**Please complete a selection of the practical activities below. These are all suitable for home based practical activity**

|  |  |
| --- | --- |
| **Year group** | **Tasks** |
| **All years** | **You Tube - Joe Wicks**  *This is the link for his YouTube channel:*  [*https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ*](https://www.youtube.com/channel/UCAxW1XT0iEJo0TYlRfn6rYQ)  **YouTube – BeFit**  If you fancy something a little more ‘hardcore’ try BeFit on YouTube. They have 3 million subscribers worldwide and offer more advanced workouts that can be completed from home. A real test for even the fittest members of our community.  *Here is a link to one of their most popular YouTube videos:*  [*https://www.youtube.com/watch?v=lvlEj3VyqAg*](https://www.youtube.com/watch?v=lvlEj3VyqAg)  **Smart Phone App – Nike Training Club**  Nike training Club is a free app that is suitable for all ages and all levels of fitness. It has over 100 workouts that can be completed with no equipment whatsoever. The app itself It has an excellent layout and has a great filter function that filters workouts by ability, time, body part etc making your desired workout easy to find. |

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