

<b>Week</b>	<b>Task 1</b>	<b>Task 2</b>	<b>Task 3</b>	<b>Task 4</b>
<b>Beginning</b>				
<b>23<sup>rd</sup> March</b>	<b>NetFlex selection link below:</b> <a href="https://sharelearn.nteach.com/wp-content/uploads/youzer/Netflex-Board-at-home-PE-board-1.pdf">https://sharelearn.nteach.com/wp-content/uploads/youzer/Netflex-Board-at-home-PE-board-1.pdf</a>	<b>Pilates 30 mins</b> <a href="https://youtu.be/ObCDRGuXGUA">https://youtu.be/ObCDRGuXGUA</a>	<b>HIIT Workout.</b> <a href="https://www.youtube.com/watch?v=cAlNihyvQzc&amp;list=PLiQyPKgbtKzeD3c32UoDMTrVoE8bcbPYM">https://www.youtube.com/watch?v=cAlNihyvQzc&amp;list=PLiQyPKgbtKzeD3c32UoDMTrVoE8bcbPYM</a>	<b>Ross Edgley- Great British swim episode 1:</b> <a href="https://www.youtube.com/playlist?list=PLnuF8iyXggLF3H8LKuJ6l83zVQN5idHzy">https://www.youtube.com/playlist?list=PLnuF8iyXggLF3H8LKuJ6l83zVQN5idHzy</a>
<b>30<sup>th</sup> March</b>	<b>NetFlex selection link below:</b> <a href="https://sharelearn.nteach.com/wp-content/uploads/youzer/Netflex-Board-at-home-PE-board-1.pdf">https://sharelearn.nteach.com/wp-content/uploads/youzer/Netflex-Board-at-home-PE-board-1.pdf</a>	<b>HIIT workout 20 mins</b> <a href="https://youtu.be/fHfTCd2q-rg">https://youtu.be/fHfTCd2q-rg</a>	<b>Full body HIIT session.</b> <a href="https://www.youtube.com/watch?v=8tRI-mNe-9w">https://www.youtube.com/watch?v=8tRI-mNe-9w</a>	<b>Ross Edgley- Great British swim episode 2:</b> <a href="https://www.youtube.com/playlist?list=PLnuF8iyXggLF3H8LKuJ6l83zVQN5idHzy">https://www.youtube.com/playlist?list=PLnuF8iyXggLF3H8LKuJ6l83zVQN5idHzy</a>
<b>6<sup>th</sup> April</b>	<b>NetFlex selection link below:</b> <a href="https://sharelearn.nteach.com/wp-content/uploads/youzer/Netflex-Board-at-home-PE-board-1.pdf">https://sharelearn.nteach.com/wp-content/uploads/youzer/Netflex-Board-at-home-PE-board-1.pdf</a>	<b>intermediate cardio 30 mins</b> <a href="https://youtu.be/Ba3qZjzPonI">https://youtu.be/Ba3qZjzPonI</a>	<b>Legs/bums/thighs:</b> <a href="https://www.youtube.com/watch?v=aCa8R9II8F0">https://www.youtube.com/watch?v=aCa8R9II8F0</a>	<b>Ross Edgley- Great British swim episode 3:</b> <a href="https://www.youtube.com/playlist?list=PLnuF8iyXggLF3H8LKuJ6l83zVQN5idHzy">https://www.youtube.com/playlist?list=PLnuF8iyXggLF3H8LKuJ6l83zVQN5idHzy</a>
<b>13<sup>th</sup> April</b>	<b>NetFlex selection link below:</b> <a href="https://sharelearn.nteach.com/wp-content/uploads/youzer/Netflex-Board-at-home-PE-board-1.pdf">https://sharelearn.nteach.com/wp-content/uploads/youzer/Netflex-Board-at-home-PE-board-1.pdf</a>	<b>cardio 30 mins</b> <a href="https://youtu.be/ZMO_XC9w7Lw">https://youtu.be/ZMO_XC9w7Lw</a>	<b>Low Impact</b> <a href="https://www.youtube.com/watch?v=gC_L9qAHVJ8">https://www.youtube.com/watch?v=gC_L9qAHVJ8</a>	<b>Ross Edgley- Great British swim episode 4:</b> <a href="https://www.youtube.com/playlist?list=PLnuF8iyXggLF3H8LKuJ6l83zVQN5idHzy">https://www.youtube.com/playlist?list=PLnuF8iyXggLF3H8LKuJ6l83zVQN5idHzy</a>

<p><b>20<sup>th</sup> April</b></p>	<p><b>NetFlex selection link below:</b></p> <p><a href="https://sharelearn.teach.com/wp-content/uploads/youzer/Netflex-Board-at-home-PE-board-1.pdf">https://sharelearn.teach.com/wp-content/uploads/youzer/Netflex-Board-at-home-PE-board-1.pdf</a></p>	<p><b>Zumba 30 mins</b></p> <p><a href="https://youtu.be/9xVARu14G4A">https://youtu.be/9xVARu14G4A</a></p>	<p><b>Strength</b></p> <p><a href="https://www.youtube.com/watch?v=vI1Yf-MBczI">https://www.youtube.com/watch?v=vI1Yf-MBczI</a></p>	<p><b>Ross Edgley- Great British swim episode 5:</b></p> <p><a href="https://www.youtube.com/playlist?list=PLnuF8iyXggLF3H8LKuJ6I83zVQN5idHzy">https://www.youtube.com/playlist?list=PLnuF8iyXggLF3H8LKuJ6I83zVQN5idHzy</a></p>
<p><b>27<sup>th</sup> April</b></p>	<p><b>NetFlex selection link below:</b></p> <p><a href="https://sharelearn.teach.com/wp-content/uploads/youzer/Netflex-Board-at-home-PE-board-1.pdf">https://sharelearn.teach.com/wp-content/uploads/youzer/Netflex-Board-at-home-PE-board-1.pdf</a></p>	<p><b>dance and cardio kickboxing - 30 mins</b></p> <p><a href="https://youtu.be/EcqYeThduWk">https://youtu.be/EcqYeThduWk</a> -</p>	<p><b>Pilates</b></p> <p><a href="https://www.youtube.com/watch?v=K-PpDkbcNGo">https://www.youtube.com/watch?v=K-PpDkbcNGo</a></p>	<p><b>Ross Edgley- Great British swim episode 6:</b></p> <p><a href="https://www.youtube.com/playlist?list=PLnuF8iyXggLF3H8LKuJ6I83zVQN5idHzy">https://www.youtube.com/playlist?list=PLnuF8iyXggLF3H8LKuJ6I83zVQN5idHzy</a></p>