

Core PE Lessons at home



Whilst isolating at home, if you are physically fit and well, please try these home workouts or challenges.

(At least 30 minutes)

Joe wicks

<https://www.youtube.com/c/TheBodyCoachTV/videos>

Mr Cleave's Home Sports

https://www.youtube.com/channel/UCB6J7uU40Q2_cOrfT37QzWA

KS3. Alternatively read and learn the important words in the knowledge organiser

