

Wider Reading

What is wider reading and how will it stretch and challenge you? [What does 'wider reading' mean? : Unifrog Blog](#)

Subject: Physical Education

Year 7		
Half term	Topic	Text
1	Football Netball Basketball	The website for the English Football Association, Emirates FA Cup and England football team (thefa.com) Football Rules: How To Play Football/Soccer Rules of Sport England Netball Home Home Basketball England Sloper, Tammy (2021); Basketball for Beginners.
2	Cross Country	British Athletics Home - English Schools' Athletic Association (esaa.org.uk) Hemming, Peter (2022); Cross Country and All That Stuff.
3	Badminton Rugby Circuit Training	Badminton England The Nation's Favourite Racket Sport Home (englandrugby.com) Kovacs, Mark (2021); Dynamic Stretching; The Revolutionary New Warm Up Method to Improve Power, Performance and Range of Motion.
4	Tennis Golf Table Tennis	The Official Home of Tennis For Britain LTA The structure of england golf - England Golf Levi, Mateo (2022); Table Tennis for Beginners
5	Athletics	Carr, Gerry (1999); The Fundamentals of Track and Field. British Athletics Home - English Schools' Athletic Association (esaa.org.uk)
6	Cricket Rounders	England and Wales Cricket Board (ECB) - The Official Website of the ECB Brown, Gerald (2022); Cricket 101. Rounders England Connecting People Through Rounders

Year 8		
Half term	Topic	Text
1	Football Netball Basketball	The website for the English Football Association, Emirates FA Cup and England football team (thefa.com) The history of football (soccer) (footballhistory.org) England Netball Home All England Netball Association (2020); Netball (Know the Game) Home Basketball England Smith, Tony (2019) Basketball Rules for Kids: Children Learn the Calls and Playing Positions.

2	Cross Country and Fitness Requirements	British Athletics Home - English Schools' Athletic Association (esaa.org.uk) Humphrey, Sue and McCoy, Rachel (2021); I Want to Run: The Olympic Developmental Training and Nutritional Guide for Young and Teen Runners Aged 10-18.
3	Badminton Rugby Circuit Training for Fitness Components	Badminton England The Nation's Favourite Racket Sport Home (englandrugby.com) Hudson, Andrew (2021); High Intensity Circuit Training.
4	Tennis Golf Table Tennis	The Official Home of Tennis For Britain LTA The structure of england golf - England Golf Heaton, Jenny (2009); Table Tennis: Skills, Techniques, Tactics
5	Athletics	Carr, Gerry (1999); The Fundamentals of Track and Field British Athletics Home - English Schools' Athletic Association (esaa.org.uk)
6	Cricket Rounders	England and Wales Cricket Board (ECB) - The Official Website of the ECB Kumar, Naresh (2018); The Rules of Cricket. Rounders England Connecting People Through Rounders

Year 9

Half term	Topic	Text
1	Football Netball Basketball	The website for the English Football Association, Emirates FA Cup and England football team (thefa.com) Hasic, Mirsad (2013); The Soccer Fitness Guide. England Netball Home Mentor, Geva (2020); Leap: Making the Jump to Take Netball to the Top of the World. Home Basketball England Cook, Ben (2002) Total Basketball Fitness
2	Cross Country and Fitness Training	British Athletics Home - English Schools' Athletic Association (esaa.org.uk) Grant, Mick and Molvar, John (2014); The Youth and Teen Running Encyclopedic: A Complete Guide for Middle and Long Distance Runners.
3	Badminton Rugby Circuit Training: Training Zones	Badminton England The Nation's Favourite Racket Sport Home (englandrugby.com) Benson, Roy and Connolly, Declan (2019); Heart Rate Training.
4	Tennis Golf Table Tennis	The Official Home of Tennis For Britain LTA The structure of england golf - England Golf Hodges, Larry (2013); Table Tennis for Thinkers
5	Athletics	Carr, Gerry (1999); The Fundamentals of Track and Field British Athletics Home - English Schools' Athletic Association (esaa.org.uk)

6	Cricket Rounders	England and Wales Cricket Board (ECB) - The Official Website of the ECB Correa, Mariana (2016); 3 Months to Become an Amazing Cricket Player. Rounders England Connecting People Through Rounders
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