


KS3 PE

Take it further



To extend and develop your subject knowledge and understanding do look at resources outside of the PE curriculum. The resources below are not an exhaustive list. Please do discuss with the PE department anything in particular that you are interested in finding out about and we can point you in the right direction.

Years	Read	Listen	Watch	Explore and visit
7, 8 & 9	<ul style="list-style-type: none"> Pearson BTEC Tech Award Sport (2022) Ready Steady Mo! (Mo Farah) You are a champion: How to be the best you can be (Marcus Rashford) The Young Champion's Mind: How to Think, Train, and Thrive Like an Elite Athlete (Jim Afremow) Teen Health, Nutrition and Physical Activity (McGraw Hill) 	Podcasts <ul style="list-style-type: none"> PE Express: Physical Education Quick Tips Sports Squad Don't tell me the score 	<ul style="list-style-type: none"> Planet PE- You Tube I am Bolt- Netflix The Class of '92  ELIUD - YouTube Pele- Netflix The Body Coach TV by Joe Wicks - YouTube Why is physical education a student's most important subject? William Simon, Jr. TEDxUCLA - YouTube Mr B - YouTube The EverLearner - YouTube 	<ul style="list-style-type: none"> Queen Elizabeth Olympic Park- London Wimbledon Lawn Tennis Museum- London Wembley Stadium- London Twickenham Rugby Museum- London Cyclopark- Gravesend Snap Fitness Swallows Gym Reynolds Gym Science Museum- London Body Worlds Exhibition (only available at certain times of the year- check availability here: BODY WORLDS - Take an eye-opening journey under the skin!)