

## **Fullbrook 6 Preparing for A-levels**

**Subject: Physical Education**

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### **Summer Resources – Getting a Head Start:**

Up to Date Reading:

Regular coverage of sporting issues appears in broadsheet newspapers such as The Times, The Independent and The Guardian. The BBC News website ( <https://www.bbc.co.uk/sport> ) is also an excellent source of relevant contemporary articles that can be found by searching via specific topics.

The Sky Sports News app is also a useful tool to download onto your phone, so you can keep up to date with the 'Top Stories'.

By following @SportBeechen on Twitter you will find regular news feeds and articles on topics relating to the course content.

Wider Reading: PE Review Magazine - Available via a student subscription, PE Review features articles written by examiners and approved authors and relates directly to topics covered by the examination boards. <https://www.hoddereducation.com/subjects/sport-pe/products/16-18/pe-review-magazine>

TV:

- Sky Sports News
- Live Sport: watch local, national and global events e.g. Olympics and Paralympics this summer.

Books:

- OCR A Level PE -John Honeybourne, Sarah Powell  
<https://www.ocr.org.uk/qualifications/as-and-a-level/physical-education-h155-h555-from-2016/textbooks/>
- Clegg, C. Exercise Physiology And Functional Anatomy (1995) Feltham Press
- Walder, P. Mechanics And Sport Performance (1998) Feltham Press (1998)
- Sports rule books and coaching guides
- Sports Biographies/Autobiographies

Live sport:

- Active involvement in a sports club or team is essential
- Go to a live sports fixture or event

Enjoy!

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