






A-level PE Super Curriculum

| Read  | Do  | Find  |
|---|---|---|
| A sporting autobiography. | Watch 'Gamechangers' documentary and produce an argument for one side. | Find a university (or two) with sporting pedigree to explore courses and experience elite facilities. |
| 'The Champion's Mind- How Great Athletes Think, Train and Thrive' by Jim Afremov. | A day's work experience in a sporting context. | Find a university dissertation study with a sporting theme and take part. |
| 'Relentless- From Good to Great to Unstoppable' by Tim S Grover | Take a level 1 coaching qualification in a chosen sport. | Research a new sport from a different country. Something you have never heard of. |
| 'The Sports Gene- Talent, Practice and the Truth About Success' by David Epstein | Complete a match analysis in their favoured sport. | Research careers in sport and exercise and interview someone in that field. |
| Read a sports dissertation | Assist with the coaching of a lower school team. | Find some articles that link to specific parts of the course. |