

# **PHYSICAL EDUCATION**

## **SUPER CURRICULUM ACTIVITIES**

### **WEBSITES:**

- <https://www.youthsporttrust.org/>
- <https://www.sportsleaders.org/>
- <https://www.bbc.co.uk/bitesize/levels/z98jmp3>
- <https://www.bbc.co.uk/bitesize/guides/zxrbcwx/revision/3>
- <https://netball.sport/game/netball-explained>

### **BOOKS:**

- "A Woman's Game: The Rise, Fall and Rise Again of Women's Football" by Suzy Wrack (ISBN-13: 978-1472979157)
- "The Game of Our Lives: The Meaning and Making of English Football" by David Goldblatt (ISBN-13: 978-0141015828)
- "Barbarian Days: A Surfing Life" by William Finnegan (ISBN-13: 978-1594203473)
- "Blood Horses: Notes of a Sportswriter's Son" by John Jeremiah Sullivan (ISBN-13: 978-0375725247)
- "Land of Second Chances: The Impossible Rise of Rwanda's Cycling Team" by Tim Lewis (ISBN-13: 978-0224091633)
- "Football Against the Enemy" by Simon Kuper (ISBN-13: 978-0753809958)
- "Touching The Void" by Joe Simpson (ISBN-13: 978-0099771012)
- "I Think Therefore I Play" by Andrea Pirlo (ISBN-13: 978-1909430163)
- "The Damned United" by David Peace (ISBN-13: 978-0571224338)
- "The Illustrated History of Football" by David Squires (ISBN-13: 978-1780895589)

### **SPECIALIST MAGAZINES/ARTICLES/JOURNALS:**

- Sports Illustrated: <https://www.si.com/>
- FourFourTwo: <https://www.fourfourtwo.com/>
- The Cricketer: <https://www.thecricketer.com/>
- Sport Weekly: <https://www.theguardian.com/observer-sport-magazine>
- Runner's World: <https://www.runnersworld.com/>
- Golf Digest: <https://www.golfdigest.com/>
- GOLF Magazine: <https://www.golf.com/>
- Tennis Magazine: <https://www.tennis.com/>
- SLAM Magazine: <https://www.slamonline.com/>
- Baseball America: <https://www.baseballamerica.com/>
- Match of the Day Magazine: <https://www.bbc.co.uk/matchofthedaymagazine>

### **PODCASTS:**

- The Guardian Football Weekly: <https://www.theguardian.com/football/series/footballweekly>
- The High Performance Podcast: <https://www.thehighperformancepodcast.com/>
- Football Daily: <https://www.bbc.co.uk/programmes/p02nrsln>
- The Tennis Podcast: <https://www.thetennispodcast.net/>

- F1: The Chequered Flag: <https://www.bbc.co.uk/programmes/p02nrss1>
- The Athletic Football Podcast: <https://theathletic.com/podcast/177-the-athletic-football-podcast/>

### **FILMS AND DOCUMENTARIES:**

BBC iPlayer:

- "Lionel Messi: Destiny": <https://www.bbc.co.uk/iplayer/episode/p0bg9qbr/lionel-messi-destiny>
- "Lionesses Champions of Europe": <https://www.bbc.co.uk/iplayer/episode/p07j5jg2/lionesses-champions-of-europe>
- "Freddie Flintoff's Field of Dreams": <https://www.bbc.co.uk/iplayer/episode/p03m0jyx/freddie-flintoffs-field-of-dreams>
- "Women of Steel": <https://www.bbc.co.uk/iplayer/episode/b07z7jvq/women-of-steel>
- "Gym Stars": <https://www.bbc.co.uk/iplayer/episodes/b07s7cvq/gym-stars>

Netflix:

- "The Last Dance": <https://www.netflix.com/title/80203144>
- "Break Point": <https://www.netflix.com/title/81328146>
- "Rising Phoenix": <https://www.netflix.com/title/81122458>

Amazon Prime:

- "Andy Murray: Resurfacing": <https://www.amazon.co.uk/Andy-Murray-Resurfacing/dp/B08219L1FD>
- "All or Nothing Arsenal": <https://www.amazon.co.uk/dp/B08PZ9T2W5>
- "Make Us Dream": <https://www.amazon.co.uk/Make-Us-Dream-Steven-Gerrard/dp/B07KX9BJLX>

Films:

- "Coach Carter": <https://www.imdb.com/title/tt0393162/>
- "King Richard": <https://www.imdb.com/title/tt9620288/>
- "Bend It Like Beckham": <https://www.imdb.com/title/tt0286499/>
- "Invictus": <https://www.imdb.com/title/tt1057500/>
- "Cool Runnings": <https://www.imdb.com/title/tt0106611/>
- "Eddie the Eagle": <https://www.imdb.com/title/tt1083452/>

### **YOUTUBE CHANNELS:**

- <https://www.youtube.com/watch?v=LxmHQnuNRng>
- <https://www.youtube.com/watch?v=Wecvq2vVWaU>
- <https://www.youtube.com/watch?v=NLfbqqAEKwo>
- <https://www.youtube.com/watch?v=wVXrlaPuP7c>
- <https://www.youtube.com/watch?v=ljsR3wcvYds&t=1363s>

### **MOOCS:**

- This is a link to MOOCs for Sport: <https://www.my-mooc.com/en/categorie/sports>

### **ONLINE SEMINARS/LECTURES:**

- Sports TED Talks: <https://www.ted.com/topics/sports>

### **SOCIAL MEDIA ACCOUNTS:**

- <https://www.bbc.co.uk/sport/live-guide>
- <https://www.itv.com/watch/categories/sport>

### **PLACES TO VISIT:**

This is a link to a webpage for 19 of the best sporting museums in the UK  
<https://www.sportstourismnews.com/sports-museums-london-uk/>

### **LOCAL CLUBS OR SOCIETIES:**

There are a vast array of sporting clubs and societies available on Wirral. Here is just a selection of some of those:

- Wirral Gymnastics Club: <http://www.wirralgymnasticsclub.co.uk/>
- Wirral Athletics Club: <http://www.wirralac.co.uk/>
- Wirral Tennis and Sports Centre: <http://www.wirraltenniscentre.co.uk/>
- Wirral Cricket Club: <http://www.wirralcc.play-cricket.com/>
- Wirral Rugby Club: <http://www.pitchero.com/clubs/wirral/>
- Wirral Hockey Club: <http://www.wirralhc.co.uk/>
- Wirral Martial Arts Centre: <http://www.wirralmartialarts.co.uk/>
- Wirral Sailing Centre: <https://www.wirralsailingcentre.com/>
- Wirral Netball Club: <http://www.wirralnetballclub.co.uk/>
- Wirral Archers: <http://www.wirralarchers.com/>

### **CHALLENGES AND COMPETITIONS:**

There are a vast array of sporting challenges, competitions and opportunities available on Wirral, which are often associated to local leagues and clubs. As well as those opportunities, you may consider:

- Parkrun: <https://www.parkrun.org.uk/events/events/#geo=4.7/55.05/-2.95>
- Wirral Secondary School Games: <https://www.wirralssp.co.uk/>