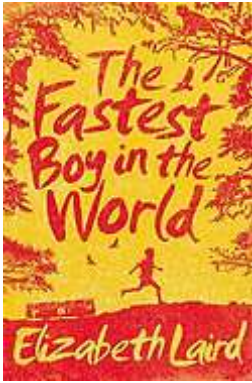
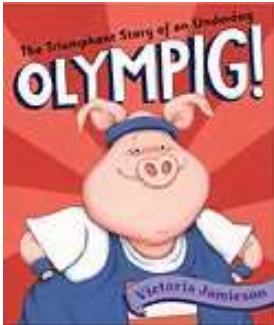
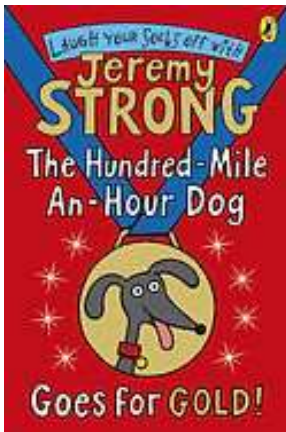


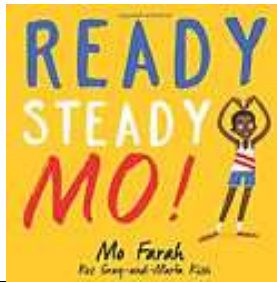


Health Week – Recommended Reading List

Here are some enjoyable books that make links to health week.

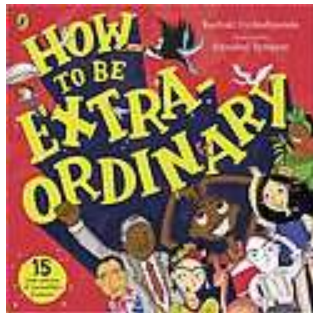
Book and Author	Synopsis
<p>The Fastest Boy in the World by Elizabeth Laird</p> 	<p>This is the story of a young Ethiopian boy called Solomon, who has a passion for running. He dreams of becoming a medal-winning athlete. Little does he know that soon he will need to run with all his might in a race to save his grandfather's life. This inspiring story was shortlisted for the prestigious Carnegie Medal.</p>
<p>Olympig! by Victoria Jamieson</p> 	<p>A quirky picture book about a pig who trains for the Animal Olympics. Pupils will enjoy the detailed, cartoon-style illustrations and the message about the importance of not giving up.</p>
<p>The Hundred-Mile-an-Hour Dog Goes for Gold! by Jeremy Strong</p> 	<p>Part of the hilarious series by award-winning children's author Jeremy Strong, this is the story of the Hundred-Mile-An-Hour Dog's attempts to become a sporting champion in the Animal Games.</p>

Ready Steady Mo!
by Mo Farah and Kes Gray



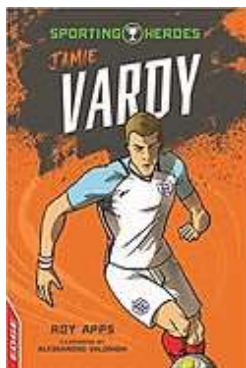
A simple, rhyming text from the inspirational Mo Farah. Bright illustrations and repetitive text make this a popular story that is great for joining in with.

How to Be Extraordinary
by Rashmi Sirdeshpande & Annabel Tempest



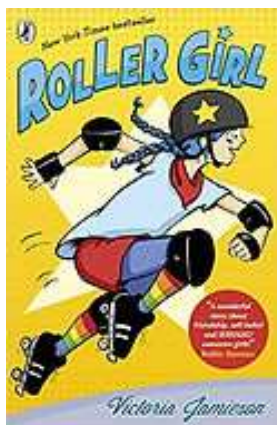
Fifteen extraordinary people from around the world and through history! This is a fabulous book for children to dip into and be inspired. One of the lovely things about this collection is it mixes up household names with less familiar but equally fascinating characters. There is a focus on tenacity, hard work and original thinking, and the stories are told in a warm and appealing way.

Jamie Vardy: Sporting Heroes
by Roy Apps



This sporting biography tells the life story of footballer Jamie Vardy and his inspiring journey to become a top England player. The text is accessible, pitched well for lower KS2 or stronger readers in KS1 and is accompanied by graphic novel-style illustrations. The story emphasises the determination and hard work required in Jamie's rise to fame.

Roller Girl
by Victoria Jamieson



This graphic novel oozes individuality. The story centres around Astrid, on the cusp of adolescence. Roller Girl packs much in: friendship, mother/daughter relationships, being yourself and self-belief, all under the backdrop of roller derby (to say it is a sport not for the faint-hearted is an understatement).

The Frog Olympics
by Brian Moses & Amy Husband



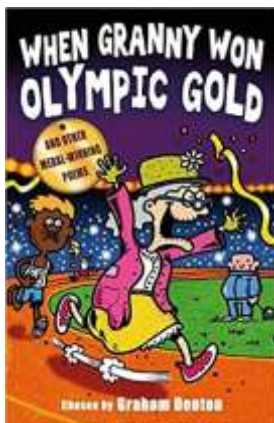
A funny rhyming book about sporting frogs by popular children's poet Brian Moses. This text carries a great message about inclusion as it tells the story of frogs of 'all shapes and sizes' coming together for the Olympic events.

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



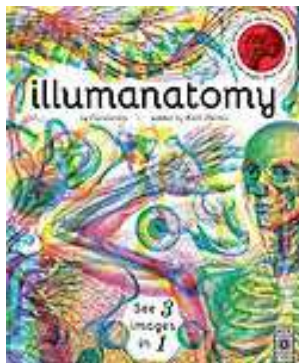
This superbly illustrated non-fiction text focuses on exceptional women athletes who became trailblazers or game-changers in their chosen sports. Each spread contains a short and interesting explanation of a different sportswoman's achievements and a compelling illustration with additional facts blended into the design. The text inspires readers to overcome barriers and go for gold.

When Granny Won Olympic Gold by Graham
Denton



When Granny Won Olympic Gold is a lively collection of poetry. It includes plenty of humorous rhymes along with some moving and thought-provoking poems, and features all kinds of writing styles - from haiku to limericks.

Illumanatomy
by Ms. Kate Davies & Carnovsky



We love interactive non-fiction books and this is one that children can spend hours poring over. Use the different coloured lenses provided to see the different layers of the human body and reveal how the body's systems work together. Really fun but also hugely informative and well pitched for upper KS2, there is plenty to discover in this information text with a difference.

<p>A Journey Through the Digestive System by Emily Sohn</p> 	<p>This is a funky graphic novel following the journey of food through the digestive system. It also comes with a glossary and links to websites with further information.</p>
<p>Demon Dentist by David Walliams</p> 	<p>A hilarious award-winning story on the theme of teeth and an excellent text to read aloud. It tells the story of young Alfie, who has rotten teeth, and his quest to get to the bottom of the strange things that are happening in his town. Is the villainous Demon Dentist to blame?</p>
<p>Are You What You Eat? by DK</p> 	<p>Are You What You Eat? explains why your body is an amazingly complex machine and what foods you should eat to fuel it. Take the quizzes, read the facts and answer the questions to find out which foods keep your brain in top gear. Understand why healthy eating is so important and the positive impact it has on every aspect of your life.</p>
<p>Awesome Kitchen Science Experiments for Kids by Megan Olivia Hall</p> 	<p>Hands-on experiments encourage kids to get involved in science and with results they can eat, they will find learning irresistible! Awesome Kitchen Science Experiments for Kids is full of food-related experiments that kids can literally sink their teeth into. Each chapter puts a new STEAM subject on the table, giving young learners a taste of science, technology, engineering, art, and math.</p>
<p>Thank Goodness for Bob by Matthew Morgan & Gabriel Alborozo</p> 	<p>Max worries a lot. He worries about what is around him, what has happened and what might happen. His dog Bob, however, is much more relaxed. Bob teaches Max that the best way to deal with worries is to share them with a friend. This is a gentle story that shows that everybody worries at times and introduces the idea of talking about fears as a coping mechanism. A wonderful book for opening conversations about fears and anxieties with KS1 pupils.</p>