



Wider Reading: PE & Sport



This leaflet contains a range of resource suggestions for Wider Reading in your subject.

Other suggestions can be found on Unifrog. You could also speak to your teachers or Miss Hunt for ideas—or search based on your interests.

If you are viewing a digital version, most of the suggestions have been hyperlinked so you can find the resources more easily.

Journals / Magazines

Journal of Sports Sciences
Journal of Sport and Social Issues
Any Sports magazines
National newspapers - sports pages

Websites

My PE Exam
Sport England
Brian Mac
National Governing Body websites e.g. thefa.com,
englandrugby.com
BBC Sport Academy
Olympic.org
English Institute of Sport
Youth Sport Trust

Films

Cool Runnings
Gladiator
The Football Factory
Chariots of Fire
This Sporting Life
Million Dollar Baby
Tom Brown's Schooldays
Invictus

Books

Exercise Physiology and Functional Anatomy - Colin Clegg

Mechanics and Sport Performance - Peter Walder

The Sports Rules Book - Myles Schrag

Motor Learning and Performance - Schmidt and Wrisberg

Sport Psychology - Richard Cox

Sport and Exercise Psychology - Aidan Moran

Sports in Society - Jay Coakley

The Meaning of Sport - Simon Barnes

Making Sense of Sports - Ellis Cashmore

Paper Lion - George Plimpton

The Art of Fielding - Chad Harbach

Selection Day - Aravind Adiga

Bleachers - John Grisham

The Damned United - David Peace

Rule books

Coaching guides

Biographies and Autobiographies

Other

Visit London / Sports Calendar

Rugby Museum - Twickenham

Tennis Museum - Wimbledon

MCC Museum - Lords

Hampton Court Palace - Royal Tennis Court

Sporting events

What exactly is 'Wider Reading'?

From **The Royal Literary Fund**: Tutors are always telling students to do this and essays that show evidence of it usually get better marks than those that don't. In a nutshell, it means using a wide range of sources and showing that you've done it. It means thinking creatively about where you can get information that will help you answer your essay question and help you to show a developing knowledge of your subject.

From **The University Blog**: Reading around is like filling up a jar in stages. You start with big rocks of information. When the big rocks fill the jar, you can still put in small stones of detail that fall between the big rocks. When the small stones fill the jar, you can still put in fine sand of specifics to fill in the smallest, unclaimed areas in the jar.

From **Oxbridge Applications**: the idea is that the best students will not only have a rock-solid knowledge and understanding of the core curriculum, but will be aware of and educated on topics not covered in their school studies, or have advanced their learning of core topics to a beyond A-level standard.

If you would like help or guidance with your study skills, you can:

- Speak to Miss Hunt in S5
- Email: Hunt@guilbsborough.northants.sch.uk
- Access the Study Skills Team at **qtvnoiw**



Guilbsborough Academy
Sixth Form