

Introduction

What is the 'Super Curriculum'?

The term 'super curriculum' is widely used by educational settings to describe the reading, research and exploration of academic subjects above and beyond the narrow curriculum content prescribed by exam board specifications.

As a department, we want to encourage all of our students to develop their academic interests more widely. Students who read up on and extend their knowledge of a favourite topic, who watch a related documentary or who explore good quality academic websites are all engaging in the super curriculum. These types of activity help to shape our students into interested and interesting young people and often spark a long term interest in or love of PE and sport.

Top universities seek to confirm a prospective student's academic curiosity, genuine interest in and ongoing commitment to his or her subject through evidence of wider academic reading, personal exploration and independent research.

How to use this resource?

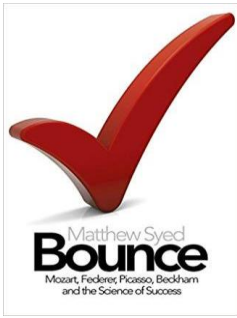
A huge volume of information is now instantly available at our fingertips. Many of the resources easily available online platforms are, undoubtedly, very beneficial to anyone wishing to extend and deepen their knowledge and understanding. However, it can also be hard to know where to start, a difficult and daunting task to select worthwhile and reliable resources and easy to overlook 'hidden gems'.

With this in mind we have recommended a small number of worthwhile, good quality and easily available and accessible books / websites etc. to support and encourage students to pursue a subject interest beyond the classroom. We have tried to include a range of resources to cater for students from Year 7 through to Year 13 – some are very accessible while others are much more challenging.

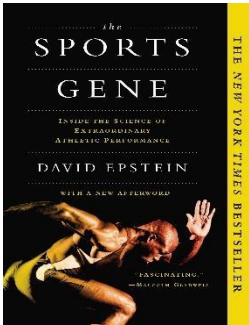
We understand that all of our students are different – some love to read and research widely and will do this independently with a high degree of self-motivation. Others will be inspired by a particular topic, a teacher or a friend which will provide the impetus they need to get started. Others still will need a lot of encouragement and persuasion to have a go. Parental support and encouragement can be absolutely invaluable in encouraging young people to widen their academic horizons but it can also be very difficult for parents to know how hard to push and how best to help and support - we hope that this resource will help you if you are looking for some ideas and suggestions.

Books

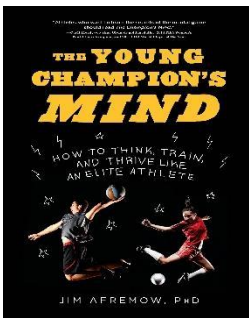
Bounce- Matthew Syed



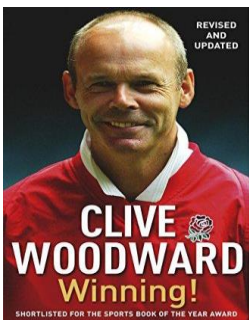
The Sports Gene- David Epstein



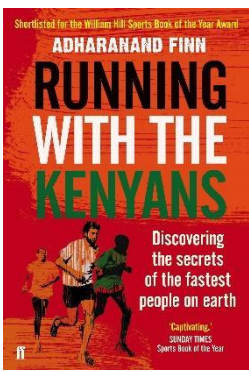
The Young Champion's Mind- Jim Afremow



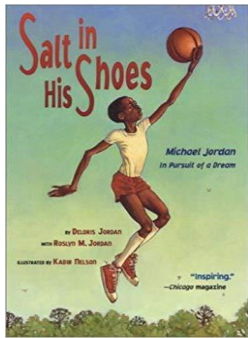
Winning! - Sir Clive Woodward



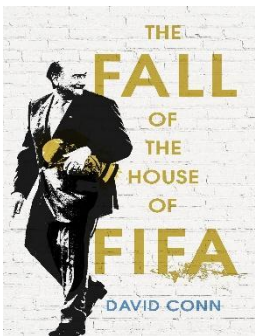
Running with the Kenyans - Adharanand Finn



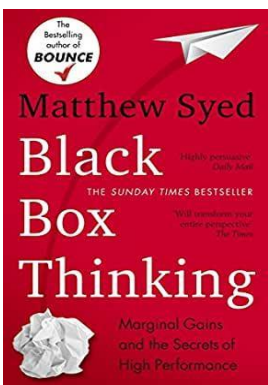
Salt in His Shoes - Michael Jordan



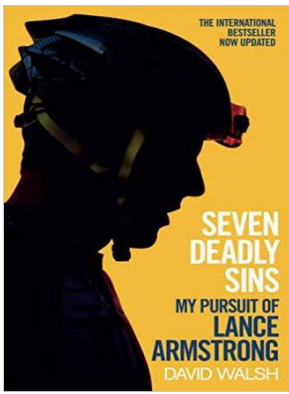
The fall of the house of FIFA – David Conn



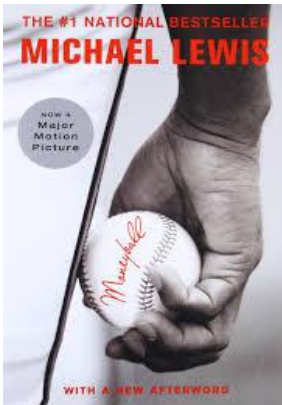
Black Box Thinking – Matthew Syed



Seven Deadly Sins, my pursuit of Lance Armstrong - David Walsh



Moneyball (The Art of Winning an Unfair Game) - Michael Lewis



Ted Talks

Gonzalo Vilariño: How Argentina's blind soccer team became champions

Billie Jean King: This tennis icon paved the way for women in sports

David Epstein: Are athletes really getting faster, better, stronger?

Lewis Pugh: My mind-shifting Everest swim

Aimee Mullins: Changing my legs - and my mind-set

John Wooden: The difference between winning and succeeding

Online Articles

Six reasons team sports are good for your health

<https://www.forbes.com/sites/quora/2018/03/21/six-reasons-whyteam-sports-are-good-for-your-health/#3f3e54696e25>

Does playing sport make you smarter?

<https://examinedexistence.com/does-playing-sports-make-you-smarter/>

Documentaries

Free Solo

Through Hell or High Water

Icarus

Take the Ball, Pass the Ball

Undefeated

Murder ball

Podcasts

The Gary Neville Podcast

Beyond the Grid

Rugby Union Weekly

World Athletics Podcast

Test Match Special

The Cricket Badger

The Analyst

House of Rugby

The Sports Psych Show

Magazines

Runner's World

Cycling Plus

The Cricketer

Rugby World

FourFourTwo

Amazon Prime Video

All or Nothing: A Season With The Arizona Cardinals, LA Rams or Dallas Cowboys

Andy Murray: Resurfacing

Building Jerusalem

Fire in Babylon

Fastball

Next Goal Wins

Mr Calzaghe

Fittest on Earth

Road

One Day in September

Netflix

Icarus

Last Chance U

The Dawn Wall

Sunderland 'Till I Die

The Carter Effect

Iverson

The Last Dance

Cricket Fever; Mumbai Indians