

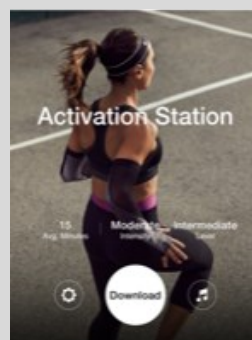
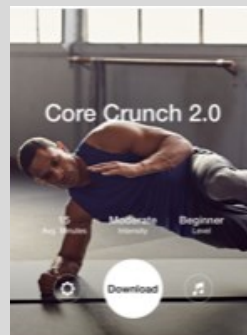
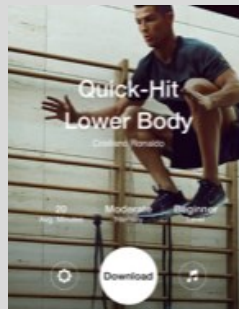
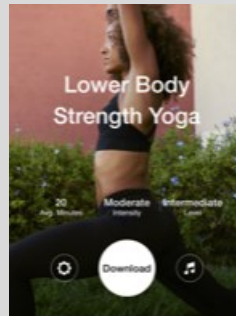
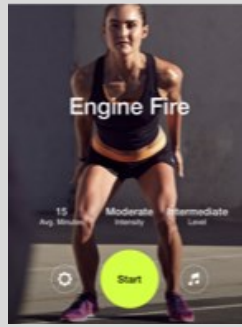
We are aware that due to the current climate you may not be able to venture outside for physical activity at certain time throughout this period so we have put together some workouts that can be done in the safety of your home with no equipment needed. We feel that being as active as possible throughout this time is really important for all aspect of your health and wellbeing.

Physical activity can benefit all aspects of your health—Physical, Mental, Emotional and Social—so we encourage you to take on the workout challenge set for each week and please feel free to complete extra workouts in addition to this if you like using the NTC (Nike Training App or You tube links provided).

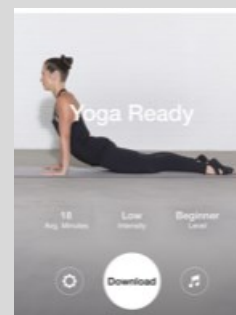
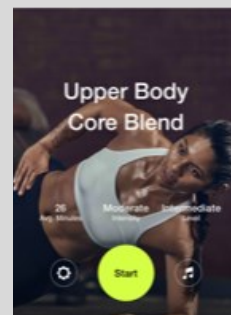
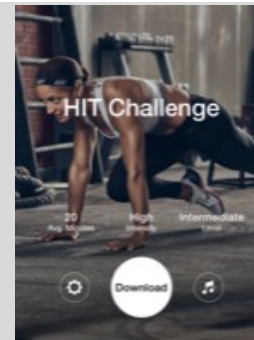
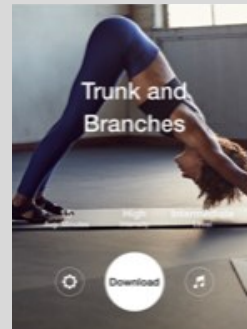
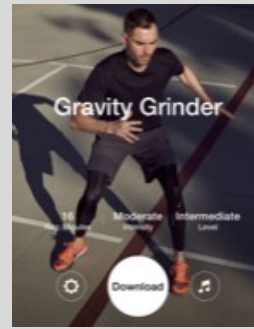


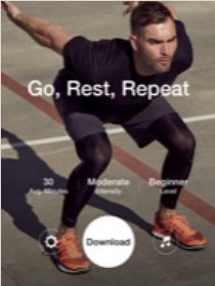
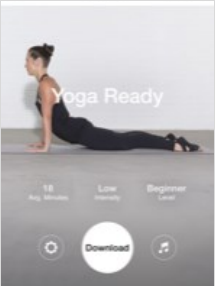

Year 10 and 11 PE Remote Learning Tasks

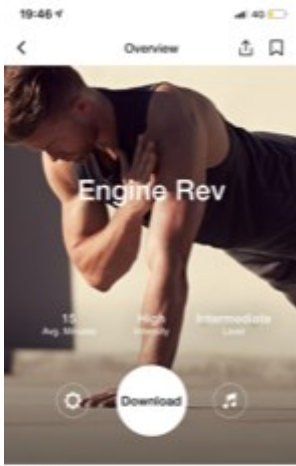
Physical Activity Task	
<p>Week 1</p>	<p><u>Nike Training :</u></p> <p>Engine Fire-16mins</p> <p>Focus: Core stability, Movement, Total Body Strength....OR</p> <p><u>Upper body work outs</u></p> <p>https://www.youtube.com/watch?v=CaQO5Fd4PEA</p>
<p>Week 2</p>	<p><u>Nike Training :</u></p> <p>Lower Body Strength Yoga– 20mins</p> <p>Focus: Core stability, Movement, Total Body Strength....OR</p> <p><u>Leg Work Outs</u></p> <p>https://www.youtube.com/watch?v=mO7jBtyl9XE</p>
<p>Week 3</p>	<p><u>Nike Training :</u></p> <p>Quick-Hit Lower Body – 20min</p> <p>Focus: Glutes, Legs, Lower Body, Stability and Balance..... OR</p> <p><u>Core workouts</u></p> <p>https://www.youtube.com/watch?v=LpJKq9VTTb4</p>
<p>Week 4</p>	<p><u>Nike Training :</u></p> <p>Core Crunch– 15min</p> <p>Focus: Core conditioning, Lower Body, Endurance.... OR</p> <p><u>Cardio workouts:</u> https://www.youtube.com/watch?v=xEoCXW09-pk</p> <p>https://www.youtube.com/watch?v=CYD7f5b_qj4</p>
<p>Week 5</p>	<p><u>Nike Training :</u></p> <p>Activation Station- 15min</p> <p>Focus: Increase metabolism, Legs, Lower Body Endurance, Overall Fitness.... OR</p> <p><u>Pilates</u></p> <p>https://www.youtube.com/watch?v=xEoCXW09-pk</p> <p>20 m beginner work out- https://www.youtube.com/watch?v=K-</p>



Physical Activity Task	
<p>Week 6</p>	<p><u>Nike Training :</u></p> <p>Gravity Grinder-15mins</p> <p>Focus: Core stability, Movement, Total Body Strength....OR</p> <p><u>Playlist workouts</u></p> <p>https://www.youtube.com/watch?v=LpJKq9VTtb4&list=PLSCcAGyv98idtpf9ieOEyWtpVXgnLxvZt</p>
<p>Week 7</p>	<p><u>Nike Training :</u></p> <p>Trunk and Branches– 15mins</p> <p>Focus: Full Body Strength, Increase Metabolism, Shoulders, Upper Body Strength</p> <p>20 m beginner work out- https://www.youtube.com/watch?v=K-PpDkbcNGo</p>
<p>Week 8</p>	<p><u>Nike Training :</u></p> <p>HIT Challenge– 20 mins</p> <p>Focus: Calorie Burn, Conditioning, Full Body Endurance, Functional Strength, Overall Fitness</p> <p><u>Pilates</u></p> <p>https://www.youtube.com/watch?v=xEoCXW09-pk</p>
<p>Week 9</p>	<p><u>Nike Training :</u></p> <p>Upper Body Core Blend</p> <p>Focus: Core, Upper Body Strength OR.....</p> <p><u>Leg Work Outs</u></p> <p>https://www.youtube.com/watch?v=mO7jBtyl9XE</p>
<p>Week 10</p>	<p><u>Nike Training :</u></p> <p>Yoga Ready– 18 mins</p> <p>Focus: Active Recovery, Mobility, Movement Quality, Running Recovery OR.....</p> <p><u>Cardio workouts</u></p> <p>https://www.youtube.com/watch?v=xEoCXW09-pk</p>



Physical Activity Task	
<p>Week 11</p>	<p>Nike Training :</p> <p>Go, Rest Repeat– 30mins</p> <p>Focus: Active recovery, Core Strength, Full Body Endurance, Mobility OR.....</p> <p><u>Upper body work outs</u></p> <p>https://www.youtube.com/watch?v=CaQO5Fd4PEA</p> 
<p>Week 12</p>	<p>Nike Training :</p> <p>Yoga Ready– 18 mins</p> <p>Focus: Active Recovery, Mobility, Movement Quality, Running Recovery OR.....</p> <p><u>Leg Work Outs</u></p> <p>https://www.youtube.com/watch?v=mO7jBtvl9XE</p> 
<p>Week 13</p>	<p>Nike Training :</p> <p>Brilliant Speed– 15mins</p> <p>Focus: Agility, Lower Body Endurance, Quickness, Sport Performance</p> <p><u>Core workouts</u></p> <p>https://www.youtube.com/watch?v=LpJkq9VTTb4</p> 

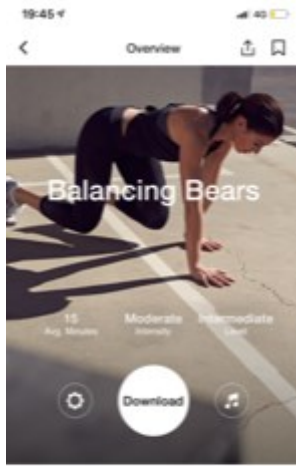


Good For

Core • Increase Metabolism • Lower Body Power • Upper Body Power

Equipment

None

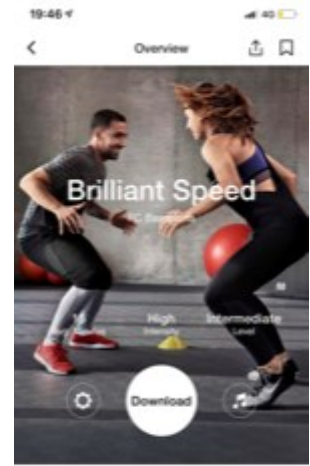


Good For

Full Body Strength • Hip Strength • Lower Body Strength • Movement Quality

Equipment

None

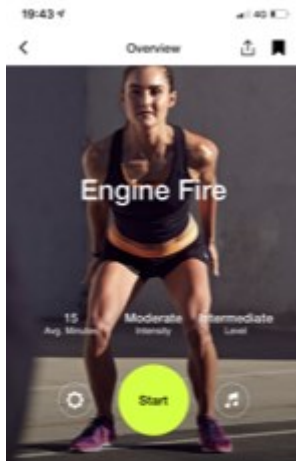


Good For

Agility • Lower Body Endurance • Quickness • Sport Performance

Equipment

Open Space

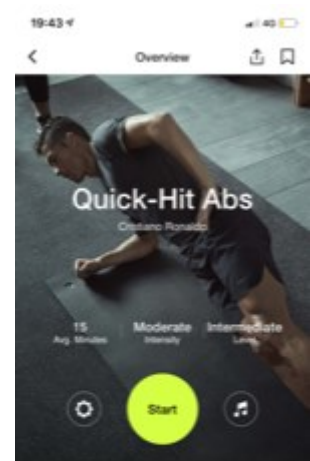


Good For

Legs • Lower Body Power • Lower Body Strength • Muscular Endurance

Equipment

Open Space

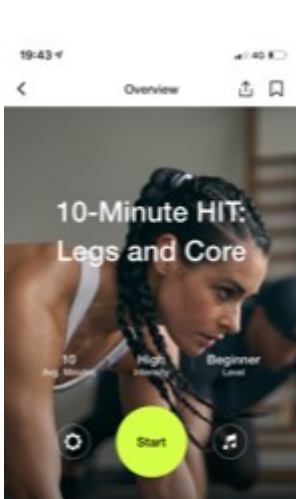


Good For

Abs • Core Strength

Equipment

None

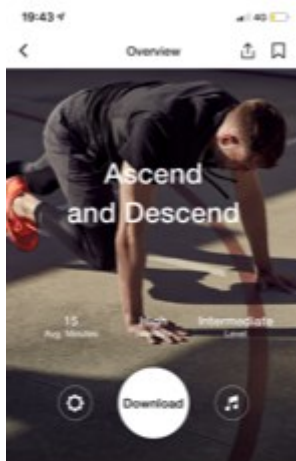


Good For

Cardiovascular Fitness • Core • Lower Body Endurance • Shoulders

Equipment

None



Good For

Cardiovascular Fitness • Core • Lower Body Strength • Total Body Endurance

Equipment

Open Space