# A Level PE Tasks

Mr McMahon

#### Insanity



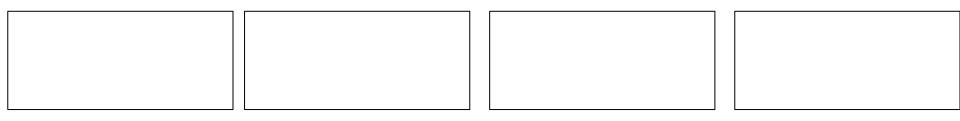
TASK 1 - Complete the Insanity Workout.

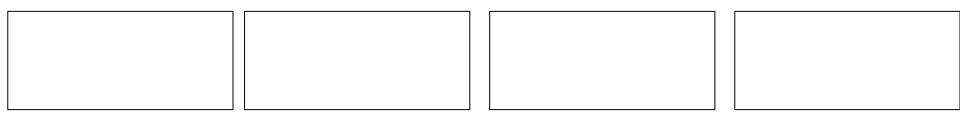
TASK 2 - What is Plyometrics?

TASK 3 - Describe the common features of each movement.

# Insanity – Task 4

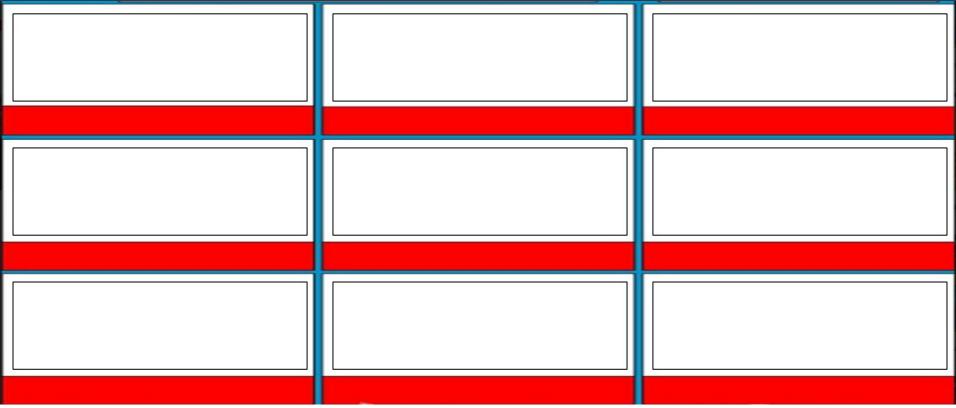
TASK 4 - Apply your knowledge of plyometrics and create your own workout.



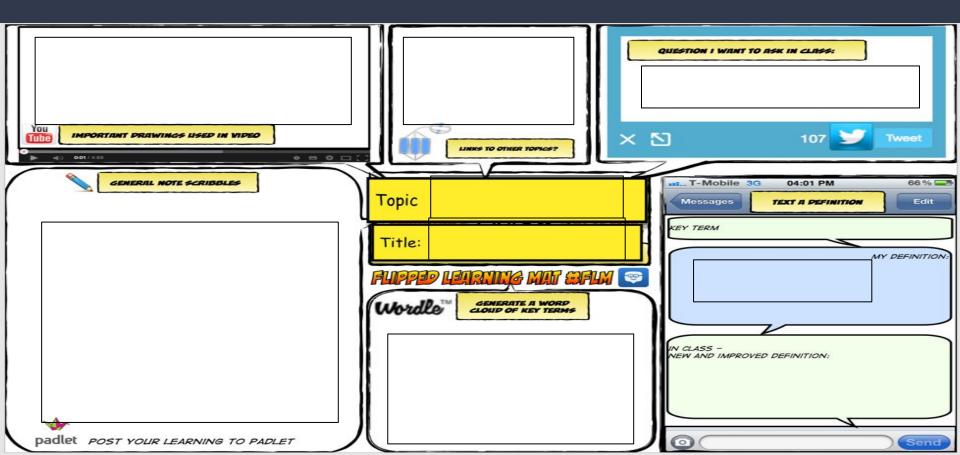




# Task 5 – Storyboard about the FA



### Task 6 – Flipped Learning – Alberto Salazar



#### Task 7 – Delete this title and create your newspaper article.