

Lesson 1 - Athletics – Long Jump

[https://www.youtube.com/watch?v=EDa\\_pgXvz8c&list=PL-gx4-LFi88QOlrIsRqjSEmyo\\_Qp53a7a&index=1](https://www.youtube.com/watch?v=EDa_pgXvz8c&list=PL-gx4-LFi88QOlrIsRqjSEmyo_Qp53a7a&index=1)

Lesson 2 - Athletics – Triple Jump

<https://www.youtube.com/watch?v=KCcSFpf4MkY&t=80s>

Lesson 3 - Striking and Fielding – Underarm Bowling and Catching

<https://www.youtube.com/watch?v=z555P7751CY>