

# PE Girls:

For P.E. this week, we have been focusing on 7 minute endurance swimming, a variety swimming routines and a fun end to the week with water polo.

The Seven minute endurance swimming was a goal-setting activity for doing as many laps of freestyle as you can and it was especially challenging for the people who are not used to long distance swimming.

A great lesson was when you could choose between a few swimming routines which had a variety of great swimming strokes and warm-ups. This was amazing for everyone because you could practice the strokes you are really good at and work on your weak ones.

Water polo is a fantastic game on strong teamwork skills and a lot of fun at the same time! This game was really enjoyable and the time flew by in seconds. We started this lesson off by practicing our passes and dribbling, after the few basics, the real game had begun!

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