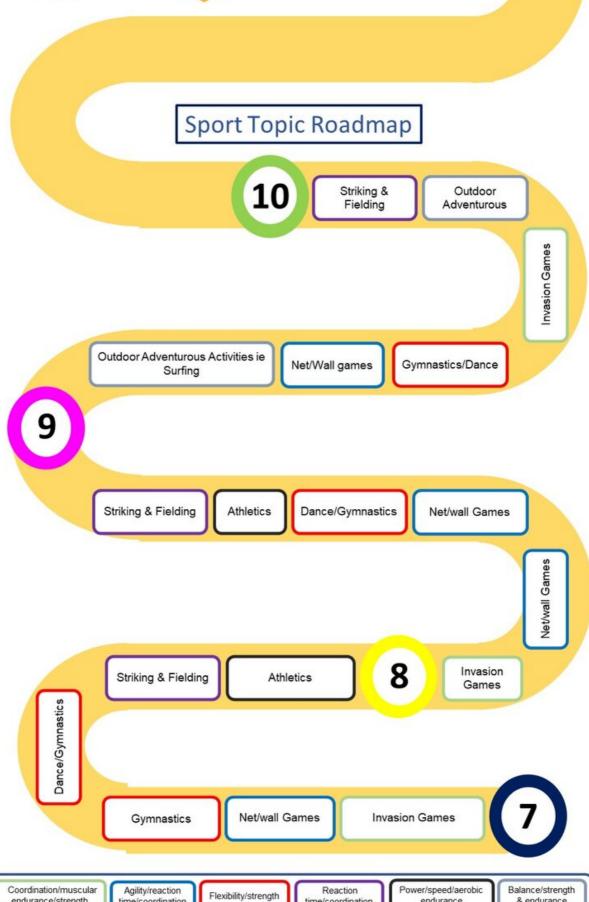


Progression to next stage of learning: Post 16

endurance/strength

time/coordination





time/coordination

endurance

& endurance