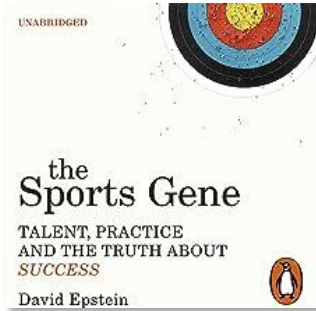




Physical Education

Reading

The Sports Gene by David Epstein

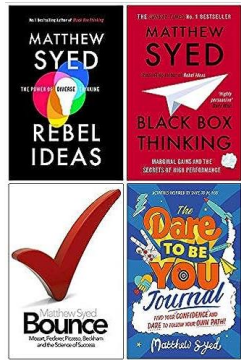


In this controversial and engaging exploration of athletic success and the so-called 10,000-hour rule, David Epstein tackles the great nature vs. nurture debate and traces how far science has come in

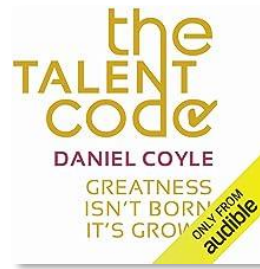
solving it. Through on-the-ground reporting, revealing conversations with leading scientists and Olympic champions, and interviews with athletes who have rare genetic mutations or physical traits, Epstein forces us to rethink the very nature of athleticism.

Bounce: The of Myth of Talent and the Power of Practice by Matthew Syed

If you've ever wondered what makes a champion, Bounce has the answer. What are the real secrets of sporting success, and what lessons do they offer about life?



The Talent Code Greatness Isn't Born. It's Grown. Here's How by Daniel Coyle



Daniel Coyle provides parents, teachers, coaches, businesspeople and everyone else with tools they can use to maximise potential in themselves and others. Whether you're coaching soccer or teaching

a child to play the piano, this revolutionary book shows you how to grow talent by tapping into a newly discovered brain mechanism.

Peak Performance : Elevate Your Game, Avoid Burnout, and Thrive with the New Science of Success by Brad Stulberg and Steve Magness

Peak Performance combines the inspiring stories of top performers across a range of capabilities from athletic to intellectual to artistic with the latest scientific insights into the cognitive and neurochemical factors that drive performance in all domains. This book is an entertaining and actionable guide to optimising personal performance that shows readers how to get the most from themselves.

