

## **PE KS3 Top 10 Reading List**

### **Top Reads**

Kick - Mitch Johnson

After the shot drops - Randy Ribay

Marcus: You are a champion - Marcus Rashford

### **Easy Reads:**

Sports legends: 50 inspiring people to help you reach the top of your game - Rick Broadbent

Women in Sport: Fifty fearless athletes who played to win - Rachel Ignotofosky

Ultimate football heroes' collection 10 book set

Rugby Warrior - Gerrad Siggins

Rugby Rebel - Gerard Siggins

Rugby Spirit - Gerard Siggins

Rugby Heroes - Gerard Siggins

Rugby Runner - Gerard Siggins

Rugby Flyer - Gerard Siggins

You Are Awesome - Matthew Syed

### **Enrichment Reads**

Crossover - Kwame Alexander

Booked - Kwame Alexander

Billy Elliot - Malvin Burgess and Lee Hall

**Challenging Reads:**

The young champions mind - Jim Afremow

Mental Toughness for Young Athletes - Troy Horne and Moses Horne

**PE KS4 Top 10 Reading List**

**Top Reads**

The Sports Gene: Talent, Practice and the Truth About Success - David Epstein

How Champions Think in sport and in life - Dr. Bob Rotella

**Easy Reads**

The Flea: The Amazing Story of Leo Messi - Michael Part

One Life - Emma Brockes and Meghaan Rapinoe

The Mamba Mentality: How I Play - Kobe Bryant

Redemption: My Story - Troy Deeney

My Life and Rugby: The Autobiography - Eddie Jones

Hooked: Addiction and the long road to recovery - Paul Merson

Mystery Spinner: The Story of Jack Iverson - Gideon Haigh (2002)

### **Enrichment Reads**

Too many reasons to live - Rob Burrows

Belonging: The Autobiography - Alun Wyn Jones

### **Challenging Reads**

The Champion's Mind: How Great Athletes Think, Train, and Thrive - Jim Afremow

The Talent Code - Daniel Coyle

Bounce - Matthew Syed