

St John's Senior School



Subject: Fitness

Form: 2nd form

Term: Spring

WEEK	TOPIC
14	Multistage fitness test
15	Introduce the circuit
16	Focus on press ups and ladders
17	Focus on dips and skipping
18	Focus on sit ups and step ups
19	Focus on back raises and speed bounce
20	Focus on hurdles and squat thrusts
21	Focus on basketball turns and star jumps
22	Video analysis of partner
23	Video analysis of partner
24	Focus on quality of the overall circuit