

If you are unable to attend school, but are feeling fit and well, we would like you to do the following:

30 minutes aerobic/ cardiovascular activity:

This could be running/ swimming/ cycling in a safe environment near your home. If you're unsure of what to do, you could follow one of the links below:

Running

https://www.youtube.com/watch?v=A8HC4rnQX_k

https://www.youtube.com/watch?v=ioELqxr-Q_w

Swimming

<https://www.youtube.com/watch?v=megCSTJxSPs>

https://www.youtube.com/watch?v=CpCGQig8_iw

30 minutes strength and conditioning/ flexibility:

This could be a HIIT session/ core workout/ yoga session. You could choose one of the links below:

<https://www.youtube.com/user/thebodycoach1>

<https://youtu.be/Yzm3fA2HhkQ>

<https://www.corepoweryoga.com/yoga-on-demand>

<https://www.youtube.com/watch?v=qPL49XK8vEw>

Remember to **log your workout on the mimove app: <https://mimoveapp.com/>** This will allow your teacher to check what you have been up to and reward you appropriately.

Extension:

1. Name the **skills** and explain the **rules** and **strategy** for the sport you are currently doing in your PE lessons. This might be badminton/ rugby/ netball/ hockey/ tennis/ basketball/ swimming/ athletics/ football. If you're not sure, choose on you are most interested in.