



DENBIGH SCHOOL

Subject	PE BTEC Sport
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Subject Shopping List

Textbook – Pearson BTEC National Sport student book 1 – ISBN 978-1-292-13400-0

Basic stationary Pens Pencils

Folder with dividers for revision notes as you will be studying two separate units.

Suggest Reading and Activities

Essential Sport Psychology – Prof Steve Peters-

Widely used in elite sport.

Explains how the mind works and how athletes manage pressure, confidence and performance.

Relevant to motivation, mental preparation and performance analysis.

Bounce - Matthew Syed

Challenges the idea that talent alone leads to success.

Explores deliberate practice, resilience and performance development.

Coaching and Leadership Legacy - James Kerr

Examines the culture and leadership of the New Zealand All Blacks.

Focuses on values, teamwork, accountability and high performance.

Understanding Elite Performance *Relentless* - Tim Grover

Written by Michael Jordan's and Kobe Bryant's performance coach.

Explores mindset, work ethic and achieving excellence.

Endure - Alex Hutchinson

Investigates the science of endurance and human performance.

Covers physiology, psychology and fatigue.