

Year 8 Core PE

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

[Joe Wicks PE](#)

[Pop sugar tabata](#)

[Les Mills Body combat](#)

[Core workout](#)

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

[Joe Wicks- hard](#)

[Youth sports trust challenges](#)

[Just Dance workout](#)

[Zumba workout](#)

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

[Toning workout](#)

[Plank challenge](#)

[Joe Wicks cardio](#)

[Boxercise](#)

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

[Just dance](#)

[Tabata workout](#)

[Football skills](#)

[Les Mills workout](#)

