

St John's Senior School



Subject: Fitness

Form: 2nd form

Term: Spring

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