### **Unit 10:**

# Physical Activity for Individual and Group Based Exercise.

### Name:

Teacher - Thatfield@jcc.ac.uk

Learning Aim, B: Examine different types of exercise for individual and group-based exercise sessions.

Learning Aim, C: Undertake planning and instructing of individual or groupbased exercise sessions.

## **Physical Science Iq Tes Grade1**

William George Bruce, William Conrad Bruce

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