



Online workouts to try!

This is a great website full of different training exercises that you can do at home. You can also pick which body parts you want to work and select a training program to suit you!

Darebee: <https://www.darebee.com/workouts/home-alone-workout.html>

This is a great site available through YouTube. It has lots of free workouts on there and you can search the sort of workout you are looking for. They have LOTS of different sessions you can try.

Fitness blender: https://www.youtube.com/channel/UCiP6wD_tYIYLYh3agzbByWQ

Again this is through YouTube. He does superhero workout which are a bit of fun and something different.

Glenn Higgins fitness: <https://www.youtube.com/user/Glennhigginsfitness>

Yoga

Intermediate power yoga 30 minutes: https://www.youtube.com/watch?v=S9p5yhE6_fk

Beginners 20min full body yoga stretch and relax: https://www.youtube.com/watch?v=sTANio_2EQQ

Body combat

44min Les Mills Body Combat workout: <https://www.youtube.com/watch?v=xbABGepKT2o>

Body attack

30 minute cardio/ aerobic workout: https://www.youtube.com/watch?v=t3LfBbJ_R8w

Full body workout

60 minute full body workout: https://www.youtube.com/watch?v=s3F6R92s6_o

5 minute quick blast of exercise! HIIT style workout and you can repeat the whole workout as many times as you like: <https://www.youtube.com/watch?v=j57HMjVM7Is>

Joe Wicks HIIT workouts

Lots of awesome 30 minute workouts here:

https://www.youtube.com/results?search_query=joe+wicks+workouts

Dance

Oti Mabuse from Strictly Come Dancing has put lots of dance routine on YouTube for you to have a go at! <https://www.youtube.com/watch?v=GZuEnbSwOto>

Fun hip hop workout: <https://www.youtube.com/watch?v=ZWk19OVon2k>



Football (if you have a ball)

Ball footwork skills. Quite tricky but you can slow the drills down to make it easier for you:

https://www.youtube.com/watch?v=U3N_qXaqrtl

Dribbling drills in a small space: <https://www.youtube.com/watch?v=oC9NIqqX5Tw>

These links will lead you to lots of other football drills you can do in a small space. Use any ball you have does not have to be a football.

Basketball

Basketball: If you have a basketball or playground ball, practice some of the ball handling drills and challenges that we worked on in PE over the last few weeks.

- Ball handling tutorial:
https://www.youtube.com/watch?v=WVcugE_QRG8&feature=youtu.be&t=9
- Ball Handling Drills Follow Along:
<https://www.youtube.com/watch?v=RW6Sneti7JQ&feature=youtu.be&t=9>

If you do not have a basketball try these skills with any ball see if you can make it work!