



NUSA

NUSA PE

99% Match

2020



Season 4

Top picks for NUSA



2k and 5k Challenge!

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



Joe Wicks cardio and core HIIT

<https://www.youtube.com/watch?v=b5CEILK8kJA&feature=youtu.be>



Netball Workout (use any ball)

<https://www.youtube.com/watch?v=evY3nIOfOJs>



Football Control Challenge

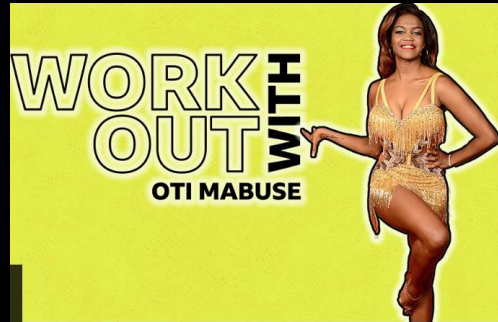
<https://www.youtube.com/watch?v=YnLPRVWTwvc>



Catching Challenges (Use any ball)

<https://www.facebook.com/watch/?v=578894812731069>

New releases



Dance with Oti from Strictly

<https://www.bbc.co.uk/sport/av/52654728>



60 Second Balloon Challenge

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



Balloon Extension (use tins, cereal boxes, plastic cups, socks for markers)

<https://www.youtube.com/watch?v=fn4xj5EdjDU>

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

Try to mix up your playlist!

NETFLEX

