

Raising aspirations – Physical Education/Sport Studies

At Ormiston Bushfield Academy, we believe every student should have the opportunity to explore, question, and excel in Physical Education and Sport Studies. This page offers a carefully selected range of books, websites, and podcasts to stretch your curiosity; deepen your understanding; and help you see the possibilities that Physical Education and Sport Studies can offer. Whether you're looking for your next great read, a new challenge, or a glimpse into the world of real scientists - you'll find something here to spark your ambition and raise your aspirations.

Suggested Reading list

KS3 (years 7-9)

With You Every Step by Rob Burrows and Kevin Sinfield – Rob Burrow and Kevin Sinfield have captured the heart of the nation with their story of determination and courage but, above all, with their friendship. *With You Every Step* is a true celebration of friendship and what it means: being there for the people you love when they need you most.

Muhammed Ali (Little People, Big Dreams Series) by Maria Isabel Sanchez Vegara – A child-friendly biography of Ali, highlighting his sporting achievements and social impact.

Illustrated Sports Encyclopedia by DK - The *Illustrated Sports Encyclopedia* is the ultimate illustrated guide to the diverse world of sport, from the best known ball-sports, athletics, and water sports to the most obscure racket sports and races (anyone for a game of pickleball?). The book showcases different sports by grouping them into categories including team sports, target sports, winter sports, wheels and motors, horse sports, and extreme sports.

KS4/5 (years 10-13)

Trust the Grind by Justin Achilli & Ryan West - Lessons from world class athletes on discipline and motivation.

The Sports Gene by David Epstein - Investigates the balance between genetics and training in athletic performance.

Bounce by Matthew Syed - Explores talent, practice, and mindset, challenging myths about sporting success.

Websites

BBC Sport www.bbc.co.uk/sport - Factual, unopinionated sports reporting and features.

The Runners Beans www.therunnersbeans.com - Running, marathon training, nutrition, and kit reviews. Written by Charlie Watson, a registered dietitian and experienced marathoner, blending personal experience with professional knowledge.

The Sports Scientist www.thesportsscientist.co.uk - This website has been created to support any student that is studying with a variety of PE examination qualifications. All content will be relevant for either support whilst writing your assignments or preparing for your exam.

Podcasts

The High Performance Podcast by Jake Humphrey & Damian Hughes – Interviews athletes, coaches, and leaders about mindset, resilience, and success.

Sports Weekly by BBC - Covers a wide range of sports with analysis, interviews, and features, ideal for students wanting breadth.

The Sport Psych Show by Dan Abrahams - It's widely regarded as one of the leading platforms for exploring how psychology impacts performance, motivation, and resilience across all sports.