

Uxbridge High School



Online Transition Booklet

Click on the blue link to go to the questions:

[Year 7 Transition booklet questions](#)

If you finished and would like to do some extra PE..

1. **Create your own workout poster and bring it to your first PE lesson. Include pictures or drawings.**

SUMMER TO DO LIST:

- Complete the transition work
- Have fun!
- Get your UHS PE kit ready
- Get out and get active



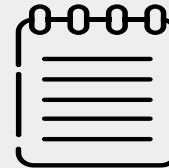
YOU WILL NEED:



internet



Space to exercise



Paper & pen

Please make sure you are wearing UHS branded PE kit. This can be purchased <https://www.swischoolwear.co.uk/>

