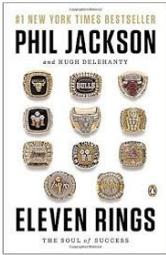
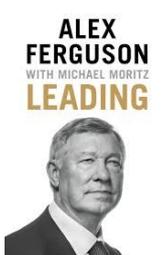
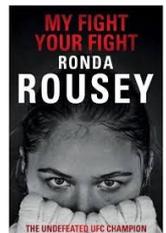
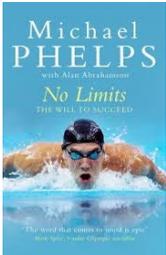


Summer work

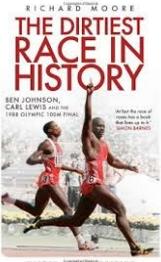
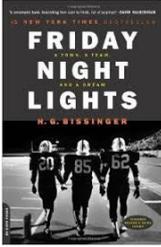
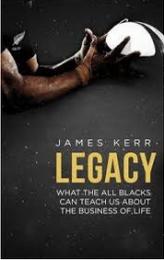
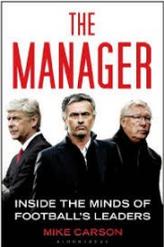
1. Read one of the books on the Super-curricular list (or listen to audio book)
2. Watch two of the documentaries on the Super-curricular list.
3. Listen to three episodes from the Podcasts on the Super-curricular list.
4. Write a paragraph summary of the key messages from each of these.

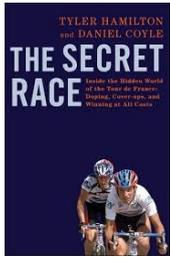
Super-curricular Physical Education

Biographies, Autobiographies and True Stories

Book	Title	Author	Insight
 <p>The cover features the title 'ELEVEN RINGS' in large, bold letters, with 'PHIL JACKSON' above it. Below the title are eleven championship rings arranged in a grid. The subtitle 'THE SOUL OF SUCCESS' is at the bottom.</p>	<i>Eleven Rings</i>	Phil Jackson	What does it take to create a winning team in a major sports league? Once at the top, what needs to be done to stay there? This book offers plenty of behind the scenes insight that will help to satisfy your curiosity about the makings of a winning formula. Phil Jackson is one of the most successful coaches of all time, claiming 11 rings during his tenure with NBA powerhouses <i>Chicago Bulls</i> and the <i>LA Lakers</i> .
 <p>The cover features a black and white portrait of Alex Ferguson. The title 'LEADING' is in large, bold, yellow letters. Above it, 'ALEX FERGUSON' is written in black, and 'WITH MICHAEL MORITZ' is in smaller black text below.</p>	<i>Leading</i>	Alex Ferguson with Michael Moritz	A managerial career spanning over four decades and plenty of silverware in his trophy cabinet, there's no wonder Alex Ferguson has been dubbed one of the greatest managers of all time. Read <i>Leading</i> and indulge in words of wisdom, revealing stories and frank advice from a true legend of the beautiful game. Learn about the strategies Ferguson employed to develop peak performance and establish team cohesion and be inspired to implement a few tricks in the teams you are involved in. You certainly do not have to be a football fanatic to find this book fascinating.
 <p>The cover features a close-up, black and white photo of Ronda Rousey's face, looking intensely at the camera. The title 'MY FIGHT YOUR FIGHT' is at the top, 'RONDA ROUSEY' is in large white letters in the middle, and 'THE UNDEFEATED UFC CHAMPION' is at the bottom.</p>	<i>My Fight Your Fight</i>	Rhonda Rousey	Be inspired by the story of one of the fiercest females in sport. Not only was Rhonda the first woman to break through the male dominated world of mixed martial arts (MMA fighting), but, in doing so, she also paved the way for all female fighters now competing on the professional UFC circuit. Read her autobiography and prepare to be in awe of her courage, determination and resilience, in the face of adversity.
 <p>The cover features a photo of Michael Phelps swimming. The title 'No Limits' is in large, bold, white letters. Above it, 'Michael PHELPS' is written in white, and 'with Alan Abrahamson' is in smaller white text below. The subtitle 'THE WILL TO SUCCEED' is at the bottom.</p>	<i>No Limits: The Will to Succeed</i>	Michael Phelps	With a staggering 28 medals to his name, Phelps is by far the most decorated Olympian of all time and, rightly so, has become a living legend amongst the sporting greats. Find out how champions are made in this detailed account of his life and career both in and out of the pool. You'll learn about everything from training regimes, to meal planning, being raised by a single Mother to dealing with ADHD. This is a perfect choice for anyone that is keen to know what it really takes to be the best and even better for those that are not afraid to go after it!

Sport

Book	Title	Author	Insight
	<p><i>The Dirtiest Race in History</i></p>	<p>Richard Moore</p>	<p>It may be the shortest event in the Olympics but the Men’s 100m sprint final is undoubtedly one of the most greatly anticipated at each Games. In 1988 at the Seoul Olympics this was no different and spectators were not disappointed as they witnessed Ben Johnson crush rival Carl Lewis claiming the gold and a new World Record. <i>The Dirtiest Race in History</i> details a fascinating story that reveals six of the eight finalists have been linked to drugs. This book is insightful, shocking and thrilling – you won’t be able to put it down!</p>
	<p><i>Friday Night Lights</i></p>	<p>H. C. Bissinger</p>	<p>Another true sporting story from 1988, <i>Friday Night Lights</i> is one of the most famous tales ever told about the inside world of US high school sport. Be inspired by commitment, disturbed by obsession, enjoy triumph and bitter disappointment as you follow the trials and tribulations of a seventeen-year-old football team from Odessa, Texas; a small town where football is religion and high school matches attract crowds of up to 20,000 people.</p>
	<p><i>Legacy</i></p>	<p>James Kerr</p>	<p>What is it that makes the New Zealand All Blacks the most successful rugby team in the history of the game? <i>Legacy</i> opens a secret door into the world of sporting superiority and is a stark reminder that excellence is never merely an act but a habit. Learn about the impressive heritage and culture that has served as a guiding light for so many of the world’s greatest rugby players. If you’re inspired, you’ll soon be last at the field ‘sweeping the shed’ and each season you will strive to ‘better your shirt’.</p>
	<p><i>The Manager</i></p>	<p>Mike Carsen</p>	<p>If you’ve ever wondered what it’s like to manage some of the most famous, skilful, highly paid, highly strung and (sometimes...) egotistical athletes in the world, this is the book for you. <i>The Manager</i> reveals trials and tribulations, tricks and tips from 30 of the most renowned leaders within the field of professional football. You don’t need to be a footy fanatic; these pages provide valuable insight that would benefit anyone looking to pursue a managerial role in any walk of life. Learn how best to imbed culture, encourage loyalty, develop cohesion and maximise team potential from these experts and you may become a legendary leader yourself one day.</p>

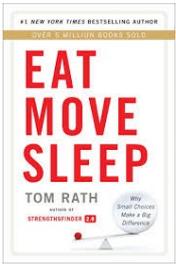
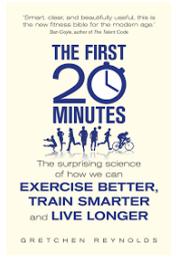
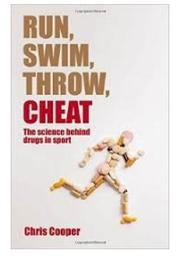


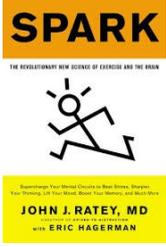
The Secret Race

Tyler Hamilton
and Daniel Coyle

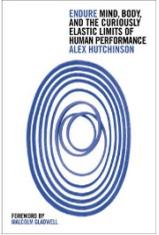
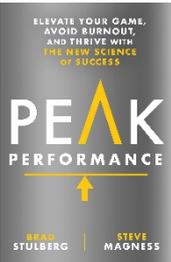
If winning at all costs is something you have an opinion on, this is definitely a book worth reading. Be amazed by the level of danger and risk Tour de France cyclists have exposed themselves to in a bid to claim that infamous yellow jersey. Inside men, Tyler Hamilton and Daniel Coyle, bare all to reveal a horrifying truth about *The Secret Race* that played out amongst the most ruthless riders in the sport. Much like the Tour itself, this is fast-paced and gripping with plenty of twists and turns to keep you hooked.

Exercise

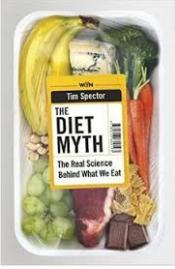
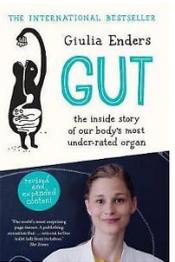
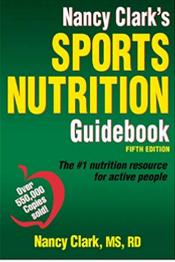
Book	Title	Author	Insight
	<i>Eat, Sleep, Move</i>	Tom Rath	These pages are stacked with lots of easily implementable tips to encourage you to get the very most from your body. If you are seeking a change of lifestyle or believe you could make healthier choices on a daily basis, this will certainly point you in the right direction. <i>Eat, Sleep, Move</i> also provides a fantastic starting point for anyone wishing to grasp the nuts and bolts of how the human body prepares, endures and responds to some of our most basic, and yet major, demands.
	<i>Eat, Sweat, Play</i>	Anna Kessel	This refreshing read sheds light on the impacts gender stereotyping has in the world of sport. You'll be inspired by the fascinating tales of successful sporting women but also encouraged to consider how and why 'sport continues to be stubbornly cast as unfeminine'. It's easy to read and laugh out loud funny in places; this is highly recommended for anyone unafraid of gaining perspective and acknowledging the 'gender-gap' in sport.
	<i>The First 20 Minutes: The Surprising Science of how we can Exercise Better, Train Smarter and Live Longer</i>	Gretchen Reynolds	Everyone that owns a human body must read this! <i>The First 20 Minutes</i> is a great starting point for anyone wanting to find out more about the body and its impressive responses to exercise. Despite the scientific nature of the content, all the evidence is easy to absorb and able to be readily applied by absolutely everyone and anyone.
	<i>Run, Swim, Throw, Cheat</i>	Chris Cooper	This is a great read for any budding sports scientists that are keen to learn about the impact and effects of performance enhancing drug use in sport. Find out about the most influential and undetectable ergogenic aids and be prepared to consider the future of 'clean' competition in the world of sport. It may seem quite tricky to digest but would be an excellent investment for anyone hoping to study sport at University.

	<p><i>Spark: The Revolutionary New Science of Exercise and the Brain</i></p>	<p>John J. Ratey with Eric Hagerman</p>	<p>You may have heard people say in jest: “exercise in the morning, before your brain figures out what you’re doing” but, joking aside, this book might be just enough to convince you that a morning workout is the only way to start your day. Ratey is an ex-PE teacher on a mission to share his research about the power of exercise and its ability to prime both body and mind, particularly for higher-order thinking and learning. Throughout the book, you’ll find plenty of reasons to don your trainers and get the endorphins flowing before your first lesson of the day begins.</p>
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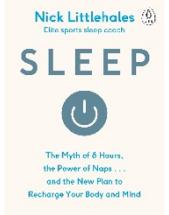
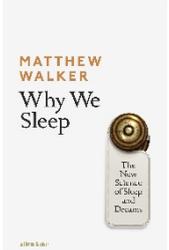
Performance

	<p><i>Endure: Mind, Body, and the Curiously Elastic Limits of Human Performance</i></p>	<p>Alex Hutchinson</p>	<p>Ever wondered how some people achieve such incredible physical feats: climbing Everest? Racing the gruelling Tour de France? Running multiple marathons? Perhaps you’ve experienced moments where you made the seemingly impossible, possible, even when you thought there was nothing left to give? The pages of this book are full of interesting case studies about the true power of the mind and body. It’s both inspiring and educational and comes highly recommended for anyone keen to understand what makes human performance exceptional.</p>
	<p><i>Peak Performance: Elevate Your Game, Avoid Burnout and Thrive with the New Science of Success</i></p>	<p>Brad Stulberg and Steve Magness</p>	<p>This book is concise and constructive and should be a top choice for anyone seeking guidance on establishing ‘winning’ routines, habits and behaviours. The pages are full of quick tips, all based on scientific research, that are guaranteed to inspire and motivate you to optimise your performance preparation and allow you to achieve those all-important marginal gains. NB: If you’re currently struggling for time to sit still, this title is also available as an excellent audio book. Plug in chapter by chapter and make small daily changes that might enable you to reach your peak.</p>

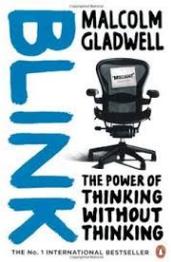
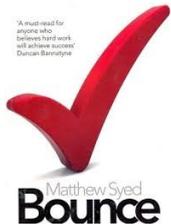
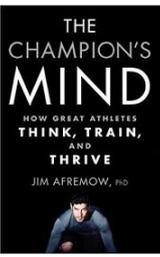
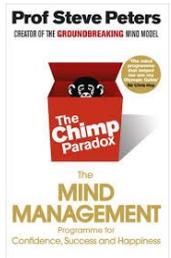
Nutrition

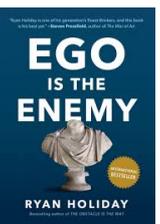
Book	Title	Author	Insight
	<p><i>The Diet Myth: The Real Science Behind What We Eat</i></p>	<p>Tim Spector</p>	<p>We're constantly being told that 'X' is great for the heart, 'Y' will make you fat but 'Z' could give you cancer – it's difficult to know what we need to know when it comes to our diet and it's even harder to decide what is true and what might be just another diet fad. This book neatly cuts through the....errr....misleading information out there and gives it to you straight in an easy to digest format.</p>
	<p><i>GUT: The Inside Story of our Body's Most Under-rated Organ</i></p>	<p>Giulia Enders</p>	<p>When it grumbles you feed it, when it bloats you deal with discomfort and when it's upset you surely know about it – whilst we have some intel regarding the quirks of our inner food processor, the gut remains a mystery for most of us. In this frank and funny book, you'll get to know what your innards are up to and how best to look after them. You may have heard the hype around 'gut health' over recent years and how influential this can be to our overall health and happiness, if you want some scientific insight and a good understanding on the topic, this book is a great place to begin!</p>
	<p><i>Sports Nutrition Guidebook</i></p>	<p>Nancy Clark</p>	<p>This is a chunky book that can definitely be read in bits and pieces, depending on what your particular area of interest is. Whether you're keen to fuel optimally pre, during or post-performance, you are likely to find sound advice in here. Learn about the nitty gritty of our major energy sources in a way that will enable you to plan peak nutrition to suit your sport, body and lifestyle.</p>

Sleep

Book	Title	Author	Insight
	<i>Sleep</i>	Nick Littlehales	He's no sleep Doctor but Littlehales uncovers a huge amount about our time spent under the covers each night. From circadian rhythms to specialist bedding, <i>SLEEP</i> covers a vast spectrum of snooze related science and, with that, offers some sound advice, including easily implementable tips, all aimed at producing an optimal slumber. Find out how to maximise your down time and its impact on your body and performance; rest assured, you're in good hands – Littlehales is a respected expert within the field of elite sport.
	<i>Why We Sleep</i>	Dr Matthew Walker	This is an unmissable read! Whilst it is fairly dense with scientific facts and research, it reveals such fascinating insight into how and why we sleep, you may not want to put it down at night! The human necessity to sleep and restore the body each night is no longer a mystery, so if you are keen to find out what you're really up to for over one quarter of your life, this is definitely a book for you.

Mindset

Book	Title	Author	Insight
	<i>Blink</i>	Malcolm Gladwell	There has always been great debate over the identity of the 'x' factor in achieving sporting success. However, no one can argue away the importance of effective decision making when under pressure. In <i>Blink</i> , you'll be amazed to learn how snap judgements are often better than cautious decision making and how we should sometimes rely on the power of thinking without thinking...
	<i>Bounce</i>	Matthew Syed	You may have heard of the famous '10,000 hour rule' and this book is probably why. In <i>Bounce</i> , ex-international ping-pong master, Matthew Syed, dives into the world of elite performance and tries to uncover the magic formula for exceptional achievement. Whilst many of the theories have been eagerly disputed, since its first publication, there is no denying that these pages offer plenty of food for thought. You won't finish this book without having your own strong opinions on how the gifted and talented really do reach the top of their game. At the very least, this read will provide all the material you need for a meaty debate!
	<i>The Champion's Mind</i>	Jim Afremow	If there's one book that truly has the potential to train your brain in only accepting 'gold' standards, this is it. <i>The Champion's Mind</i> is akin to a bible for any passionate sportsperson and can be referred to for guidance and reassurance in any moment of uncertainty, adversity or insecurity, whatever your game or aspiration. Dip in and out of stories of the 'greats', soak up the advice from past champions find solace in the Zen teachings - this easy read might provide the missing link and propel you to the next level in performance.
	<i>The Chimp Paradox</i>	Dr Steve Peters	Gain access to the complex world of the human brain in this simplified version of what really plays out in your mind. Discover about the Chimp, Computer and Gremlins that occupy the space upstairs and learn how to apply and manage them to prime your mental game and thrive under pressure and through set-backs. Dr Steve Peters has worked with many successful sporting organisations, most famously, he has been the leading sports psychologist on the Sky Cycling and British Cycling teams.

	<p><i>Drive: The Surprising Truth About What Motivates Us</i></p>	<p>Daniel H. Pink</p>	<p>Understanding what motivates us and others around us is big business these days and something that is relevant for anyone involved in any kind of team or leadership position. This book provides an interesting perspective on the evolution of human ambition, which is almost guaranteed to alter the way you think about how to get the best from yourself and others around you. This is a well-written easy read that might add some intelligence to your usual methods of influence.</p>
	<p><i>Ego is the Enemy</i></p>	<p>Ryan Holiday</p>	<p>If you are someone who aspires to work hard in silence and let success make the noise – this one is a no-brainer. Informative and enlightening at times, this book offers some sound advice that will make you reflect and potentially change the way you think about failure and success and all that comes between. It's a great read for anyone feeling the pressure to perform or just keen to enhance their mental game.</p>

Other media

Podcasts

The High Performance Podcast

The Real Science Of Sport Podcast: The Science of Perfect Training

The Sports Psych show

Sports Pages

Documentaries – Amazon

Fittest on Earth

Pantani

More than a Game

I am Bolt

Stop at Nothing

Documentaries – Netflix

Icarus

Redeemed and Dominant

The Last Dance

The Playbook

Drive to Survive

Documentaries – BBC

Cristiano Ronaldo – Impossible to Ignore

Lance

The Edge

Hoop Dreams

Ted talks

The treadmill's dark and twisted past -

https://www.ted.com/talks/conor_heffernan_the_treadmill_s_dark_and_twisted_past#t-187472

What makes muscle grow?

https://www.ted.com/talks/jeffrey_siegel_what_makes_muscles_grow

Why sitting is bad for you

https://www.ted.com/talks/murat_dalkilinc_why_sitting_is_bad_for_you#t-216975

How playing sports benefits your body... and your brain

https://www.ted.com/talks/leah_lagos_and_jaspal_ricky_singh_how_playing_sports_benefits_your_body_and_your_brain

What happens when you have a concussion?

https://www.ted.com/talks/clifford_robbins_what_happens_when_you_have_a_concussion#t-355125

The Maths behind Basketball's Greatest Moves

https://www.ted.com/talks/rajiv_maheswaran_the_math_behind_basketball_s_wildest_moves?referrer=playlist-super_nerdy_talks_about_sports#t-716274

Are Athletes Really Getting Faster Better Stronger?

https://www.ted.com/talks/david_epstein_are_athletes_really_getting_faster_better_stronger?referrer=playlist-super_nerdy_talks_about_sports#t-877371

Deep Sea Diving... In a wheelchair

https://www.ted.com/talks/sue_austin_deep_sea_diving_in_a_wheelchair?referrer=playlist-extreme_sports

Are we born to run? – click here

https://www.ted.com/talks/christopher_mcdougall_are_we_born_to_run?referrer=playlist-calling_all_sports_fans#t-57746