



NUSA

# NUSA PE

99% Match

2020



Season 2

## Top picks for NUSA



**Joe Wicks 20 minute HIIT**  
<https://www.youtube.com/watch?v=btxdIZ0O7OA&feature=youtu.be>



**Football Fitness Circuit**  
[https://www.nusa.org.uk/page.php?d=pe&p=core\\_pe](https://www.nusa.org.uk/page.php?d=pe&p=core_pe)



**Netball Dance Challenge!**  
[https://www.youtube.com/watch?v=LvnHNA\\_EBjw](https://www.youtube.com/watch?v=LvnHNA_EBjw)



**Yoga for beginners**  
<https://www.youtube.com/watch?v=v7AYKMP6rOE&t=11s>



**2k and 5k Challenge!**  
[https://www.nusa.org.uk/page.php?d=pe&p=core\\_pe](https://www.nusa.org.uk/page.php?d=pe&p=core_pe)

## New releases



**Athletics Agility Challenge**  
<https://www.facebook.com/watch/?v=820464791775707>



**Cha Cha Slide Challenge**  
[https://www.youtube.com/watch?v=x\\_YFkVSp34s](https://www.youtube.com/watch?v=x_YFkVSp34s)



**60 Second Speed Bounce Challenge**  
[https://www.nusa.org.uk/page.php?d=pe&p=core\\_pe](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

