

P.E.

Solutions
P.E.
<ul style="list-style-type: none">• Use the Coaching website to help you improve your performance
<ul style="list-style-type: none">• Use the Top End Sports website to help you improve your knowledge and understanding of the rules and regulations
<ul style="list-style-type: none">• Use the Coaching website to help you improve your leadership skills
<ul style="list-style-type: none">• BBC Bitesize: Methods and effects of training
<ul style="list-style-type: none">• PE Worksheet: True or False Effects of Exercise on the Body

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