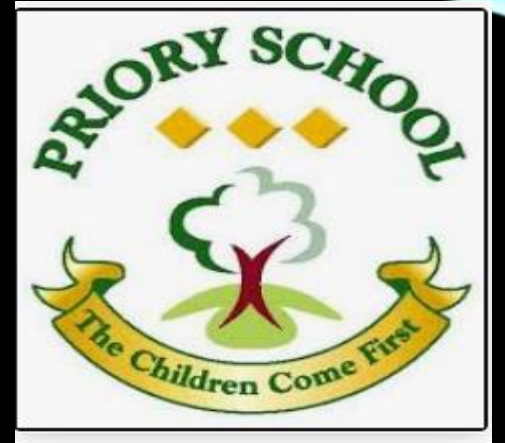


# PRIORY PE, HOME LEARNING RUGBY FITNESS WEEK 3



Personal Best Berkshire Virtual Games Challenges



*Virtual*  
**SCHOOL  
GAMES**

# THIS WEEKS LESSON

- Click here to watch this weeks lesson:

[https://youtu.be/L\\_JLqW-ab8k](https://youtu.be/L_JLqW-ab8k)

You will need this sheet during the lesson

# HOW MY BODY FEELS:

Before	During	After

# LEARNING OBJECTIVE

- Health & fitness- to understand how your body feels- before- during and after your lesson.
- Gain an understanding of the core Rugby Values (TREDS)
- Social- To listen and follow instructions.

# TREDS

**TEAMWORK**  
**RESPECT**  
**ENJOYMENT**  
**DISCIPLINE**  
**SPORTSMANSHIP**



BEFORE WE START:

- **How does your body feel?**
- **Don't forget to write down the answers in your table.**



## SEND YOUR VIDEOS TO:

- To celebrate your success send your videos or photos to

**PE@priorschool.com**

# GREAT WORK EVERYONE

- **Can you write down how your body feels now?**
- Health & fitness- to understand how your body feels- before- during and after your lesson.
- Gain an understanding of the core Rugby Values (TREDS)
- Social- To listen and follow instructions.