SUMMER ACTIVITIES 2023

PE

REGENT HIGH SCHOOL

Watch the following 3 videos.

Learn the rules of these sports by watching these videos. You will be playing them in teams in September

[The Rules of Football (Soccer or Association Football) - EXPLAINED! - YouTube]

[The Rules of Badminton - EXPLAINED! - YouTube]

[The Rules of Basketball - EXPLAINED! - YouTube]

Which of these sports can you try to play over the summer?