



# Physical Education

## Read

- 'The Pressure Principle' (Aldred, Dr. D. 2016) – Dr. Dave Aldred shares his eight ground-breaking principles to help readers produce their best in work and perhaps to ensure you never miss a shot again.
- 'High Performance: Lessons from the Best on Becoming Your Best' (Humphrey & Hughes, 2021) – This book reveals the methods the world's most remarkable athletes, coaches and entrepreneurs use to excel.

## Watch

- 'Moneyball' – A 2011 film based the Oakland Athletics baseball team's 2002 season.
- 'Icarus' - a Netflix documentary which started out as a film about doping in the Haute Route and ended up exposing Russian state-sponsored doping.
- 'All or Nothing' documentaries
- 'The Last Dance' - The Last Dance is a 2020 American sports documentary miniseries which revolves around the career of Michael Jordan, with particular focus on his final season with the Chicago Bulls.
- 'Munich' – this 2005 film looks at events at the 1972 Summer Olympics in Munich when the Palestinian terrorist group Black September killed 11 members of the Israeli Olympic team.
- 'Race' is a 2016 biographical film about African-American athlete Jesse Owens, who won a record-breaking four gold medals at the 1936 Berlin Olympic Games.
- 'The Playbook – A coach's rules for life' – a 2020 Netflix docuseries.
- 'Bad Sport' – a six-part 2021 Netflix true crime and sports docuseries
- 'Losers' – a 2019 Netflix docuseries which interviewed athletes that have experienced defeat.
- 'The Blind Side' – a 2009 film which tells the story of Michael Oher, an American football offensive lineman who overcame an impoverished upbringing to play in the NFL.
- 'Formula 1 – Drive to Survive' – 2019 Netflix series
- '14 Peaks' - a 2021 Netflix documentary about fearless Nepali mountaineer, Nimsdai Purja, who embarks on a seemingly impossible quest.
- 'Athlete A' – a 2020 Netflix documentary uncovering the abuse of American gymnasts.
- 'The Game Changers' – a 2018 documentary film about athletes who have a plant-based diet.
- 'The Dawn Wall' – a 2017 Netflix documentary film that follows free climbers attempting to tackle the most formidable peaks in Yosemite National Park.

## Websites

- [Inside Track: Issue 11 \(pearson.com\)](https://www.pearson.com/inside-track) – This online magazine provides articles written by senior examiners and guest writers.
- [Inside Track: Issue 10 \(pearson.com\)](https://www.pearson.com/inside-track)
- [Inside-Track-Issue-9.pdf \(pearson.com\)](https://www.pearson.com/inside-track)
- [www.brianmac.com](http://www.brianmac.com)
- [BBC Sport - Scores, Fixtures, News - Live Sport](https://www.bbc.com/sport)

## Subscriptions

**Remember that if you have been accepted onto the 16-19 Bursary, Thirsk Sixth Form College can support you with academic subscriptions**

- The Athletic – subscription sports news
- Netflix for access to some of the recommended documentaries.

<ul style="list-style-type: none"> <li>• <a href="#">Sport news, comment and results   The Guardian</a></li> <li>• <a href="#">ESPN: Serving sports fans. Anytime. Anywhere.</a></li> </ul>	
<p><b><u>Listen</u></b></p> <ul style="list-style-type: none"> <li>• <a href="#">BBC Sounds - The Sports Desk</a> - a weekly dive into the biggest talking point in sport, plus discussion and debate around the issues that resonate beyond the field of play.</li> <li>• <a href="#">High Performance Podcast (thehighperformancepodcast.com)</a></li> <li>• <a href="#">The Sport Psych Show on Apple Podcasts</a></li> <li>• How to Fail: Dame Kelly Holmes – a great podcast episode</li> <li>• <a href="#">BBC Radio 5 Live - Sport's Strangest Crimes</a></li> <li>• <a href="#">A Thorough Examination with Drs Chris and Xand - Introducing A Thorough Examination - BBC Sounds</a> Episodes 1-7</li> </ul>	<p><b><u>Visit</u></b></p> <ul style="list-style-type: none"> <li>• York University Sport and Exercise faculty.</li> <li>• Teesside University Sport Science faculty.</li> </ul>
<p><b><u>Courses</u></b></p> <ul style="list-style-type: none"> <li>• <a href="#">The EverLearner :: Home</a></li> <li>• MOOCs ( Massive Open Online Courses) – learn about your interests and bolster your CV. Three main providers are: <ul style="list-style-type: none"> <li>✓ <a href="#">FutureLearn: Online Courses and Degrees from Top Universities</a></li> <li>✓ <a href="#">edX   Free Online Courses by Harvard, MIT, &amp; more   edX</a></li> <li>✓ <a href="#">Open Learning - OpenLearn - Open University</a></li> </ul> </li> </ul> <p>Just make sure you look for the free courses. You can complete some courses and only have to pay to receive the certificate.</p> <p><b>If you are a Bursary student, remember that the Student Discretionary Bursary can pay for certification or courses.</b></p>	<p><b><u>Competitions</u></b></p> <ul style="list-style-type: none"> <li>•</li> <li>•</li> </ul>
<p><b><u>Apps</u></b></p> <ul style="list-style-type: none"> <li>• Strong</li> <li>• My fitness pal</li> <li>• Health app (Apple)</li> <li>• Coach my Video</li> <li>• Romwod – Daily stretches</li> <li>• HomeCourt</li> <li>• Quizlet</li> </ul>	<p><b><u>Work experience ideas</u></b></p> <ul style="list-style-type: none"> <li>• PE Departments</li> <li>• DB Sports</li> <li>• Physiotherapists</li> <li>• North Yorkshire Soccer Academy</li> <li>• York City FC</li> </ul>