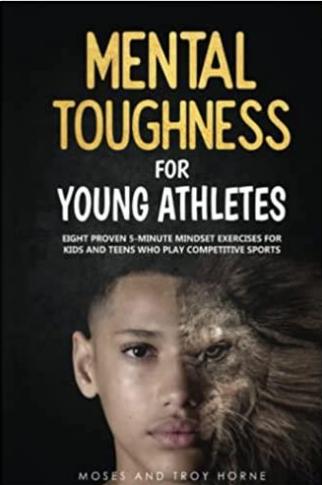
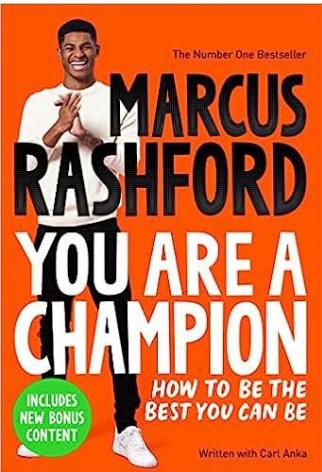
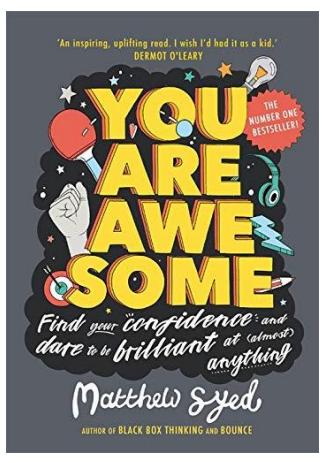


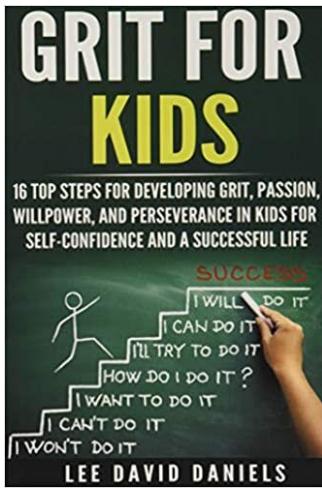
# Physical Education and Dance Reading List



MARICOURT  
CATHOLIC  
HIGH SCHOOL  
& SIXTH FORM CENTRE

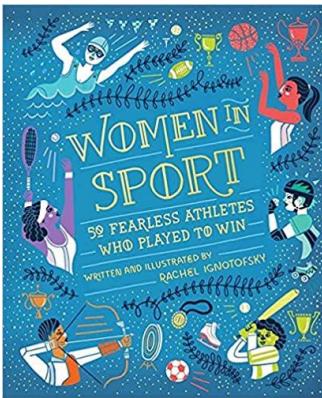
## Book selection

	Wider Reading Book Recommendations
ALL  The cover of the book "Mental Toughness for Young Athletes" by Moses and Troy Horne. It features a young athlete's face next to a lion's face, with the title in large, bold, yellow letters.	<p><b>Mental Toughness For Young Athletes:</b> <b>Eight Proven 5-Minute Mindset Exercises For Kids And Teens Who Play Competitive Sports</b> by Moses and Troy Horne</p> <p>Finally! There is A Mental Toughness Book For Young Athletes! Moses and Troy Horne here. Your mental toughness guides! If you are reading this you probably have a young athlete who struggles with in-game stress and maybe even sports performance anxiety. That is why this version was mostly written by Moses. As of the time of the writing of this book Moses Horne is a 15-year-old elite athlete who can talk directly about the triumphs and struggles of working towards being mentally tough. This is the only book that I know of with input from an actual young athlete</p>
 The cover of the book "You Are a Champion" by Marcus Rashford. It features a photo of Marcus Rashford smiling, with the title in large, bold, black letters.	<p><b>You Are a Champion: How to Be the Best You Can Be</b> <i>I want to show you how you can be a champion in almost anything you put your mind to.</i></p> <p><b>Marcus Rashford MBE</b> is famous worldwide for his skills both on and off the pitch – but before he was a Manchester United and England footballer, and long before he started his inspiring campaign to end child food poverty, he was just an ordinary kid from Wythenshawe, South Manchester. Now the nation's favourite footballer wants to show YOU how to achieve your dreams, in this positive and inspiring guide for life.</p>
 The cover of the book "You Are Awesome" by Matthew Syed. It features a colorful, star-filled background with the title in large, bold, yellow letters.	<p><b>You are awesome by Matthew Syed</b></p> <p>This positive and empowering guide, by bestselling mindset author Matthew Syed, will help boys and girls build resilience, fulfil their potential and become successful, happy, awesome adults.</p>



## Grit for Kids: 16 top steps for developing Grit, Passion, Willpower, and Perseverance in kids for self-confidence and a successful life by Lee David Daniels

Teach your kids to develop Grit, that combination of passion, purpose, and perseverance that has been identified as a key to success! SECOND EDITION: Contains new chapters explaining Grit, why you should develop it, questions to ask your kids, additional resources, and much more.. "Our potential is one thing. What we do with it is quite another." — Angela Duckworth, *Grit: The Power of Passion and Perseverance* Everyone has heard of Grit. It's that unique combination of passion and perseverance that has been identified as a key to success. But while much has been written on how to develop these attributes for adults, there hasn't been much practical advice on how to develop grit in children. Your kids are the most important people in your lives. In this increasingly competitive and confusing world they need you to help them be their best. They need you to guide them in developing traits for success and happiness. *Grit for Kids* will teach you how to help your child to develop their own grit in just 16 easy-to-follow chapters. Each one contains real stories of real kids facing common situations, proven steps to take in these situations, and the outcomes after the steps were taken.



## Women in Sport: Fifty Fearless Athletes Who Played to Win by Rachel Ignotofsky

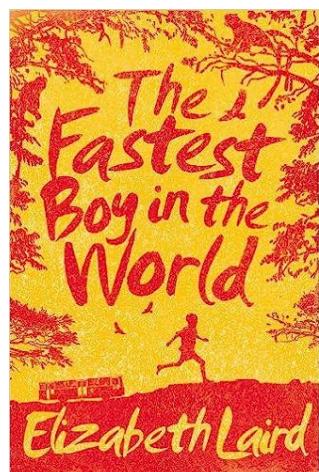
*Women in Sport* celebrates the success of the tough, bold and fearless women who paved the way for today's athletes. The sportswomen featured include well-known figures like tennis player Serena Williams and broadcaster Clare Balding, as well as lesser-known pioneers like Gertrude Ederle, the first woman to swim the English Channel, and Keiko Fukuda, the highest-ranked female judoka in history.

From the creator of the bestselling *Women in Science*, this richly illustrated book highlights the achievements and stories of fifty notable sportswomen from the 1800s to today, including trailblazers, Olympians and record-breakers in more than forty sports. It also contains infographics on topics such as muscle anatomy, pay and media statistics for female athletes, and influential women's teams.

## The Fastest Boy in the World

Eleven-year-old Solomon loves to run! The great athletes of the Ethiopian national team are his heroes and he dreams that one day he will be a gold-medal-winning athlete like them, in spite of his ragged shorts and bare feet.

When his grandfather announces that he's going to take Solomon to Addis Ababa, Solomon cannot believe his ears. A trip to the capital? It's unfathomable. Solomon's joy is increased when he realizes that the Ethiopian running team will be doing a victory parade through the city that day. Maybe he'll get a glimpse of Haile Gebrselassie or Derartu Tulu?!



But Solomon's grandfather has other plans. As Solomon follows him through the big, overwhelming streets, he learns something he cannot believe. The strict old man is a war hero who once risked his life to save a friend and has been in hiding ever since. When grandfather collapses, Solomon knows that getting help from his village is up to him. It's a twenty-mile run from the city to home, and grandfather's life hangs in the balance. Can the small bare-footed runner with the big heart do it?

Shortlisted for the CILIP Carnegie Medal, *The Fastest Boy in the World* by **Elizabeth Laird** is the inspiring story of a small Ethiopian runner with a very big heart.