

## Year 7 Core PE

Lesson 1- Choose from the following activities and complete one of the sessions.

[Joe Wicks PE lesson](#)

[Joe Wicks Full body work out](#)

[Yoga for beginners](#)

[Pop sugar fitness](#)

Lesson 2- Choose from the following activities and complete one of the sessions.

[Sports challenges](#)

[Aerobics workout](#)

[Joe Wicks 15 min HIIT](#)

[Primary sports challenges](#)

Lesson 3- Choose from the following and complete one of the sessions.

[Youth sports trust challenges](#)

[Football challenges](#)

[Bring Sally up challenge](#)

[Joe Wicks low impact](#)

Lesson 4- Choose from the following and complete one of the sessions.

[Pop sugar fitness](#)

[Boxercise](#)

[PE with Joe Wicks](#)

[Baby shark challenge](#)

