

KS3 PE Newsletter: Easter Holidays Edition

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NETFLIX

Watch



Eddie the Eagle (PG)
Bethany Hamilton:
Unstoppable (U)
Ronaldo (PG)
The Miracle Season (PG)
Coach Carter (12)

Invincible (PG)
Miracle IPG)
McFarland, USA (PG)
Glory Road (PG)



Over the Edge (series) (PG)

Just Dance – Scan the QR codes!

OutKast – Hey Ya! (singles)

Black Eyed Peas – I Gotta Feeling
(doubles)

Aqua – Barbie Girl (doubles)

Shakira – Waka Waka (family)



Home Fitness Challenges!

Test your fitness by taking on these home challenges – why not take on your friends and family?!

Wall sit: How many seconds can you hold a wall sit for?



Press-ups: how many press-ups can you do in 30 seconds?



Sit-ups: how many sit-ups can you do in 30 seconds?



Plank: how long can you hold the plank position for?



Fun Workout Challenges!

Cupid Shuffle Plank Challenge:

<https://www.youtube.com/watch?v=g6pkTkung9s>

Bring Sally Up Squat Challenge:

<https://www.youtube.com/watch?v=OBLvsBfI5Ks>

Baby Shark Abs Challenge:

<https://www.youtube.com/watch?v=OBLvsBfI5Ks>

Cha-Cha Slide Plank Challenge:

<https://www.youtube.com/watch?v=xYFkVSp34s>



Books and Audiobooks on SORA!

Keeper by Mal Peet

Rugby Warrior by Gerard Siggins

Silent Striker by Pete Kalu

The Trick to Landing by Jenny Kaczorowski

Booked by Kwame Alexander (Audiobook)

