The Ashcombe 6th Form

Y11 into Y12 - #OneStepAhead

PE

Mr Harris

SUGGESTED TEXTBOOKS

READ THE NEWS

https://www.bbc.co.uk/sport
https://www.skysports.com/news-wire
https://talksport.com/

WATCH VIDEO CLIPS

Deep Breathing Exercises
Meditation
Physiology
Sports Psychology

LISTEN TO PODCASTS

Stress in Sport Podcast
History of Golf and Tennis podcast
The Gentleman Amateur
Sport and The British
Home Advantage in Sport
Are athletes really getting faster, better, stronger?
Units of Study

DOCUMENTARIES

Shame in the Game: Football Racism
Eliud Kipchoge My Sub two hour marathon
Sport in the time of coronavirus