

Year Group	Category	Term 1	Term 2	Term 3
7	Read	<i>You Are a Champion</i> by Marcus Rashford	<i>Rebound</i> by Kwame Alexander (basketball and grief)	<i>Bounce The Myth of Talent and the Power of Practice</i> by Matthew Syed
	Watch	<i>The Kid Who Would Be King</i> (teamwork and perseverance)	<i>Bend It Like Beckham</i> (football, culture, gender)	<i>Coach Carter</i> (basketball, discipline, education)
	Listen	<i>The Sport Psych Show</i> (selected beginner-friendly episodes)	<i>Science of Sport Podcast</i> (selected youth-friendly episodes)	<i>High Performance Podcast</i> (selected episodes on mindset)
8	Read	<i>Run, Rebel</i> by Manjeet Mann (sport and empowerment)	<i>Game Changer</i> by Neal Shusterman & Eric Elfman (football and ethics)	<i>Black and British Short, Essential History</i> by David Olusoga (includes sport and identity)
	Watch	<i>McFarland, USA</i> (cross-country running, resilience)	<i>The Blind Side</i> (American football, overcoming adversity)	<i>Free Solo</i> (climbing, mental strength)
	Listen	<i>Don't Tell Me The Score</i> (BBC – values in sport)	<i>The Mind Set Game</i> (mental skills in sport)	<i>The Real Science of Sport Podcast</i>
9	Read	<i>Born to Run</i> by Michael Morpurgo	<i>Fastest Boy in the World</i> by Elizabeth Laird	<i>The Crossover</i> by Kwame Alexander (basketball, verse novel)
	Watch	<i>The School of Life Why Exercise is Good for Your Brain</i> (YouTube)	<i>Icarus</i> (documentary on doping in sport – age-appropriate discussion)	<i>The Weight of Gold</i> (mental health in elite sport)
	Listen	<i>PE Umbrella Podcast</i>	<i>Sporting Witness</i> (BBC – historical sporting moments)	<i>No Passion, No Point</i> with Eddie Hearn (BBC Sounds)