



Super Curriculum
A-Level Physical Education

Read 	Do 	Find 
A sporting autobiography	Help the PE department within lessons or help run a sports club.	Research two universities with sporting pedigree to explore courses and experience elite facilities.
'Relentless- From Good to Great to Unstoppable' by Tim S Grover	Complete an EPQ about a topic of genuine interest in sport.	Research a new sport from a different country. Something you have never heard of.
'The Champion's Mind- How Great Athletes Think, Train and Thrive' by Jim Afremov.	Complete a day's work experience in a sporting industry.	Research careers in sport and exercise and interview someone in that field.
Read a sports dissertation	Complete a level 1 coaching course in a chosen sport.	Research a new sport from a different country. Something you have never heard of.
'The Sports Gene- Talent, Practice and the Truth About Success' by David Epstein	Complete a match analysis in their favoured sport. (EAPI)	Find a university dissertation study with a sporting theme and take part.