

Year 5

Week Beginning 13/07/2020

PE

Can you write a fitness plan for someone to use over the summer break? This could be to improve their general fitness or it could be to teach them a specific skill. Remember that you will need to work in stages, and you have 6 weeks to plan for.

Skill:	Activities
Week 1	
Week 2	
Week 3	
Week 4	
Week 5	
Week 6	