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| Jc Academy Logo.pngSubject: PE Year: All years Lesson: SAQ |
| Resources: |
| Warm up (15mins): | Coaching points:  |
| Safety points: |
| Main Activity (35mins): | 1 Coaching points:2. Safety points: |
| Cool Down(10mins) | Safety points: |
| Red | AMBER  | GREEN | Outcome of the session:  |