

Physical Education Stretch and Challenge

IMPROVE YOUR SPRINT TIMES



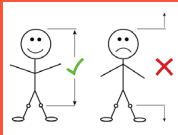
A selection of sprint drills for athletes. Get together with your friends and family and have a go.

15 DAYS TO GET FIT



Day 1 of the 15 day fitness challenge. If you don't have dumbbells you can use tin cans! Days 2-15 follow on.

ROUNDERS RULES



Rounders has some of the most complex rules of any team games. Click on the link to learn the rules.

PARK RUN



Want to get fit and socialise? A park run is a great way to do it.

ACTIVITIES IN NEWCASTLE AND GATESHEAD



A whole host of activities in Newcastle and Gateshead – many of which are free!!!

TENNIS FOR FREE



A whole host of activities in Newcastle and Gateshead – many of which are free!!!

GAME FACE



A book packed with female athletic role models