

# Physical Education Stretch and Challenge

## HOCKEY



A selection of netball drills for U13 players. Get together with your friends and family and have a go.

## 12 DAYS OF CHRISTMAS FITNESS



A good selection of activities to help maintain your fitness over Christmas.

## FAMILY SPORTS QUIZ



Test your knowledge of sport! – with answers so no family disagreements!

## WILD SWIM



## WILD SWIM

Tynemouth Boxing Day Dip.  
This takes place at Longsands Beach – I'd recommend going down to watch!

## COUCH TO 5K



Want to get fit and socialise? Couch to 5k is a good New Year's Resolution and you can raise money for charity

## BEAUTIFUL ON THE OUTSIDE



Former Olympic figure skater and self-professed America's Sweetheart Adam Rippon shares his underdog journey from beautiful mess to outrageous success in this hilarious, big-hearted memoir that the Washington Post calls "comedic gold."