



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
