

St John's Senior School



Subject: Fitness

Form: 3rd form

Term: Spring

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