

Core PE work

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

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

22nd Feb	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/yplP5cLuyf4	Yoga with adriene: https://www.youtube.com/watch?v=oBu-pQG6sTY	Ross Edgley- Great British swim episode 9: https://www.youtube.com/playlist?list=PLnuf8iyXggLF3H8LKuJ6l83zVQN5idHzy
1st March	NetFlex selection link below: https://sharelearnteach.com/wp-content/uploads/youzer/Netflex-Board-at-home-PE-board-1.pdf	England v Australia gold medal netball https://youtu.be/H25dND9cJuQ	Tabata https://www.youtube.com/watch?v=dRnggiyLQ3Y	Ross Edgley- Great British swim episode 10: https://www.youtube.com/playlist?list=PLnuf8iyXggLF3H8LKuJ6l83zVQN5idHzy
8th March	NetFlex selection link below: https://sharelearnteach.com/wp-content/uploads/youzer/Netflex-Board-at-home-PE-board-1.pdf	question of sport https://youtu.be/kaA6lVfo4Fo	Eliud Kipchoge- Breaking 2: https://www.youtube.com/watch?v=A73HQwEct-o	Documentary linking mental health and sport (52 minutes) https://www.youtube.com/watch?v=Yn_shQZz5tw
8th June	NetFlex selection link below: https://sharelearnteach.com/wp-content/uploads/youzer/Netflex-Board-at-home-PE-board-1.pdf	Lance Armstrong documentary 45 mins https://youtu.be/QNP7CeVc3c4	Boxing: https://www.youtube.com/watch?v=jCTEVKRTuS8	How to Cool Down https://www.youtube.com/watch?v=RDsdplsAqK8

15th March	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/ml6cT4AZdql	Boxing: https://www.youtube.com/watch?v=aO3uaGOu2Oo	Mindful Eating https://www.youtube.com/watch?v=FlhZhlcNh28&list=PLIqj12N6PhnA-ZMFQv2-rpjPUEPcnGOVe&index=2
22nd March	NetFlex selection link below: https://sharelearnteach.com/wp-content/uploads/youzer/Netflex-Board-at-home-PE-board-1.pdf	Yoga with adriene: https://www.youtube.com/watch?v=Ho9em79_0qg	Home workout: https://www.youtube.com/watch?v=5uVaKjtJHN8	The Truth About Sugar https://www.youtube.com/watch?v=K4LzSH9qU_Q Brain Changing Effects of Exercise https://www.youtube.com/watch?v=BHY0FxzoKZE
29th March	NetFlex selection link below: https://sharelearnteach.com/wp-content/uploads/youzer/Netflex-Board-at-home-PE-board-1.pdf	Question of Sport https://www.youtube.com/watch?v=kaA6lVfo4Fo&feature=youtu.be	HIIT Workout https://www.youtube.com/watch?v=bSXR6V9q6rM	England Rising sons episode 1: https://www.youtube.com/playlist?list=PLcSP18b0KfWOKFdXvUufRxaGXgN9AuP0t
5th April	NetFlex selection link below: https://sharelearnteach.com/wp-content/uploads/youzer/Netflex-Board-at-home-PE-board-1.pdf	Just Dance Workout https://www.youtube.com/watch?v=yQ4fTl4wbko&feature=youtu.be	HIIT Workout https://www.youtube.com/watch?v=EI9YG1Huq88	England Rising sons episode 2: https://www.youtube.com/playlist?list=PLcSP18b0KfWOKFdXvUufRxaGXgN9AuP0t
12th April	NetFlex selection link below: https://sharelearnteach.com/wp-content/uploads/youzer/Netflex-Board-at-home-PE-board-1.pdf	Abdominals: https://www.youtube.com/watch?v=glxrwC9zsHY	HIIT Workout https://www.youtube.com/watch?v=ieyzL5OaPZk	Running sub 9 second 100m: https://www.youtube.com/watch?v=SdMo9hbt2nl

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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