

Physical Activity Resources

HFSS PE Department

The PE department would like to share Physical Activity resources with the students, staff, and wider community of Holy Family. Full of challenges, workouts, podcasts and much more, no one has an excuse to not get their daily requirements of physical activity.

Challenge friends and family, and most importantly, yourself to be active and make the most of your midterm and beyond. Use either the link, or QR code to access all the amazing resources.

<https://padlet.com/peholyfamily/v4l0op4n4q7leuod>

[P.E Resources](#)

Activity for everyday in every way

padlet.com

QR code



Yours in sport,
PE Department