

Year 8 - PE

Week Beginning 22nd June

Greenshaw circuits, athletics and fitness lessons 21, 22, 23, 24.

Follow the videos and complete the sessions.

https://youtu.be/zLMJ_tS2aQ4

<https://youtu.be/GcU11kzZU0M>

https://youtu.be/fcw_RgrYET8

<https://youtu.be/ZZvqVu4qTm8>