



Physical Education

Extended Reading & Enrichment Activities

I strongly recommend that you subscribe to James Morris A Level PE on [Youtube](#)

Anatomy & Physiology

- Athletic Ability and the Anatomy of Motion – Rolf Wirhed
- Basic Anatomy & Physiology (3rd Edition) – Rowett

Developing Skill in Sport

- Schmidt, R.A. & Wrisberg, C.A. (2004). 'Motor Learning and Performance' (3rd Edition). Champaign, IL: Human Kinetics Publishers.
- Schmidt, R.A., & Lee, T.D. (2005). 'Motor Control & Learning – A Behavioural Emphasis' (4th Edition). Champaign, IL: Human Kinetics Publishers.

Sport Psychology

- Cox, R.H. (2007). Sport Psychology: Concepts and Applications. (6th edition). New York: McGraw-Hill.
- Berger, B., Pargman, D., & Weinberg, R. (2002). Foundations of Exercise Psychology. Morgantown, WV: Fitness Information Technology.
- Gill, D.L. (2000/2008). Psychological Dynamics of Sport and Exercise (2nd/3rd edition). Champaign, IL. Human Kinetics.
- Moran, A. (2004). Sport and Exercise Psychology: A Critical Introduction. London: Routledge.
- Weinberg, R.S., & Gould, D. (2003/2007). Foundations of Sport and Exercise Psychology. (3rd or 4th edition). Champaign, IL: Human Kinetics.

History of Sport

- John Lowerson (1995) - Sport and the English Middle Class 1870 - 1914 Manchester University Press
- Neil Wigglesworth (1996) - The Evolution of English Sport Frank Cass
- Dennis Brailsford (1998) - British Sport A Social History Lutterworth Press
- Sport and Society
- Jay Coakley (1998) - Sport and Society Issues and Controversies McGraw Hill
- Simon Barnes (2006) - The Meaning of Sport Short Books
- Ellis Cashmore (2005) - Making Sense of Sport Routledge

Useful and informative Websites

http://www.bbc.co.uk/history/british/victorians/sport_01.shtml 21

<http://news.bbc.co.uk/sport1/hi/academy/default.stm>

www.olympic.org

[www.einet.net/review/83726-526768/Sir Norman Chester Centre for Football Research University of Leicester.htm](http://www.einet.net/review/83726-526768/Sir_Norman_Chester_Centre_for_Football_Research_University_of_Leicester.htm)

www.london2012.com

www.eis2win.co.uk

www.youthsporttrust.org

www.sportengland.org

Documentaries

- The Asian Conundrum – Sky Sports (Cricket)
- The Bradford Girls – BBC Sport / BBC(Cricket)

Films

- Cool Runnings - Jamaican bobsleigh team - Winter Olympics.
- Gladiator - Roman games
- Football Factory Football - Hooliganism
- Chariots of Fire - Olympism and Harold Abrahams
- This sporting Life - Rugby League based on Wakefield Trinity FC
- Million Dollar Baby - Boxing trainer helps female boxer achieve her dream
- Gregory's Girl - School football story
- Tom Browns School Days - Athleticism and the rationalization of sport

Events to Visit in London

http://www.visitlondon.com/sport/sports_calendar/

- Wimbledon Tennis Championships - Last week of June, first week in July
- Cricket Tests - Lords and the Oval
- Rugby Internationals - the six nations - Twickenham
- Football Internationals - Wembley
- Oxbridge Boat Race - April - Putney Bridge
- Doggett Coat and Badge - July - London Bridge
- London Marathon - April
- PGA Golf - Wentworth 22
- Grand Prix Athletics - Crystal Palace - July

Interesting Places to Visit

- Rugby Museum - Twickenham
- Tennis Museum - Wimbledon
- MCC Museum - Lords - Home of the Ashes
- Hampton Court Palace - Royal Tennis Court
- River and Rowing Museum - Henley