

Year 7- PE

Week Beginning 6th July

Greenshaw circuits, athletics and fitness lessons 9,10,11,12.

Follow the videos and complete the sessions.

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

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

<https://youtu.be/HNV8qnp5lcU>

<https://youtu.be/qnvhaHWPrjo>