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**However if you are doing a lot of exercise and need a break, there are a number of related books, documentaries and movies that will expose you to some key themes running throughout all of the courses we offer in the senior phase – from Nationals, Higher, AH & NPA's.**



The Last Dance: Story of The Chicago Bulls	All Or Nothing: Manchester City	The Answer: Allen Iverson – Basketball	My Sub Two Hour Marathon Eliud Kipchoge – Athletics	Behind The Mask: Tyson Fury
Counter Punch: Boxing Documentary	All or Nothing: The All Blacks	When Naz Hit NYC: Prince Naseem – Boxing	The Masters 2019: Tiger Roars Again – Golf	Open: Andre Agassi
The Game Changers: Diet & Nutrition	Steven Gerrard: Make Us Dream	Road To Redemption: Tyson Fury – Boxing	FIFA World Cup Rewind: Various – Football	Unbeatable: Jessica Ennis
The Short Game: Youth Golfers	Andy Murray: Resurfacing	Who is Zlatan?: Ibrahimovic – Football	Shame In The Game: Racism – Football	You CAN Be Serious: Adrian Nicklin
Last Chance U: American Football	Fittest On Earth: CrossFit	Chasing Perfections: The Twinkles – Cheerleading	All By Himself: George Best – Football	No Limits: Michael Phelps
Stop At Nothing: Lance Armstrong Story	Redemption: Climbing	The Black Mamba Mentality: Kobe Bryant – Basketball	Driven: Billy Monger – Motor Sports	The Greatest: Muhammad Ali
Sir Alex Ferguson: Secrets Of Success	Champs: Boxing World Champions	Journey To The Kop: Jurgen Klopp – Football	Inside The Cage: Rise of Female MMA	Messi: Lionel Messi
Icarus: Sport & Doping	This Is Football: The Impact on Society	The Body Coach TV: Home Workouts	Scotland's Rugby Classics: Various	Courage To Soar: Simone Biles

**Start a PE folder and note take any relevant points that may be related to your course: *factors impacting performance (Social, Physical, Mental, Emotional), approaches to development, monitoring/evaluating performance, recovery from injury, mental/emotional impact of set backs, the mentality of a world class athlete – among others. Can you relate to any of the stories?***