Year 8 Core PE- Term 2

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

Bring Sally up press up challenge

Aerobics workout

Joe Wicks 15 min HIIT

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

Youth sports trust challenges

Just Dance 2020

Joe Wicks low impact

Les Mills HIIT session

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

Pop sugar fitness

Boxercise

PE with Joe Wicks

Baby shark challenge