




## GCSE PE Super Curriculum



<b>Read</b> 	<b>Do</b> 	<b>Find</b> 
Mark Cavendish - 'At Speed'	Visit: Pro sport Stadiums	Watch: ICARUS: Documentary film on the Russian drugs scandal (Netflix)
'The Talent Code'- Daniel Coyle	Visit: University of Hertfordshire Physiology Laboratories	Watch: Sports docs on Netflix (Mohammed Ali, French football team, Sunderland (running of a club)
'Mind Games' – Annie Vernon	Visit: Universities (sports facilities – biomechanics, anatomy etc.)	Listen to/watch: Ted Talks; Mental toughness, mental health, confidence, power of resilience.
'Find a Way'- Diana Nyad	Lead a house sporting event (Officiate? Organise?)	Find a coaching course that you could take part in.
'The Young Champion's Mind: How to Think, Train and Thrive like an Elite Athlete' - Jim Afremov, Ph.D'	Complete a coaching qualification of a sport of your choice.	Research careers in sport and exercise and interview someone in that field.