

Core PE work

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

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

<u>Week</u> <u>Beginning</u>	<u>Task 1</u>	<u>Task 2</u>	<u>Task 3</u>	<u>Task 4</u>
23rd March	NetFlex selection link below: https://sharelearnteach.com/wp-content/uploads/youzer/Netflex-Board-at-home-PE-board-1.pdf	Pilates 30 mins https://youtu.be/ObCDRGuXGUA	HIIT Workout. https://www.youtube.com/watch?v=cAlNihyvQzc&list=PLiQyPKgbtKzeD3c32UoDMTrVoE8bcbPYM	Ross Edgley- Great British swim episode 1: https://www.youtube.com/playlist?list=PLnuf8iyXggLF3H8LKuJ6l83zVQN5idHzy
30th March	NetFlex selection link below: https://sharelearnteach.com/wp-content/uploads/youzer/Netflex-Board-at-home-PE-board-1.pdf	HIIT workout 20 mins https://youtu.be/fHfTCd2q-rg	Full body HIIT session. https://www.youtube.com/watch?v=8tRI-mNe-9w	Ross Edgley- Great British swim episode 2: https://www.youtube.com/playlist?list=PLnuf8iyXggLF3H8LKuJ6l83zVQN5idHzy

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6th April	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/Ba3qZizPonI	Legs/bums/thighs: https://www.youtube.com/watch?v=aCa8R9II8F0	Ross Edgley- Great British swim episode 3: https://www.youtube.com/playlist?list=PLnuf8iyXggLF3H8LKuJ6I83zVQN5idHzy
13th April	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=PLnuf8iyXggLF3H8LKuJ6I83zVQN5idHzy
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=PLnuf8iyXggLF3H8LKuJ6I83zVQN5idHzy
27th April	NetFlex selection link below:	dance and cardio kickboxing - 30 mins	Pilates https://www.youtube.com/watch?v=K-PpDkbcNGo	Ross Edgley- Great British swim episode 6:

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	https://sharelearnteach.com/wp-content/uploads/youzer/Netflex-Board-at-home-PE-board-1.pdf	https://youtu.be/EcqYeThduWk -		https://www.youtube.com/playlist?list=PLnuf8iyXggLF3H8LKuJ6l83zVQN5idHzy
4th May	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/_r3AAeFVNM	Yoga https://www.youtube.com/watch?v=v7AYKMP6rOE	Ross Edgley- Great British swim episode 7: https://www.youtube.com/playlist?list=PLnuf8iyXggLF3H8LKuJ6l83zVQN5idHzy
11th May	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
18th May	NetFlex selection link below: https://sharelearnteach.com/wp-content/uploads/youzer/	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

<u>Week</u> Beginning	<u>Task 1</u>	<u>Task 2</u>	<u>Task 3</u>	<u>Task 4</u>
	Netflex-Board-at-home-PE-board-1.pdf			
25th May	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=dRngqiyLQ3Y	Ross Edgley- Great British swim episode 10: https://www.youtube.com/playlist?list=PLnuf8iyXggLF3H8LKuJ6l83zVQN5idHzy
1st June	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

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15 June	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=PLlqj12N6PhnA-ZMFQv2-rpjPUEPcnGOVe&index=2
22nd June	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=BHYOFxzoKZE
29th June	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=kaA6IVfo4Fo&feature=youtu.be	HIIT Workout https://www.youtube.com/watch?v=bSXr6V9q6rM	England Rising sons episode 1: https://www.youtube.com/playlist?list=PLcSP18b0KfWOKFdXvUufRxaGXgN9AuP0t
6th July	NetFlex selection link below:	Just Dance Workout	HIIT Workout	England Rising sons episode 2:

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13th July	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

✓ 9am live stream with Joe Wickes everyday: The Body Coach TV

<https://www.youtube.com/user/thebodycoach1/channels>

✓ 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.

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