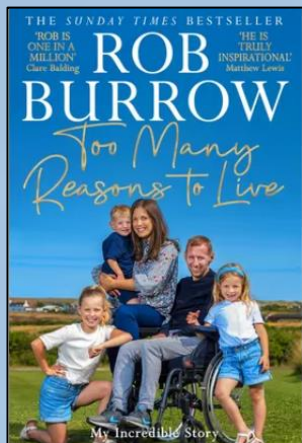




PHYSICAL EDUCATION

RECOMMENDED READS

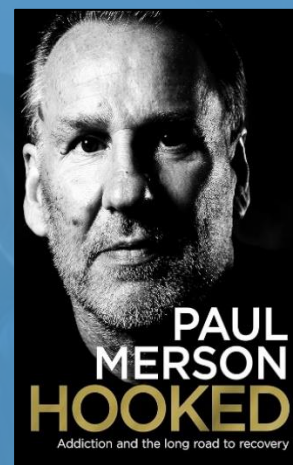
At only 37, Rugby League player, Rob Burrows was diagnosed with motor neurone disease, a rare degenerative condition, and given a couple of years to



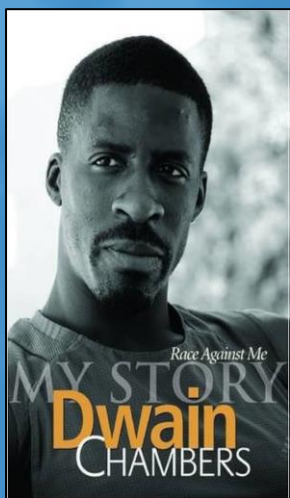
live. Written with honesty and humour, *Too Many Reasons to Live* is the story of a man who resolved to turn a terrible situation into something positive. About his battle with MND, the power of love, between Rob and his wife, Lindsey, and of the life-changing bond of friendship between Rob, Kevin Sinfield, and their Rhino teammates

Paul Merson is a former England, Arsenal and Aston Villa legend.

Hooked is Merson's wonderfully moving and brutally honest memoir of battling addiction, searingly charting his journey over three decades. It is absolutely unflinching in detailing his emotional and psychological troughs and in raking over the painful embers of an adult life blighted by such debilitating issues. *Hooked* will kick-start a crucial national conversation about addiction, depression and the damage they wreak.

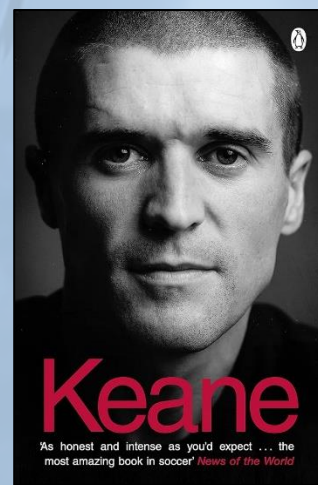


Dwain Chambers was a successful British athlete. In January 2002, he made a serious error of judgement when

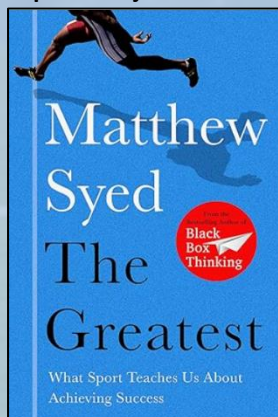


he succumbed to peer pressure and temptation and took a performance enhancing substance. The inevitable bust, when it happened, came almost as a relief. However, it would turn his life upside down. He would be banned for two years and lose his reputation and income. In "Race Against Me", he pours his heart out and exposes the real cheats in the world of athletics.

The brutally honest autobiography from Roy Keane which was written at the height of his career when he was both captain and talisman of Manchester United and had just sensationally been sent home from the 2002 World Cup, shortly before the tournament began. This book, includes the infamous incidents between Alfe-Inge Haaland which ultimately got Keane into further trouble.



What can Roger Federer teach us about the secret of longevity? What do the All Blacks have in common with improvised jazz musicians?



Matthew Syed, answers these questions and more in a fascinating, wide-ranging and provocative book about the mental game of sport. How do we become the best that we can be, as individuals, teams and as organisations? Sport, with its competitive edge, its psychological pressures, its sense of morality, provides the answers.

- Other noticeable reads**
- Mind Games by Annie Veron
 - Unforgettable by Steve Thompson
 - The Art of Winning by Jose Mourinho
 - Leading by Alex Ferguson
 - A game for hooligans: History of Rugby Union by Huw Richards
 - More Than a Game: A History of How Sport Made Britain by David Horspool
 - A Load of Old Balls: The QI History of Sport by James Harkin

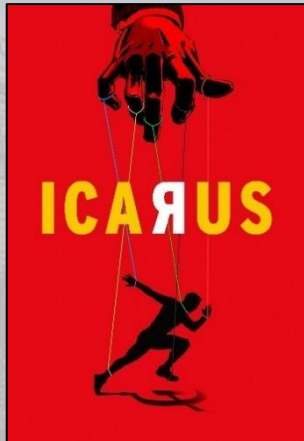
Curious about.....



Spalding Grammar School
Physical Education Department

PHYSICAL EDUCATION

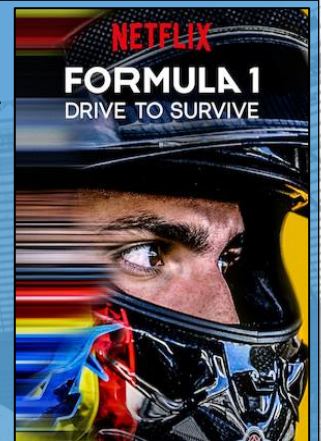
RECOMMENDED VIEWING:



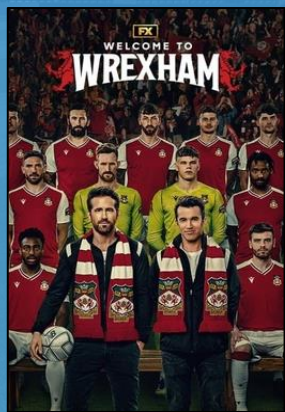
NETFLIX

Bryan Fogel sets out to uncover the truth about doping in sports. But a chance meeting with a Russian scientist transforms his story from a personal experiment into a geopolitical thriller. Dirty urine, unexplained death and Olympic gold are all part of the exposure of the biggest scandal in sports history.

This docuseries gives viewers exclusive access and reveals the true story of the high-octane sport, which goes beyond the fight to be No. 1. There's also a battle for the heart, soul and direction of the multibillion-dollar business. Storylines include changes that a team undergoes after an ownership change and the pressure felt to outperform other drivers.



NETFLIX



The fairy tale story of Wrexham being bought by two Hollywood actors caught everyone's imagination. This documentary follows that process from their first intentions to the revolution at Wrexham.

Not only do we hear from their superstar owners, but we also hear from lifelong fans of Wrexham.

Beckham offers unique access into his life. It explores the couple's lives, rise to fame, footballing and musical stardom, and their once tumultuous love life. Beckham's life in football is the main narrative strand explored throughout, from his formative years at Manchester United's Academy to his star boy existence as Manchester United, Real Madrid, and England's poster boy.

NETFLIX



Round by round, match by match, the best rugby teams in Europe battle it out to take home the trophy in the Six Nations Championship. Go behind the scenes and understand the pressures of being an international rugby player.

NETFLIX



Other noticeable Sports Documentaries

Simone Biles: Rising – Netflix

All of Nothing Series – Amazon Prime

Full Swing – Netflix

The Last Dance – Netflix

Chasing the Sun – Amazon Prime

Films

Senna

Federer: Twelve Final Days

Chariots of Fire



PHYSICAL EDUCATION

RECOMMENDED LISTENING

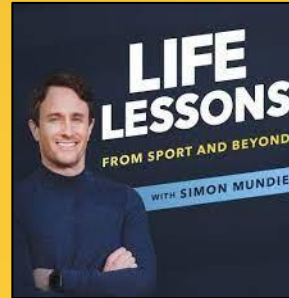
Former internationals, James Haskell and Mike Tindall, along with Alex Payne have come together to create "The Good, The Bad & The Rugby". They share stories and



experiences and take the time to project on the future of the game. This podcast brings all the game legends, the enthusiasts, and upcoming players together, thus exchanging ideas.



What can sport teach us about life and how best to live it? Each week Simon Mundie sits down with an expert and uses sport to answer life's big questions in this podcast.



You can access all episodes from this series on all podcast platforms.

<https://www.simonmundie.com/>

Jake Humphrey and Damian Hughes analyses and brings to your doorstep the lives of high-achieving, and extraordinary world-class performers who



have excelled in their respective fields. They share lessons and first-hand experience from high-performance individuals and gives the non-negotiables that these personalities used to get to wherever they are.



Gary Neville, Jamie Carragher, Jill Scott, Ian Wright and Roy Keane, take a deep dive into football. But it's not just expert talk; they share funny, real-life stories from



their playing days, too. Each episode covers trending topics, plus Gary and Roy's game predictions. This podcast's interactive element sets fans apart, allowing fans to pitch in.



Football legends Gary Lineker, Alan Shearer, and Micah Richards, share their strong opinions on the latest football



stories, spicing up the discussions with hilarious and memorable anecdotes from their playing days. It's a perfect blend of current debates and entertaining stories, making it a must-listen for any football fan, offering a fresh and engaging take on the game.



"For The Love Of Rugby", where England's most-capped player, Youngs, teams up with the straight-talking Cole



tackle the world of rugby. This weekly podcast promises an insider's peek into the Six Nations, and the heart of England's rugby camp. Expect open chats, guest appearances, and spot-on analyses.



I HAVE NO SPECIAL
TALENTS. I AM ONLY
**PASSIONATELY
CURIOUS.**
- ALBERT EINSTEIN

Other interesting Podcasts:

That Peter Crouch Podcast

The Overlap

The Sport Agents

Quite A Good Sport

You're Dead to Me

BBC The Chequered Flag