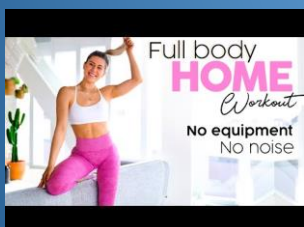
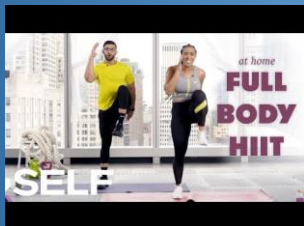


PE Remote learning

Workout Videos



Sports of the Week



Weekly Challenge



Circuit of the Week

 A thumbnail for a workout video titled "SPELL YOUR NAME WORKOUT" featuring a person in a plank position.

the Y

SPELL YOUR NAME WORKOUT

Create a unique routine using your full name.

A 10 Jump Squats	N 30 Crunches
B 25 Crunches	O 15 Plank Jacks
C 10 Burpees	P 10 Star Jumps
D 1-Minute Plank	Q 15 Burpees
E 20 Push-Ups	R 30-Second Side Planks
F 15 Jumping Jacks	S 15 High Knees
G 20 Lunges (10 Each Leg)	T 30 Lunges (15 Each Leg)
H 10 Full Sit-Ups	U 20 Jump Squats
I 1-Minute Wall Sit	V 30 Bicycles
J 20 Oblique Crunches	W 30-Second Wall Sit
K 12 Star Jumps	X 20 Squats
L 15 Sumo Squats	Y 15 Push-Ups
M 15 Tricep Dips	Z 20 Tricep Dips

TikTok Workout



Staying active is important through this difficult period of isolation.

PE Remote learning

Y7

Y8

Y9

Y10

Y11

2x videos of
your choosing

2x videos of
your choosing

2x videos of
your choosing

**2x videos/
challenges** of
your choosing

**2x videos/
challenges** of
your choosing

**Weekly
Challenge**

**Weekly
Challenge**

**Weekly
Challenge**

**Circuit of the
week**

**Circuit of the
week**

Staying active is important through this difficult period of isolation.