

## **Year 11 Core PE**

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

[Brandon Carter HIIT](#)

[Joe Wicks advanced](#)

[Boxercise](#)

[Circuit training session](#)

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

Joe Wicks- hard

[Brandon Carter core](#)

[Football skills](#)

[Netball skills](#)

[Aerobics hiit session](#)

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

Toning workout

[Joe Wicks 30 mins](#)

[Body combat session](#)

[Yoga session](#)

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

Les Mills workout

[Just Dance](#)

[Joe Wicks abs](#)

[Brandon Carter HIIT](#)

