

## PE Lessons - remote learning provision

During your timetabled PE lessons please complete a fitness workout from any of the sources below.

Please note: Images contain hyperlinks to sites



Work out at home for free. Includes hundreds of professional workouts. You can specify the equipment you have available at home (including none), the difficulty, the training type and the body focus depending on experience and what students or parents would like to exercise.

### DAREBEE

Another excellent website with lots of free individual workouts along with some programs with daily challenges for a more prolonged period of time.

### NETFLEX:

Has a variety of easily accessible workouts, just click on one to give them a try.

## THE BODYCOACH

The BodyCoachTV will post weekly HiIT workouts and daily PE lessons.



NHS Active 10 App is a free tracker app that takes away the guesswork. It shows how much brisk walking you're doing and how you can do more. It's easy to use and helps you set your goals for the day.