

Here is a list of age-appropriate books that explore the themes of Physical Education and Sport for primary school children.

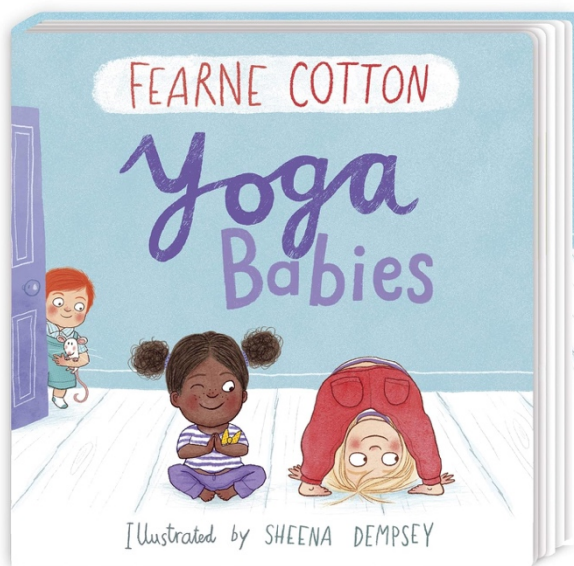
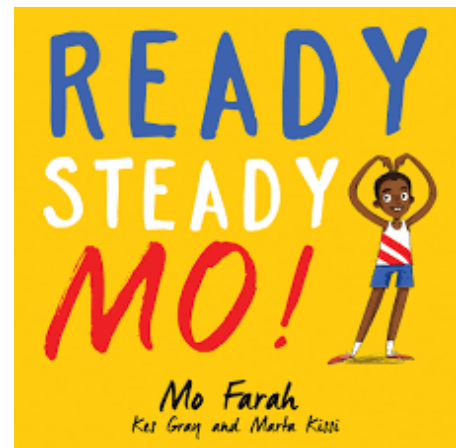
KS1 Physical Education & Sport Books

1. *Ready, Steady, Mo!*

Author: Mo Farah & Kes Gray

Blurb: Join Olympic champion Mo Farah on a rhyming, running-themed adventure filled with energy and silliness.

Why it's great for KS1: Combines fun storytelling with a subtle encouragement to get moving — a perfect read-aloud for active classroom moments.



2. *Yoga Babies*

Author: Fearne Cotton

Blurb: Follow a group of babies as they stretch, balance, and relax through gentle yoga poses in this charming rhyming story.

Why it's great for KS1: Encourages body awareness, movement, and mindfulness in an age-appropriate, playful way.

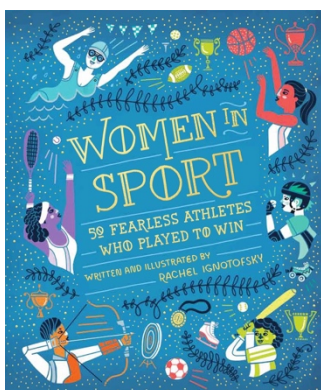
3. *My First Football Book*

Author: Rob Childs

Blurb: Introduces the basics of football with fun illustrations, player profiles, and tips for young fans.

Why it's great for KS1: Ideal for children starting to take an interest in football — combines clear instructions with inspiring real-world examples.

LKS2 Physical Education & Sport Books



1. *Women in Sport: Fifty Fearless Athletes Who Played to Win*

Author: Rachel Ignotofsky

Blurb: An inspiring illustrated collection celebrating 50 female athletes from around the world, past and present.

Why it's great for LKS2: Encourages resilience and ambition while introducing children to a diverse range of sports and role models.

2. *You Are Awesome*

Author: Matthew Syed

Blurb: A motivational guide from table tennis champion Matthew Syed on developing a growth mindset to succeed in sport — and life.

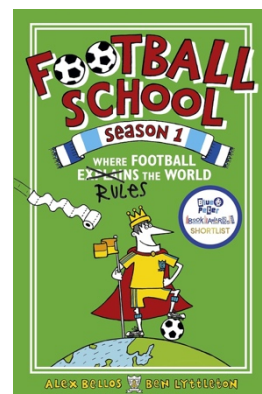
Why it's great for LKS2: Blends sport with mindset coaching, perfect for boosting confidence in children aged 7–9.

3. *Football School: Where Football Explains the World*

Authors: Alex Bellos & Ben Lyttleton

Blurb: Combines football facts with geography, science, history, and more to make learning exciting.

Why it's great for LKS2: Appeals to football fans while linking sport to wider curriculum subjects in a humorous, engaging style.



4. *Running on Empty*

Author: S. E. Durrant

Blurb: A moving novel about a boy who loves running but faces challenges at home and school.

Why it's great for LKS2: A relatable fiction choice that uses sport to explore emotions, resilience, and empathy.



5. *The Ultimate Guide to Women's Football*

Author: Emily Stead

Blurb: Profiles top players, iconic matches, and the history of women's football.

Why it's great for LKS2: Inspires both girls and boys to get involved in sport and celebrates equality in football.

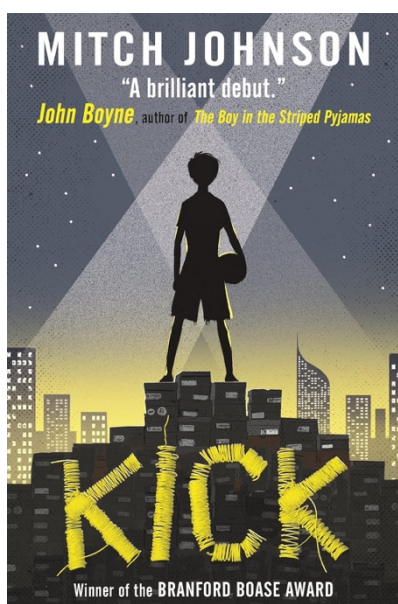
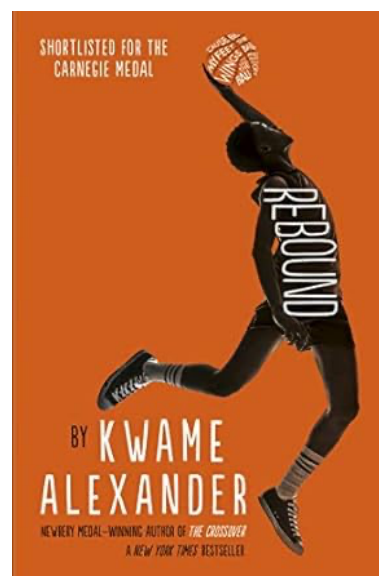
UKS2 Physical Education & Sport Books

1. *Rebound*

Author: Kwame Alexander

Blurb: A verse novel about a boy finding his rhythm through basketball after a personal loss.

Why it's great for UKS2: Combines sport with themes of resilience, family, and personal growth in a format that appeals to confident and reluctant readers alike.



2. *Kick*

Author: Mitch Johnson

Blurb: The gripping story of Budi, a young boy in Indonesia whose dreams of becoming a footballer clash with the harsh realities of life.

Why it's great for UKS2: Offers global awareness and empathy while showing how sport can be a powerful motivator.

3. *The Fastest Boy in the World*

Author: Elizabeth Laird

Blurb: Solomon, an Ethiopian boy, dreams of becoming a runner like his heroes — but a family secret changes everything.

Why it's great for UKS2: Short, impactful, and culturally rich, ideal for sparking discussions on sport and ambition.

These books are ideal for linking literacy with Physical Education in UK Primary Schools.

