

Year 7- PE

Week Beginning 22<sup>nd</sup> June

Greenshaw circuits, athletics and fitness lessons 1, 2, 3, 4.

Follow the videos and complete the sessions.

[https://youtu.be/zLMJ\\_tS2aQ4](https://youtu.be/zLMJ_tS2aQ4)

<https://youtu.be/GcU11kzZU0M>

[https://youtu.be/fcw\\_RgrYET8](https://youtu.be/fcw_RgrYET8)

<https://youtu.be/ZZvqVu4qTm8>