KS3 PE Newsletter: Easter Holidays Edition

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Watch

NETFLIX

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



Over the Edge (series) (PG)

Keeper by Mal Peet

Books and Audiobooks on SORA!

Rugby Warrior by Gerard Siggins

Silent Striker by Pete Kalu



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

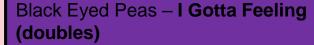


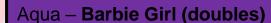




Just Dance - Scan the QR codes!

OutKast – **Hey Ya! (singles)**





Shakira – Waka Waka (family)





SQUAT CHALLENGE





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=g6

okTkung9s

Bring Sally Up Squat Challenge:

https://www.youtube.com/watch?v=C

BLvsBfl5Ks

Baby Shark Abs Challenge:

https://www.youtube.com/watch?v=O

Cha-Cha Slide Plank Challenge:

https://www.youtube.com/watch?v=x /FkVSp34s







