic Reading List

Subject:	PE
Key Stage:	KS4

V = visit
NFA = academic non fiction article
TB = school textbook

S = TV drama series
D = documentary
N = novel for adults

YA = novel for teenagers
F = film
NF = non fiction

Year of Study	Topic	Suggested Reading	Type
10/11	Physical Factors affecting Performance	OCR GCSE (9-1) PE Second Edition John Honeybourne OCR GCSE Physical Education: Student Book Matthew Hunter My Revision Notes: OCR GCSE (9-1) PE 2nd Edition Sarah Powell www.mypeexam.com	TB TB TB
	Socio-cultural Issues and Sports Psychology	www.bbc.co.uk/bitesize/subjects/znyb4wx www.sportengland.org www.brianmac.co.uk NGB websites e.g. The FA www.thefa.com, The RFU www.rfu.com etc.	WS WS WS WS WS

RVHS Academic Reading List

Subject:	PE
Key Stage:	KS5

V = visit
NFA = academic non fiction article
TB = school textbook

S = TV drama series
D = documentary
N = novel for adults

YA = novel for teenagers
F = film
NF = non fiction

Year of Study	Topic	Suggested Reading	Type
12/13	Body Systems and the effects of Physical Activity	Clegg, C. Exercise Physiology And Functional Anatomy (1995) Feltham Press Journal of Sports Sciences	NFA NFA
12/13	Sports Organisation and Development	Hylton, K, (2013), Sport Development, Routledge Owen, J. (2011), How to Lead, Third Edition, Prentice Hall. Department for Culture, Media and Sport (2016) England Athletics (2016) National Disability Sport Organisation	NFA NFA WS WS

Year of Study	Topic	Suggested Reading	Type
12/13	Sports Organisation and Development	FIFA (2016), FIFA.com Olympic.org (2016) Official Website of the Olympic Movement Sport Dev (2016), Current Initiatives Sport England (2016) National Governing Bodies/Sport Health The National Lottery (2016) Funding	WS WS WS WS WS
12/13	Working Safely in Sport, exercise, health and leisure	Disclosure Barring Service The Health and Safety Executive National Society for Prevention of Cruelty to Children Red Cross (Website) First Aid St John Ambulance (2014) First Aid Manual, 10th edition, Dorling Kindersley	WS WS WS WS NFA