Year 11 Core PE – Term 2

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

Indoor sports 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