

St Edward's Academy

Curriculum Reading Lists

To help you to be successful in all curriculum areas, you should spend time exploring your subjects more widely. Reading around your subjects will help to increase your understanding and will be an interesting and rewarding activity. This additional reading is a supra-curricular activity and it enhances the curriculum. The supra-curriculum is also different to the extra-curricular activities that you take part in.

A supra-curricular activity is subject-specific academic exploration. It builds on and goes beyond what you are studying through the school curriculum. Supra-curricular activities are purely academic in focus and directly relevant to the subject being studied (as opposed to only being relevant through the transferable skills gained). A supra-curricular activity therefore refers to anything you do to explore your subject in greater depth in your own time.

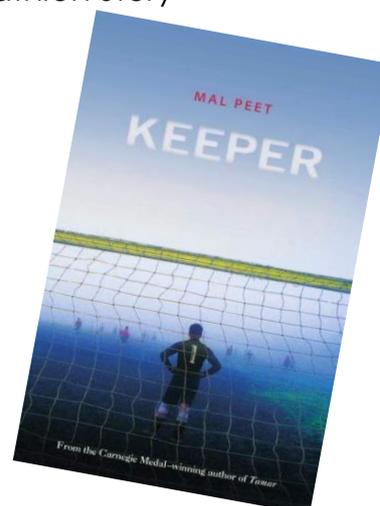
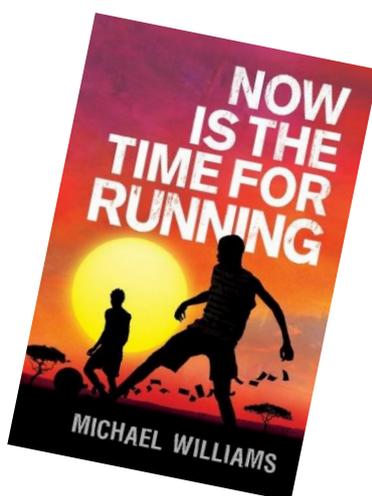
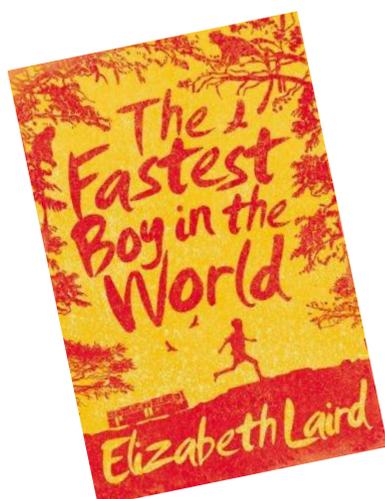
Academic enrichment should be an interesting and rewarding process for you. There is no set formula, nor any 'required reading': it is a chance for you to pick topics that fascinate you and to explore them in a variety of ways. There are also no exams or deadlines and you are free to develop your own lines of research. Do not feel pressured to read something that seems 'impressive', let your own interests guide you. Academic exploration is also a good chance for you to think about what you might like to study in the future.

The following reading lists are intended to challenge and interest you and deepen your understanding of the subject. Enjoy!

Physical Education

Key Stage 3

- Elizabeth Laird - The Fastest Boy in the World
- Mal Peet - Keeper
- Michael Williams - Now is the Time for Running
- Gerard Siggins - Rugby Spirit: A new school, a new sport, an old mystery
- Sean Conway - Hell and High Water: One Man's Attempt to Swim the Length of Britain
- Sachin Tendulkar - Playing it My Way – My Autobiography
- Zlatan Ibrahimovic - I Am Zlatan Ibrahimovic
- Adharanand Finn - Running with the Kenyans: Discovering the secrets of the fastest people on earth
- Luis Suarez - Crossing the Line – My Story
- Alistair and Jonathan Brownless - Swim, Bike, Run: Our Triathlon Story



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Key Stages 4 & 5

- Matthew Syed - Bounce: The Myth of Talent and the Power of Practice
- Jeremy Lazarus - Ahead of the Game: How to Use Your Mind to Win in Sport
- Tyler Hamilton and Daniel Coyle - The Secret Race: Inside the Hidden World of the Tour de France: Doping, Cover-ups, and Winning at All Costs
- Anita Bean - The Complete Guide to Sports Nutrition
- Anthony J. Blazevich - Sports Biomechanics: The Basics: Optimising Human Performance
- Dr Kathleen Armour - Sport Pedagogy: An Introduction for Teaching and Coaching
- Chris Cooper - Run, Swim, Throw, Cheat: The science behind drugs in sport
- Jay Coakley and Elizabeth Pike - Sports in Society: Issues and Controversies
- Graham Gordon - Master of the Ring: The Extraordinary life of Jem Mace Father of Boxing and the First Worldwide Sports Star
- Christopher McDougall - Born to Run: The Hidden Tribe, the Ultra-Runners and the Greatest Race the World has Never Seen
- Barbara Smit - Sneaker Wars: The Enemy Brothers Who Founded Adidas and Puma and the Family Feud that Forever Changes the Business of Sports
- Keith Booth - The Father of Modern Sport: The Life and Times of Charles W Alcock
- Daniel James Brown - The Boys in the Boat

