



PE at home - useful links

The Body Coach TV – Joe Wicks YouTube Channel

Online PE every morning at 9.00am

- <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>

Couch to 5K

A progressive plan that will help anyone improve their running. Particularly helpful for beginners!

- <https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/>

No equipment needed HIIT Workout

30-minute HIIT Cardio workout and abs at home

- https://www.youtube.com/watch?v=bdCX8Nb_2Mg
- <https://www.youtube.com/watch?v=ml6cT4AZdql>
- <https://www.youtube.com/watch?v=vl1Yf-MBczl>
- <https://www.youtube.com/watch?v=tmMaD3Tjf88>

Simple yoga for 11-13

20-minute yoga for stress relief

<https://www.youtube.com/watch?v=dogNpG2XVSE>