PE Practical Tasks

Remember these are not compulsory. As long as you are doing at least 60mins activity each day you are meeting our expectations. Ensure any activity you do is recorded on your activity diary. Good Luck!

**10-minute home cardio workout-Exercise**

<https://www.nhs.uk/live-well/exercise/10-minute-home-cardio-workout/>

<https://www.nhs.uk/live-well/exercise/10-minute-workouts/>

# Fitness Studio exercise videos

<https://www.nhs.uk/conditions/nhs-fitness-studio/>

# 30-Minute Dance and Cardio Kickboxing Workout

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