

Health related fitness



Spring 2022 is now in full swing and the PE department in the Prep school have hit the ground running. Literally!

For their latest unit of work, all seven year groups are focussing on Health Related Fitness (HRF) and have been put through their paces with a series of lessons designed to focus on body conditioning (working through circuits), different types of running and movement and jumping with cardio-vascular endurance warm-ups throughout the block.

Finding it tough at first, the pupils have thrown themselves into it and are now beginning to reap the rewards.

2022 can't test us! We're all machines!

Mr Simon Scholfield

