

Year 8 - PE

Week Beginning 13th July

Greenshaw circuits, athletics and fitness lessons 33, 34, 35, 36.

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>