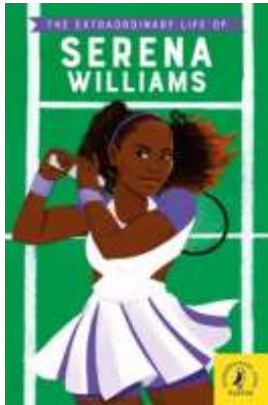
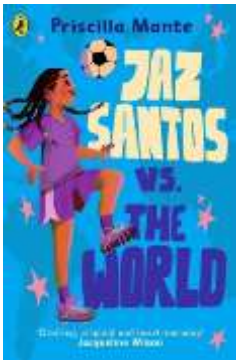
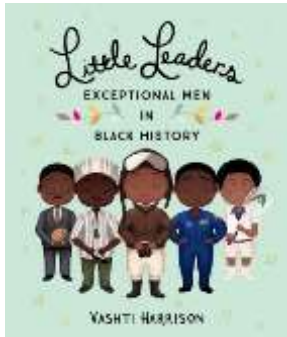

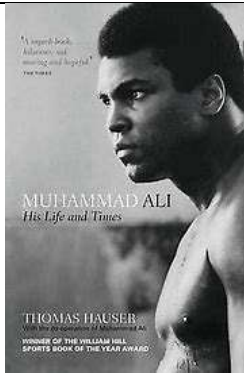
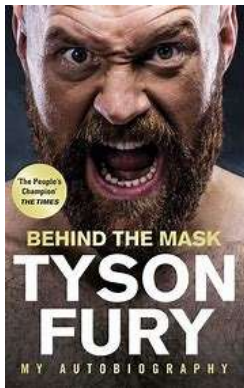



Physical Development Curriculum Reading list

Book Title	Author	What's it about?	Suggested age range
<p>The Extraordinary Life of Serena Williams</p> 	<p>Shelina Janmohamed & Ashley Evans (2020)</p>	<p>Serena Williams is one of the greatest tennis champions in the world having won 23 Grand Slam singles titles. Despite her phenomenal success and talent, Serena faced many obstacles on her journey. Her family didn't have the money to pay for tennis lessons or coaches, so Serena had to train in unsafe neighbourhoods with poor-quality equipment. She also faced prejudice for her skin colour. But Serena has since been the world number one eight times and has also become a businesswoman, actor, fashion icon, activist and mother.</p>	<p>11-16</p>
<p>Jaz Santos vs. The World</p> 	<p>Priscilla Mante (2021)</p>	<p>Whoever thinks girls can't play football, obviously hasn't yet met Jaz and her football team, the Bramrock Stars. Jaz is a superstar footballer and formed the team to show off all the girls' skills. She also hopes that when her mum sees just how talented Jaz is, she'll want to come back home... This story about family, unlikely friendships and girl</p>	<p>11-14</p>

		power is perfect for all football fans	
<p>Little Leaders: Exceptional Men in Black History</p> 	Vashti Harrison (2019)	<p>Discover the extraordinary stories of some of the most famous black men in sporting history. There's cyclist Marshall 'Major' Taylor who became the first African American to win the cycling World Championships in 1899. Dance choreographer Alvin Ailey helped popularise modern dance internationally. Basketball player Bill Russell who whilst playing for the Boston Celtics became their coach and the first black coach in the National Basketball Association (NBA)</p>	11-16
<p>Cycling for Gold</p> 	Owen Slot (2012)	<p>All of our sporting heroes had to start somewhere and the same goes for Sam, the speediest boy on his paper delivery round. Before long, Sam's boss spots his talent for cycling and soon enough, the wheels of his adventure are in motion as he prepares to go for gold in the Olympic Velodrome. But can Sam handle the bumpy road ahead?</p>	11-16
<p>Muhammed Ali – His Life and Times by Thomas Hauser</p>	Thomas Hauser (2012)	<p>This book covers all of the achievements of one of the greatest sports performers</p>	14+

		<p>and ambassadors of all time. It looks at his greatest fights, his dedication to Islam and when he became a United Nations Messenger for Peace – it's a must read for anyone!</p>	
<p>Behind the Mask</p> 	<p>Tyson Fury Autobiography (2021)</p>	<p>A Manchester lad from Irish Traveller stock, born three months premature and weighing just a pound at birth, Tyson (named after his father's boxing hero) grew up to become one of the most unlikely heavyweight champions in history. This 'dream come true' soon turned to nightmare, however, as alcohol and cocaine abuse took hold and Tyson was stripped of his titles. What followed was the darkest moment of his life – detailed in this book for the first time</p>	<p>14+</p>
<p>Bear Grylls World Adventure Survival Camp</p> 	<p>Bear Grylls (2016)</p>	<p>Do you know how to cope with searing heat and intense cold? Can you find food and water in the wild? Could you avoid deadly diseases and fight back against man-eating beasts?</p>	<p>10-14</p>

<p>You Can Do It – How To Find Your Voice and Make A Difference</p> 	<p>Marcus Rashford (2022)</p>	<p>Marcus uses the power of his voice to shine a light on the injustices that he cares passionately about, and now he wants to help YOU find the power in yours! From surrounding yourself with the right team, to showing kindness to those around you, to celebrating and championing difference, You Can Do It shows you that your voice really does matter and that you can do anything you put your mind to. You don't have to be an International footballer to make a difference – even the smallest changes can have the biggest impact.</p>	<p>10-14</p>
<p>Forest School Adventure: Outdoor Skills and Play for Children</p> 	<p>Naomi Walmsley (2018)</p>	<p>This book is for ALL AGES – Young children will be immersed in imaginative, messy play and crafts, while older ones can work on more complex activities like stone tool making and sourcing water. The idea of a forest school—an outdoor program that uses the woods and forests to build children's independence and self-esteem, will result in confidence, bonding, and will bring to life the thrilling reality of</p>	<p>All ages</p>

		sleeping in a cave or savouring your first-ever foraged meal!	
<p>Thrills, Skills and Molehills</p> 	ChrisMD (2018)	To be the ultimate Sunday League footballer, you have to think, train and eat like the ultimate Sunday League footballer – YouTube star ChrisMD . In his very first book, <i>Thrills, Skills and Molehills</i> , YouTube phenomenon ChrisMD shares the secrets to his incredible online success and talks about his passion for the beautiful game. Look out for behind-the-scenes photos from filming his videos, embarrassing admissions, and even links to hidden YouTube content!	14-16