



St. Antony's Catholic College

Aspire - Believe - Achieve

Year 7,8,9 PE - All

Instructions for the week beginning Monday 13th July 2020

Due date Friday 17th July 2020

Do

This week you are challenged to complete the PE – Connect 4 fitness challenge. Complete the challenge over the week, or if you are super fit, complete it in one day!!

All of the instructions are on the document.

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

e.doherty@st-antonys.com

l.brownbill@st-antonys.com

k.speake@st-antonys.com

t.j.derbyshire@st-antonys.com

Fantastic Friday – Please email Mrs Wright (f.wright@st-antonys.com) by 12pm on a Friday if you'd like to share some of your best work of the week with her. She'd love to see it!