

Week	Learning	Activities
Week 1 beginning 1 st June	Fartlek Training	✓ Multiple Choice Quiz on Microsoft Teams via Forms
Week 2 beginning 8 th June	Flexibility Training	✓ Multiple Choice Quiz on Microsoft Teams via Forms
Week 3 beginning 15 th June	Interval Training	✓ Multiple Choice Quiz on Microsoft Teams via Forms
Week 4 beginning 22 nd June	Abdominal Training and One Minute Sit Up Test	✓ Multiple Choice Quiz on Microsoft Teams via Forms
Week 5 beginning 29 th June	Cardiovascular Training and Multi-Stage Fitness Test	✓ Multiple Choice Quiz on Microsoft Teams via Forms
Week 6 beginning 6 th July	Components of Fitness	✓ Multiple Choice Quiz on Microsoft Teams via Forms
Week 7 beginning 13 th July	Mr Wall's Summer Challenge	✓ N/A