

Core PE work

Complete at least one task for each of your PE lessons, also recommend 30 – 60minutes of exercise daily.

Please ensure that you follow government guidelines regarding social distancing and staying safe and up to date.

<u>Week Beginning</u>	<u>Task 1</u>	<u>Task 2</u>	<u>Task 3</u>	<u>Task 4</u>
18 January	NetFlex selection link below: https://sharelearnteach.com/wp-content/uploads/youzer/Netflex-Board-at-home-PE-board-1.pdf	intermediate cardio 30 mins https://youtu.be/Ba3qZizPonl	Legs/bums/thighs: https://www.youtube.com/watch?v=aCa8R9II8F0	Ross Edgley- Great British swim episode 3: https://www.youtube.com/playlist?list=PLnuf8iyXggLF3H8LKuJ6l83zVQN5idHzy
25 January	NetFlex selection link below: https://sharelearnteach.com/wp-content/uploads/youzer/Netflex-Board-at-home-PE-board-1.pdf	cardio 30 mins https://youtu.be/ZMO_XC9w7Lw	Low Impact https://www.youtube.com/watch?v=gC_L9qAHVJ8	Ross Edgley- Great British swim episode 4: https://www.youtube.com/playlist?list=PLnuf8iyXggLF3H8LKuJ6l83zVQN5idHzy

20th April	NetFlex selection link below: https://sharelearnteach.com/wp-content/uploads/youzer/Netflex-Board-at-home-PE-board-1.pdf	Zumba 30 mins https://youtu.be/9xVARu14G4A	Strength https://www.youtube.com/watch?v=vl1Yf-MBczl	Ross Edgley- Great British swim episode 5: https://www.youtube.com/playlist?list=PLnuf8iyXggLF3H8LKuJ6l83zVQN5idHzy
1 February	NetFlex selection link below: https://sharelearnteach.com/wp-content/uploads/youzer/Netflex-Board-at-home-PE-board-1.pdf	dance and cardio kickboxing - 30 mins https://youtu.be/EcqYeThduWk -	Pilates https://www.youtube.com/watch?v=K-PpDkbcNGo	Ross Edgley- Great British swim episode 6: https://www.youtube.com/playlist?list=PLnuf8iyXggLF3H8LKuJ6l83zVQN5idHzy
8 February	NetFlex selection link below: https://sharelearnteach.com/wp-content/uploads/youzer/Netflex-Board-at-home-PE-board-1.pdf	abs and glute toning 30 mins https://youtu.be/_r3AAdeFVNM	Yoga https://www.youtube.com/watch?v=v7AYKMP6rOE	Ross Edgley- Great British swim episode 7: https://www.youtube.com/playlist?list=PLnuf8iyXggLF3H8LKuJ6l83zVQN5idHzy
15 February	NetFlex selection link below: https://sharelearnteach.com/wp-content/uploads/youzer/Netflex-Board-at-home-PE-board-1.pdf	hip-hop tabata 30 mins https://youtu.be/kwkXyHjgoDM	Flexibility https://www.youtube.com/watch?v=R3WDe7byUXo	Ross Edgley- Great British swim episode 8: https://www.youtube.com/playlist?list=PLnuf8iyXggLF3H8LKuJ6l83zVQN5idHzy

22 February	NetFlex selection link below: https://sharelearnteach.com/wp-content/uploads/youzer/Netflex-Board-at-home-PE-board-1.pdf	HIIT cardio 30 mins https://youtu.be/ypIP5cLuyf4	Yoga with adriene: https://www.youtube.com/watch?v=oBu-pQG6sTY	Ross Edgley- Great British swim episode 9: https://www.youtube.com/playlist?list=PLnuf8iyXggLF3H8LKuJ6I83zVQN5idHzy
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Alternative Options

- ✓ Just Dance via Youtube
- ✓ Look up GCSE PE resources on the link above. Really useful for anyone doing or thinking of doing GCSE PE. Spend 20 minutes a week looking through this.

<https://www.bbc.co.uk/bitesize/examspecs/zp49cwx>

- ✓ Walk (the dog) for an hour.
- ✓ Cycle/jog for 20-30 minutes.
- ✓ Create and complete a circuit at home. Circuit should be 5 stations and you complete each station twice for 30 seconds, with 30 seconds rest in between each station. Be creative! Next time try 40 seconds work or 20 seconds rest or do each station 3 times.

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