



Home Learning

WEDNESDAY 15 MARCH 2023

and
THURSDAY 16 MARCH 2023

PE

Year 7

We don't want you sat at a desk / on a screen all day, so why not take an hour to get active using one of the videos below, made by our very own Team PE!

1. [Beckfoot PE HITT training Mr Donlan - YouTube](#)
2. [Beckfoot PE workout Miss Holmes - YouTube](#)
3. [Beckfoot PE upper body home workout Mr Sykes - YouTube](#)
4. [Beckfoot PE - Zumba Miss Lancashire - YouTube](#)
5. [Beckfoot PE Plyometric leg workout Mr Lawal - YouTube](#)
6. [Dance and Aerobics 1 - YouTube](#)
7. [Week 1: balance and co-ordination - YouTube](#)
8. [Upper Body Strength Week 1 - YouTube](#)

Yoga: [Miss Lancashire - Yoga / Pilates - YouTube](#)

Dance & Aerobics: [Mrs Lawal - Dance and Aerobics - YouTube](#)

Upper Body Strength: [Mr. Awan - Upper Body Strength - YouTube](#)

Agility, Balance and Coordination: [Mrs Walshaw - Agility, balance and co-ordination - YouTube](#)

A mixture: [Beckfoot PE home activities - YouTube](#)