



## YEAR 11 AND 12 PDHPE FITNESS EXCURSION

**Our Year 11 and 12 PDHPE classes thoroughly enjoyed putting their knowledge of fitness choices and the factors that affect performance topics into action!**

The class participated in fitness activities ranging from spin, boxing, and Zumba classes as well as circuit training at the Liverpool Catholic Club Recreation Centre.

It was a great way for our students to further extend their knowledge of the content being covered in the classroom whilst at the same experiencing new and enjoyable ways to exercise.



**Mr Kent Weir**  
PDHPE Coordinator

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