

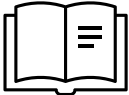
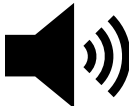
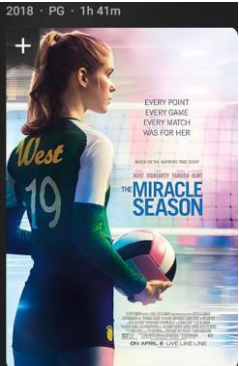
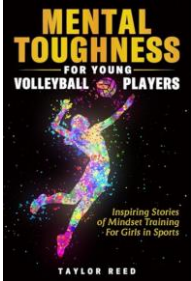
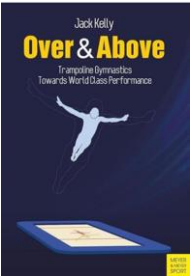
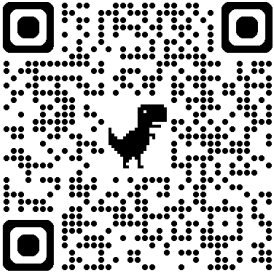
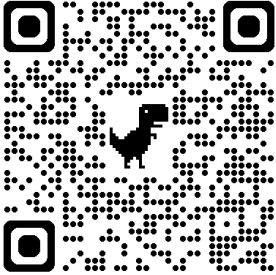
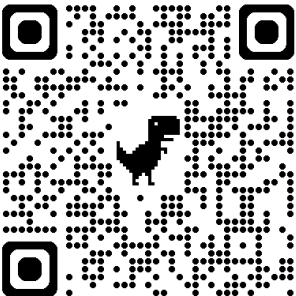


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Be An Excellent Sportsperson

#LovetoLearn

What could you do to improve your knowledge and understanding and core skills in rugby and netball? (Autumn 2)

Watch 	Read 	Listen 
 Volleyball – Miracle season	Taylor Reed  Jack Kelly 	Therapeutic effects  The Volleyball podcast 
Practice	What?	Who?
Volleyball  Trampolining 	What are the different types of trampoline routines, and how are they judged in competitions? What are the most important skills for success in volleyball?	Who is.....  Wilfredo Leon  Bryony Page