

CORE BOOKS/RESOURCES

OCR A Level PE Book 1 J Honeybourne & S Powell (ISBN: 9781471851735)

OCR A Level PE Book 2 J Honeybourne & S Powell (ISBN: 9781471851742)

ASPIRATION READING

Books

- Clegg, C. 'Exercise Physiology And Functional Anatomy' (1995) Feltham Press
- Walder, P. 'Mechanics And Sport Performance' (1998) Feltham Press (1998)
- Holt, R 'Sport & The British' (1989) Oxford University Press
- Polley, M 'Moving The Goalposts' (1998) Routledge Publishers
- Dunning, E 'Sport Matters: Sociological Studies of Sport, Violence & Civilisation' (1999) Routledge
- Sports rule books and coaching guides
- Sports Biographies/Autobiographies

Journals & Newspapers

- Journal of Sports Sciences
- Journal of Sport & Social Issues
- All sports magazines will offer a view on performing, coaching, science, current issues or history of sport(s). They are therefore valuable wider reading material
- National newspapers. The sports pages report global events and the biggest issues

TV

- Sky sports news
- Live sport – watch local, national and global events.
- Sports biographies and 'day in the life of' programs give an excellent insight into the world of the elite athlete.

Live sport

- Active involvement in a sports club or team is essential.
- Go to live sports fixtures and events – This is fun and may help your grades!

USEFUL WEBSITES

www.MyPEExam.org.co.uk – A good revision website that has a number of interactive revision tools and a brilliant selection of revision videos (has recently been monetarised)

www.brianmac.co.uk - A sports coaching website which contains an expanse of material relating to methods and principles of training as well as goal setting, motivation and other psychological

aspects. This is not aimed specifically at GCSE students so be aware that some of the material will be A-level standard.

www.ocr.org.uk - Assessment related information including the specification, specimen assessment materials, sample schemes of work, lesson plans and a guide to controlled assessment. <http://www.ocr.org.uk/qualifications/as-a-level-gce-physical-education-h154-h554/>

www.curriculum.qca.org.uk/ - Website providing resources, teaching guidance and ideas, information from National Curriculum teacher handbooks, and non-statutory guidelines, offered by the Qualifications and Curriculum Authority.

www.direct.gov.uk/en/HealthAndWellBeing/HealthyLiving/index.htm and www.nhs.uk/Change4Life - Information concerning the latest government healthy living initiatives.

www.bbc.co.uk/health - Features current news plus archives, guides by subject, "Ask a Doctor" inquiry feature, a searchable conditions database, message board, and much more.

www.bbc.co.uk/science/humanbody - An interactive website which allows students to drag and drop muscles and bones into place. There is detailed information on muscles and bones and explanations as to their role and function.

www.teachpe.com - A comprehensive Physical Education website covering all aspects of the course. Be sure to select 'intermediate' level as this website also contains a great deal of information for A-level study. This website is particularly useful for aspects of anatomy and physiology and the short and long term effects of exercise on the body.

www.educationforum.co.uk - The Education Forum provides free learning resources for teachers and students. You are able to access, print and download extracts for your use.

www.volunteering.org.uk - Volunteering England works to promote volunteering as a powerful force for change, both for those who volunteer and for the wider community.

www.sportsinjuryclinic.net - A useful website detailing causes, symptoms and treatments for a wide variety of sporting injuries. It also has some useful diagrams of isolated muscles and their attachments.

www.abacon.com/dia/exphys/home.html - Coloured diagrams of the circulatory and respiratory systems.

www.bhf.org.uk - Information about how to keep your heart healthy, 3d animation of a beating heart and information about various heart issues.

<http://info.cancerresearchuk.org/> - This new Cancer Research UK website is a one-stop-shop for all of your cancer information needs. It includes information on how you can live healthily, and much more.

www.talktofrank.com - A to Z list of substances/performance enhancing drugs explains appearance and use, effects, chances of getting hooked, health risks and UK law.

www.sportengland.org - Detailed website relating to sponsorship in sport, includes case studies and information about how to gain sponsorship and local and national provision.