



NUSA

# NUSA PE

99% Match

2020



Season 3

## Top picks for NUSA



**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)



**Flip a coin Joe Wicks workout**

<https://www.youtube.com/watch?v=TGyxNeS8e8k&feature=youtu.be>



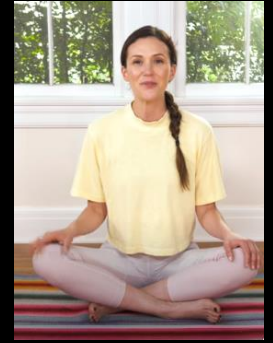
**Jesse Lingard workout**

<https://www.bbc.co.uk/sport/av/52480996>



**Netball Workout (use any ball)**

[https://www.youtube.com/watch?v=KvNtC\\_ADiAc](https://www.youtube.com/watch?v=KvNtC_ADiAc)



**Yoga to feel your best**

<https://www.youtube.com/watch?v=BPK9WNtpBgk>

## New releases



**Football Chip Challenge**

<https://www.youtube.com/watch?v=J3MT-NgmeSI>



**Juggling Challenge (you could use socks)**

<https://www.youtube.com/watch?v=kCt1bmSASCI>



**Black Panther Workout**

<https://www.youtube.com/watch?v=9SDWARXm4mA&feature=youtu.be>

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

Try to mix up your playlist!

# NETFLEX

