



## Revision Resources

# A-Level PE

### Books

- Bevis, P & Murray, M. AQA AS Physical Education (2008) Nelson Thornes.
  - Roscoe D, Davis B, Roscoe J. AS Revise PE for AQA (2010) Jan Roscoe Publications
  - Bizley, K. AQA Physical Education (2009) Nelson Thornes.
  - Clegg, C. Exercise Physiology And Functional Anatomy (1995) Feltham Press
  - Walder, P. Mechanics And Sport Performance (1998) Feltham Press (1998)
  - Burrows, S. Byrne, M. Young, S. AQA AS Physical Education Student Revision Guide (2008) Philip Allan Updates
  - Wiggins-James, N. James, R. Thompson, G. AS PE for AQA (2005) Heinemann
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- Relevant Sports rule books and coaching guides
  - Sports Biographies/Autobiographies

### Journals

- 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. Often these contain articles written by athletes.

### 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

### Websites

- [www.mypeexam.com](http://www.mypeexam.com)
- [www.sportengland.org](http://www.sportengland.org)
- [www.brianmac.co.uk](http://www.brianmac.co.uk)
- National Governing Body websites
  - e.g. The FA [www.thefa.com](http://www.thefa.com), The RFU [www.rfu.com](http://www.rfu.com) etc.

### Live sport

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