



St. Antony's Catholic College

Aspire - Believe - Achieve

Year 10 PE - All

Instructions for the week beginning Monday 13th July 2020

Due date Friday 17th July 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:

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