



Read/Research	Watch/Listen	Revisit	Other Tasks
<p>There are so many books out there from theory books to sports performers autobiography that are a great read, but here is a selection.</p> <p><u><a href="#">Survival of the Fittest: understanding peak physical performance</a></u> by Mike Stroud This book sets out the genetics, exercise, diet and science that allows humans to perform at their peak.</p> <p><u><a href="#">The Sports Gene: Talent , Practice and the Truth About Success</a></u> by David Epstein Provides a powerful and convincing analysis of how genes influence all our lives, especially the careers of elite sportsmen.</p> <p><u><a href="#">Bounce: The Myth of Talent and the Power of Practice</a></u> by Matthew Syed. Essential reading for an astounding summer of sport; If you've ever wondered what makes a champion, Bounce has the answer.</p>	<p>Podcasts are a great way to challenge and develop your thinking and there are hundreds of great ones out there but are a selection</p> <p>The Real Science of Sport Podcast wit Professor Ross Tucker and Mike Finch</p> <p>Don't Tell Me the Score Podcast by Simon Mundie</p> <p>The High-Performance Podcast by Jake Humphrey and Professor Damian Hughes</p> <p>YST Podcast by the Youth Sport Trust</p> <p>PE Umbrella by Ryan Ellis</p> <p>The PE Geek Podcast by The PE Geek</p>	<p>Paper 1 on the BTEC course focuses on Anatomy and Physiology so look over your GCSE PE notes or Biology notes on the Skeletal system, Muscular system, Respiratory system and Circulatory system.</p> <p>Paper 2 and parts of your coursework will focus on Training Methods and Principles of Training so look over your GCSE PE PPE and think about how you use these in your own sporting performances</p>	<p>Complete the transition task which the school sets</p> <p>Stay actively involved in sport. Although you are not assessed on your practical ability it will help you to relate the concepts covered in lessons.</p> <p>Research possible pathways linked to this course at post Y13 study, so university options, apprenticeships or potential jobs.</p> <p>Research blogs, podcasts and the internet for advice on how to manage your workload and be a successful independent learner to help you when completing your coursework tasks</p>