

Physical Activity Ideas for Mayfield Secondary Students

All PE students – During this difficult time if you must isolate for any period it is important to exercise indoors for your physical and mental health. Listed below are several YouTube videos that can get you started on an area of interest. All have additional links that you can follow for extended activities and other sessions.

Enjoy 😊

Abs Workout – Excellent for your stomach muscles

[6 Pack ABS workout for kids and teens /10 min.kids exercises at home 🇨🇦 Sport pour enfants à la maison - YouTube](#)

HIIT Training – For Able students who want a really good work out

[30-Minute HIIT Cardio Workout with Warm Up - No Equipment at Home | SELF - YouTube](#)

Yoga for Beginners

[Yoga For Complete Beginners - 20 Minute Home Yoga Workout! - YouTube](#)

Pilates for beginners

[Total Body Pilates! 20 Minute Tone & Shape, Legs, Butt, Abs, Beginners Home Workout, Flexib - YouTube](#)

Dance Work Out – For those with loads of energy

[15 MIN DANCE PARTY WORKOUT - Full Body/No Equipment - YouTube](#)

Stairs Workout

[Stairs Workout \(10 mins\) - YouTube](#)

Plank Workout

[INTENSE Total Plank Workout - 8 minutes for toned abs and a strong core! - YouTube](#)

Keep your results and email your progress to your PE teacher for reward points.