



# St. Antony's Catholic College

Aspire - Believe - Achieve

## Year 10 PE - All

*Instructions for the week beginning Monday 15<sup>th</sup> June 2020*

*Due date Friday 19<sup>th</sup> June 2020*

### Do

Log onto Show My Homework and complete the sports injuries quiz. They will get progressively harder week by week.

Log onto YouTube and complete Mr Derbyshire's daily workouts at 1pm. Alternatively complete your own daily exercise at a time to suit.

A healthy body, a healthy mind!!

If you have any issues regarding the work, please email your class teacher:

[e.doherty@st-antonys.com](mailto:e.doherty@st-antonys.com)

[l.brownbill@st-antonys.com](mailto:l.brownbill@st-antonys.com)

[k.speake@st-antonys.com](mailto:k.speake@st-antonys.com)

[t.j.derbyshire@st-antonys.com](mailto:t.j.derbyshire@st-antonys.com)