



NUSA

NUSA PE

99% Match

2020



Season 5

Top picks for NUSA



2k and 5k Challenge!

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



7 days of sweat challenge

<https://www.youtube.com/playlist?list=PLyCLOPd4VxBsbpNdYQH1K5nFhaPYyhFDz&app=desktop>



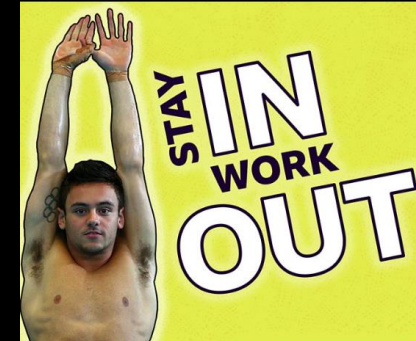
Athletics 5m sprint challenge

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



Football dribbling skills

<https://www.youtube.com/watch?v=jwIHc9rz7yo>



Tom Daley strength workout

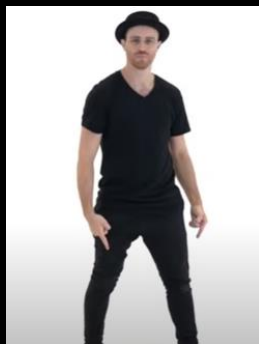
<https://www.bbc.co.uk/sport/av/52287608>

New releases



Bear crawl challenge!

<https://www.youtube.com/watch?v=-z6cY2PM11s&feature=youtu.be>



Cha Cha Slide Dance

<https://www.youtube.com/watch?v=l1gMUbEAUFw>



Catching challenges (use any ball)

1 <https://www.youtube.com/watch?v=ApHPJgTjdlQ&list=PLZ54tvIuzHCbTMbGnFY7akz7KWG1L9qZH&index=5>
2 <https://www.youtube.com/watch?v=JRGHlQ8VmY&list=PLZ54tvIuzHCbTMbGnFY7akz7KWG1L9qZH&index=3>

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

Try to mix up your playlist!

NETFLEX

