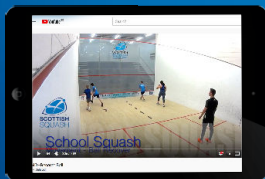


WARM UP MOVEMENT BALL SKILLS RACKET SKILLS GAMES

 **SCOTTISH SQUASH**

SchoolSquash

**RESOURCE
PACK**



Images of all the exercises as well as detailing;

- * Description
- * Equipment
- * Objective
- * Learning Intentions
- * Success Criteria
- * A wee tip
- * Skills & Attributes for P.E.
- * Information on local clubs

Videos of all the exercises being delivered:

- * Run on a mixture of Squash courts & Gym halls
- * Each video runs through the 3 progressions
- * Detailing Easiest, Hard & Hardest.
- * Access to these videos;
- Scan the QR code for the full video on youtube.
- Watch a 1 minute version on our Instagram page.

Instagram:
@ScottishSchoolSquash

PDF:
Scottishsquash.org/schoolsquash

