

Core PE – Keep Fit!

During school closure it is vital that we all keep as fit and as active as possible.

Here are some links/suggestions that you may wish to use:

If you wish to know more about why it's important to keep fit, visit the BBC Bitesize page

<https://www.bbc.co.uk/bitesize/guides/zxd4wxs/revision/1>

Workouts recommended by the NHS

<https://www.nhs.uk/live-well/exercise/>

Joe Wicks – The Body Coach – 30 minute 9am daily workout

<https://www.thebodycoach.com/blog/body-coach-schools-fitness-week-is-back-165.html>

Just Dance – a great way to keep fit whilst perfecting your dance moves

https://www.youtube.com/results?search_query=just+dance

Refitrev – Dance style workouts

<https://www.youtube.com/channel/UC8BflqjX7NsnTkO9GwUJITg>

Fitness Blender – short workout videos targeted at muscles groups / HIIT

<https://www.fitnessblender.com/>

LesMills – body combat style workouts

<https://www.lesmills.com/uk/>

Coachmag – strength and conditioning home workouts

<https://www.coachmag.co.uk/workouts/home-workouts>

Mens Health – a variety of home workouts to burn the calories

<https://www.menshealth.com/uk/workouts/g30417685/bodyweight-home-workout/>

