

St John's Senior School



Subject: Fitness

Form: 3rd form

Term: Spring

WEEK	TOPIC
14	Multistage fitness test
15	Illinois agility test
16	Sit and reach test
17	Abdominal test
18	Broad jump test
19	Tennis ball wall toss
20	Coopers run
21	Press up test
22	Focus on types of circuit
23	Video analysis of partner
24	Video analysis of partner