



NUSA

NUSA PE

99% Match

2020



Season 1

Top picks for NUSA



Joe Wicks The Body Coach
<https://www.youtube.com/watch?v=tXOZS3AKKOW>



Football Skills Challenge
<https://www.youtube.com/watch?v=ubAXTSiPbuE>



Netball Fitness Session
<https://www.youtube.com/watch?v=fWP35pkmlw>



Yoga
<https://www.youtube.com/watch?v=xVifQow87b4>



Just Dance
https://www.youtube.com/watch?v=gCzgc_RelBA&t=3s

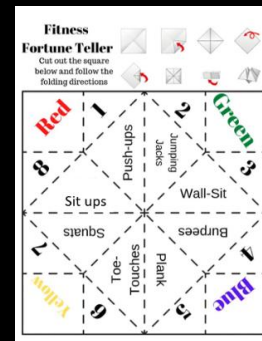
New releases



Flappy Bird Challenge
https://twitter.com/robby_fabry/status/1251963011977207809?s=12



Beat a Teacher 5k Challenge!
https://www.nusa.org.uk/page.php?d=pe&p=core_pe



Fitness Fortune Teller
https://www.nusa.org.uk/page.php?d=pe&p=core_pe

You should be aiming for 1 episode of physical activity a day of at least 30 minutes.

Try to mix up your playlist!

NETFLEX

