



Pe Department News!

Week Be: 18/01/21



Last week saw another great week of PE live lessons. Lesson 1 of the week involved all years competing in the **Virtual House Fitness Circuit Games**. There were some impressive improvements and determination shown by everyone.

Please see the following slides for the results!!

Lesson 2 of the week involved students enjoying watching the roll of the dice, to determine which exercises they would be doing when playing **Fitness Monopoly**.

In the **final lesson of the week**, Year 7 & 8 learnt about **Fitness Components** and how to apply them to sport, in preparation for **GCSE PE**.



As always the PE Department were very impressed with the dedication that all our pupils showed!
A huge well done to everyone!!

