**USEFUL LINKS**

**Practical Activities**

**MY SUMMER WORK**

https://www.youtube.com/watch?v=vhO5MK0tQQI

During your Practical lesson you participated in various outdoor sports and activities.

Your summer task is split into two parts.

**Part 1** is to complete a SWOT analysis of your performance during the lesson.

**Part 2** is to complete the two questions to the best of your ability.

![Personal SWOT Analysis - [ A STEP-BY-STEP GUIDE ]SmallBusinessify.com]()

**EXTRA INFO**

For any help and guidance please contact the staff members below.

For any support:

Liam.clarkson@nscg.ac.uk

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**MY SUMMER WORK**



**Part 2. Why is it important to stay active?**

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**What is your favourite sport?**

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