















Eloquent and Grateful	
	<p>The Sports Gene by David Epstein</p> <p>Bounce: The of Myth of Talent and the Power of Practice by Matthew Syed</p> <p>The Talent Code <i>Greatness Isn't Born. It's Grown. Here's How</i> by Daniel Coyle</p> <p>Addicted by Tony Adams</p> <p>The Inner Game of Tennis: The Classic Guide to the Mental Side of Peak Performance</p> <p>The Art of Mental Training: A Guide to Performance Excellence, D. C. Gonzalez (2013).</p>
	<p>Game Changers - Available via Netflix</p> <p>The English Game - Available via Netflix</p> <p>You can also watch any sporting documentary on iPlayer or YouTube.</p>
Attentive and Compassionate	
	<p>BBC Sounds High Performance Podcast – Jake Humphrey and Prof Damian Hughes</p> <p>BBC Sounds Sports Strangest Crimes Podcast</p> <p>BBC Sounds Sporting Witness</p>
	<p>Volunteer to help at a Sports club</p> <p>Join a gym or fitness centre</p> <p>Take part in a Parkrun or start couch to 5K</p>
Wise & Curious and Faith-filled & Prophetic	
	<p>Research and provide arguments for and against one of the following topics:</p> <ul style="list-style-type: none"> -Should we allow performance enhancing drugs in sport? -Does technology ruin sport -Should Esports be in the the Olympics -Transgender sports players should be allowed to compete in the Olympics
	<p>Visit a professional sporting event of your choice. If you already attend professional sports events, attend a new sport.</p>

Key			
	Read		Student Led
	Watch		Creative/Research
	Listen		Visit