



PHYSICAL EDUCATION

RECOMMENDED READING LIST FOR KEY STAGE 3 POTENTIAL HIGH ACHIEVERS

- Women in Sport: Fifty Fearless Athletes Who Played to Win (ISBN-10 : 1526360926)
- Women in Sport <https://www.womeninsport.org/research-and-advice/our-publications/>
- BBC Sport <https://www.bbc.co.uk/sport/50879069>
- Olympics <https://www.olympic.org/women-in-sport/background>
- Nutrition for teens in sport <https://kidshealth.org/en/teens/eatnrun.html>
- Health and safety in sport <https://www.bbc.co.uk/bitesize/guides/z2r34j6/revision/1>
- 8 Game day Nutrition Tips for Young Athletes <https://www.eatright.org/fitness/sports-and-performance/tips-for-athletes/gameday-nutrition-tipsfor-young-athletes>