



Physical Education

Grade 7 Term 3

Each week you will do your PE lessons from home and you will then send a video of yourself doing the activities for that week to the Google Drive link (to get the link please email me on neyomashlaw@gmail.com then I will send you the link).

If you do not send this video, you will get **I DID NOT PARTICIPATE** for that week which means that *you get a 0 for that lesson.*

- Remember there are 6 PE lessons, and this is marked out of 20.
- The final PE assessment is out of 10 and the same process will apply.

Lesson 1: Rotation

- Forward roll
- Cartwheel

Date: _____

I participated	
I did not participate	
I was absent	

Forward Roll

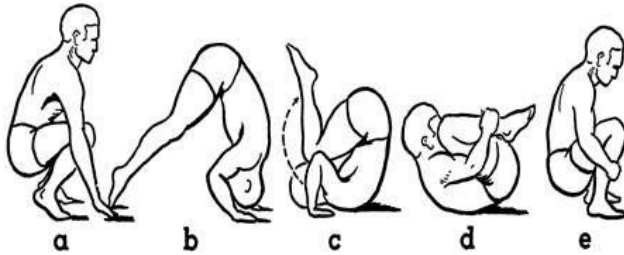


Fig. 1

Cartwheel

