

# PE Planner 4 - 17 January

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YEAR 7	Week 1 <i>PE lesson 1</i>	Week 1 <i>PE lesson 2</i>	Week 2 <i>PE lesson 1</i>	Week 2 <i>PE lesson 2</i>
	<p><b>YOGA</b></p> <p>At this uncertain times it is important we look after our bodies and our mind.</p> <p>I follow this yoga workout routine before school most days and it helps set me up for the day with positivity and well being.</p> <p style="text-align: center;"><b>Mrs Brazendale</b></p> <p><b>20 Minute Yoga Flow</b> Yoga To Restart Yourself &amp; Your Day Perfectly.</p> <p>This one with the elephants is my absolute favourite.</p> <p><b>Vinyasa Power Flow</b> 20 Minute Yoga Class, Cambodia Wildlife Sanctuary</p>	<p><b>CORE</b></p> <p>Join in with Karen Haur, Strictly Come Dancing, half an hour on how to strengthen our core.</p> <p><b>LIVE ABSolute Power</b></p>	<p><b>WORKOUT</b></p> <p>Check out Mrs Brazendale’s January workout and join in at home. Click on the link below:</p> <p><b>Mrs Brazendale’s January Workout on You Tube</b></p> <ul style="list-style-type: none"> <li>• Knee to Elbow</li> <li>• Seated Row</li> <li>• Leg Raises</li> <li>• Swim</li> <li>• Shoulder Taps</li> <li>• Lunges</li> </ul>	<p><b>RUN</b></p> <p>5k Challenge. In your PE lessons we have set you up to complete several running and cross country challenges which you worked on last term.</p> <p>Try to set yourself running goals and push yourself to achieve a little more each time.</p> <p>Pick a route you can measure and either go faster or further each time.</p> <p style="text-align: center;"><b>YOU MUST HAVE AN ADULT WITH YOU.</b></p>

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YEAR 8	Week 1 <i>PE lesson 1</i>	Week 1 <i>PE lesson 2</i>	Week 2 <i>PE lesson 1</i>	Week 2 <i>PE lesson 2</i>
	<p><b>RUN</b></p> <p>5k Challenge. In your PE lessons we have set you up to complete several running and cross country challenges which you worked on last term.</p> <p>Try to set yourself running goals and push yourself to achieve a little more each time.</p> <p>Pick a route you can measure and either go faster or further each time.</p> <p><b>YOU MUST HAVE AN ADULT WITH YOU.</b></p>	<p><b>YOGA</b></p> <p>At this uncertain times it is important we look after our bodies and our mind.</p> <p>I follow this yoga workout routine before school most days and it helps set me up for the day with positivity and well being. <b>Mrs Brazendale</b></p> <p><b>20 Minute Yoga Flow</b> Yoga To Restart Yourself &amp; Your Day Perfectly.</p> <p><b>Vinyasa Power Flow</b> 20 Minute Yoga Class, Cambodia Wildlife Sanctuary This one with the elephants is my absolute favourite.</p>	<p><b>CORE</b></p> <p>Join Karen Haur, from Strictly Come Dancing, for a half an hour on how to strengthen our core.</p> <p><b>LIVE ABSolute Power</b></p>	<p><b>WORKOUT</b></p> <p>Check out Mrs Brazendale's January workout and join in at home. Click on the link below:</p> <p><b>Mrs Brazendale's January Workout on You Tube</b></p> <ul style="list-style-type: none"> <li>• Knee to Elbow</li> <li>• Seated Row</li> <li>• Leg Raises</li> <li>• Swim</li> <li>• Shoulder Taps</li> <li>• Lunges</li> </ul>

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YEAR 9	Week 1 <i>PE lesson 1</i>	Week 1 <i>PE lesson 2</i>	Week 2 <i>PE lesson 1</i>	Week 2 <i>PE lesson 2</i>
	<p><b>WORKOUT</b></p> <p>Check out Mrs Brazendale’s January workout and join in at home. Click on the link below:</p> <p><b>Mrs Brazendale’s January Workout on You Tube</b></p> <ul style="list-style-type: none"> <li>• Knee to Elbow</li> <li>• Seated Row</li> <li>• Leg Raises</li> <li>• Swim</li> <li>• Shoulder Taps</li> <li>• Lunges</li> </ul>	<p><b>RUN</b></p> <p>5k Challenge. In your PE lessons we have set you up to complete several running and cross country challenges which you worked on last term.</p> <p>Try to set yourself running goals and push yourself to achieve a little more each time.</p> <p>Pick a route you can measure and either go faster or further each time.</p> <p><b>YOU MUST HAVE AN ADULT WITH YOU.</b></p>	<p><b>YOGA</b></p> <p>At this uncertain times it is important we look after our bodies and our mind.</p> <p>I follow this yoga workout routine before school most days and it helps set me up for the day with positivity and well being.</p> <p><b>Mrs Brazendale</b></p> <p><b>20 Minute Yoga Flow</b> Yoga To Restart Yourself &amp; Your Day Perfectly.</p> <p><b>Vinyasa Power Flow</b> 20 Minute Yoga Class, Cambodia Wildlife Sanctuary This one with the elephants is my absolute favourite.</p>	<p><b>CORE</b></p> <p>Join Karen Haur, from Strictly Come Dancing, for a half an hour on how to strengthen our core.</p> <p><b>LIVE ABSolute Power</b></p>

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YEAR 10	Week 1 <i>PE lesson 1</i>	Week 1 <i>PE lesson 2</i>	Week 2 <i>PE lesson 1</i>	Week 2 <i>PE lesson 2</i>
	<p><b>CORE</b></p> <p>Join Karen Haur, from Strictly Come Dancing, for a half an hour on how to strengthen our core.</p> <p><b>LIVE ABSolute Power</b></p>	<p><b>WORKOUT</b></p> <p>Check out Mrs Brazendale’s January workout and join in at home. Click on the link below:</p> <p><b>Mrs Brazendale’s January Workout on You Tube</b></p> <ul style="list-style-type: none"> <li>• Knee to Elbow</li> <li>• Seated Row</li> <li>• Leg Raises</li> <li>• Swim</li> <li>• Shoulder Taps</li> <li>• Lunges</li> </ul>	<p><b>RUN</b></p> <p>5k Challenge. In your PE lessons we have set you up to complete several running and cross country challenges which you worked on last term.</p> <p>Try to set yourself running goals and push yourself to achieve a little more each time.</p> <p>Pick a route you can measure and either go faster or further each time.</p> <p><b>YOU MUST HAVE AN ADULT WITH YOU.</b></p>	<p><b>YOGA</b></p> <p>At this uncertain times it is important we look after our bodies and our mind.</p> <p>I follow this yoga workout routine before school most days and it helps set me up for the day with positivity and well being.</p> <p><b>Mrs Brazendale</b></p> <p><b>20 Minute Yoga Flow</b> Yoga To Restart Yourself &amp; Your Day Perfectly.</p> <p><b>Vinyasa Power Flow</b> 20 Minute Yoga Class, Cambodia Wildlife Sanctuary This one with the elephants is my absolute favourite.</p>

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	<p><b>YOGA</b></p> <p>At this uncertain times it is important we look after our bodies and our mind.</p> <p>I follow this yoga workout routine before school most days and it helps set me up for the day with positivity and well being.</p> <p style="text-align: right;"><b>Mrs Brazendale</b></p> <p><b>20 Minute Yoga Flow</b> Yoga To Restart Yourself &amp; Your Day Perfectly.</p> <p><b>Vinyasa Power Flow</b> 20 Minute Yoga Class, Cambodia Wildlife Sanctuary This one with the elephants is my absolute favourite.</p>	<p><b>CORE</b></p> <p>Join Karen Haur, from Strictly Come Dancing, for a half an hour on how to strengthen our core.</p> <p><b>LIVE ABSolute Power</b></p>	<p><b>WORKOUT</b></p> <p>Check out Mrs Brazendale’s January workout and join in at home. Click on the link below:</p> <p><b>Mrs Brazendale’s January Workout on You Tube</b></p> <ul style="list-style-type: none"> <li>• Knee to Elbow</li> <li>• Seated Row</li> <li>• Leg Raises</li> <li>• Swim</li> <li>• Shoulder Taps</li> <li>• Lunges</li> </ul>	<p><b>RUN</b></p> <p>5k Challenge. In your PE lessons we have set you up to complete several running and cross country challenges which you worked on last term.</p> <p>Try to set yourself running goals and push yourself to achieve a little more each time.</p> <p>Pick a route you can measure and either go faster or further each time.</p> <p style="text-align: center;"><b>YOU MUST HAVE AN ADULT WITH YOU.</b></p>

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