

Year 8 - PE

Week Beginning 6th July

Complete x 3 worksheets on your journey to your new school, then Greenshaw circuits, athletics and fitness lessons 29, 30, 31, 32.

Follow the videos and complete the sessions.

<https://youtu.be/1q5Y9hP5vX0>

<https://youtu.be/8Z11wW1Fuwo>

<https://youtu.be/HNV8qnp5IcU>

<https://youtu.be/qnvhaHWPrjo>