

Year 7- PE

Week Beginning 13th July

Greenshaw circuits, athletics and fitness lessons 13, 14, 15, 16.

Follow the videos and complete the sessions.
Good luck!

<https://youtu.be/E1D4rNeVe6c>

https://youtu.be/Bwk_FXzLu2U

<https://youtu.be/wxGYO-NAR3Y>

<https://youtu.be/PlbqRqVR63U>