

# PHYSICAL EDUCATION ONLINE ENRICHMENT

## Podcasts

1. **My Personal Football Coach (All Key Stages)**- A youth soccer development podcast. Saul Isaksson-Hurst chats to some of the world's leaders in Youth Soccer Development. Click [here](#) to listen.
2. **The LGBT sport podcast (BCC) (KS4)**- Taking a look at LGBTQ+ issues in sport. Click [here](#) to listen.
3. **'Don't tell me the score' (BBC Radio 4) (KS4)** - 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. Click [here](#) to listen.
4. **Stumped Podcast (BBC Sport) (KS4)**- The weekly cricket show from BBC Sport in association with ABC and All India Radio. Click [here](#) to listen.
5. **Olympic Channel podcast (All Key Stages)**. Click [here](#) to listen.

## Virtual Experiences

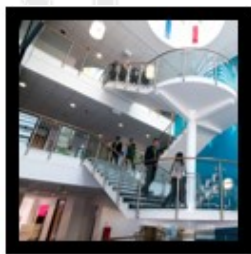
1. **The Olympic Museum (All Key Stages)**—The Olympic Museum in Lausanne, Switzerland houses permanent and temporary exhibits relating to sport and the Olympic movement. Click [here](#) to view.
2. **Team Bath (All Key Stages)**—Take a walk through the £35million Team Bath Sports Training Village and see our outstanding sporting facilities as part of the University of Bath virtual campus tour. Click [here](#) to view.
3. **Ajax Football Stadium Tour (All Key Stages)**—Go behind the scenes of Amsterdam's Johan Cruyff Arena on this virtual tour that includes stunning views of the city from the famous stadium and stories about the home of Ajax. Click [here](#) to view.

## Lectures

1. **Are some races better at some sport?** - Geneticist and author Dr Adam Rutherford looks at whether sporting success is genetic or cultural. Click [here](#) to view.
2. **An NFL quarterback on overcoming setbacks and self-doubt** —Former NFL quarterback Alex Smith almost died after a particularly rough tackle snapped his leg in 2018. He shares his hard-won insights on overcoming fear, self-doubt and anxiety that could help anyone endure life's challenges. (This talk contains graphic images.). Click [here](#) to view.

## Videos

1. **Supersize me**—While examining the influence of the fast food industry, Morgan Spurlock personally explores the consequences on his health of a diet of solely McDonald's food for one month. Click [here](#) to view.
2. **Stop at nothing (KS4)**—This documentary is an intimate but explosive story about the man behind the greatest fraud in sporting history. Click [here](#) to view.
3. **Max Whitlock (All Key Stages)**—Official YouTube channel of Max Whitlock MBE | Britain's most successful gymnast. Click [here](#) to view.



## Videos

- 4. Pro Soccer skills at home (All Key Stages)**—Supporting all coaches and players stuck at home, this channel provides a number of exercise that only require a soccer ball. Click [here](#) to view.
- 5. The Body Coach TV (All Key Stages)**— The Body Coach TV where Joe Wicks post weekly home workouts to help you get, stronger, healthier and happier. Click [here](#) to view.
- 6. The English Game (KS4)**—Two 19th-century footballers on opposite sides of a class divide navigate professional and personal turmoil to change the game, and England, forever. Available on Netflix. Click [here](#) to view.
- 7. Remember the Titans (KS4)**— The true story of a newly appointed African-American coach and his high school team on their first season as a racially integrated unit. Available on Disney Plus. Click [here](#) to view.
- 8. Free solo (KS3)** — Documentary film following Alex Honnold attempts to become the first person to ever free solo climb El Capitan. Available on Disney Plus. Click [here](#) to view.
- 9. Moneyball (KS4)** — Oakland A's general manager Billy Beane's successful attempt to assemble a baseball team on a lean budget by employing computer-generated analysis to acquire new players. Available on Netflix. Click [here](#) to view.

## Books

- 1. The Talent Code – Daniel Coyle (KS4)**—This book cracks open the myth of talent and breaks it down from a neurological standpoint into three crucial parts, which anyone can pull together to become a world-class performer, artist, or athlete and form something they used to believe was not even within their own hands. Click [here](#) to view.
- 2. You Are a Champion: How to Be the Best You Can Be (All Key Stages)**— The nation's favourite footballer wants to show YOU how to achieve your dreams, in this positive and inspiring guide for life. Available on Amazon. Click [here](#) to view.
- 3. Sports legends: 50 inspiring people to help you reach the top of your game - Rick Broadbent (KS4 & KS5)**—Award-winning journalist Rick Broadbent has interviewed some of the greatest sporting legends of our time. In this gripping

## Mobile Applications

- 1. Couch to 5k Runner (All Key Stages)**—Healthy changes start with little changes. Whether you want to lose weight, get more active or improve your mood, Better Health and Couch to 5K will be here to support you. Available on the App Store. Click [here](#) to view.
- 2. My fitness Pal (All Key Stages)**—MyFitnessPal is a smartphone app and website that tracks diet and exercise. Available on the App Store. Click [here](#) to view.
- 3. Nike Run Club: Running Coach (All Key Stages)**—From expert coaches to an incredible community, the Nike Run Club running app has what you need to start running, keep running, and enjoy running more. Available on the App store. Click [here](#) to view.
- 4. Strong Her (All Key Stages)**— Fitness for women needs special care. We understand your needs for personal training, planned nutrition and target-driven workouts at home or gym. Available on the App Store. Click [here](#) to view.

