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In this week's SMWCA PE Challenge, we want you to choose what activities you do each day. Aim for a minimum of 30 mins a day. Select a challenge from any row for that day. Mix it up. Don't forget you can always do daily exercise of walking, running, and biking.

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning workout Live at 9am or catch up anytime	PE with Joe Wicks   https://www.youtube.com/results?search_query=pe+with+joe	PE with Joe Wicks   https://www.youtube.com/results?search_query=pe+with+joe	PE with Joe Wicks   https://www.youtube.com/results?search_query=pe+with+joe	PE with Joe Wicks   https://www.youtube.com/results?search_query=pe+with+joe	PE with Joe Wicks   https://www.youtube.com/results?search_query=pe+with+joe
Fun Challenges	Discus  https://www.youtube.com/watch?v=TYXi-ajjey4&feature=youtu.be	Netball TikTok challenge with England Roses   https://www.youtube.com/watch?v=Ye9zRaBCJIY	King of the cones – set up this fun game and play it  https://www.youtube.com/watch?v=GXN9cYj6eX8&feature=youtu.be	Lockdown Olympics – see attached Powerpoint on Sharepoint 	Lockdown Olympics – see attached Powerpoint on Sharepoint 
Home workouts	Monday workout with Leon Taylor – Olympic Diver   https://www.youtube.com/watch?v=OmQnq87_5qU&feature=youtu.be	Tuesday Workout – Cardio HIIT – Play your own music to this workout  https://www.youtube.com/watch?v=XGtjACeyHtc&feature=youtu.be	Wednesday Workout with Max Whitlock – Olympic Gymnast   https://www.youtube.com/watch?v=9MIJ5dLdEw0&feature=youtu.be	Thursday Workout – play your own music to this workout  https://www.youtube.com/watch?v=xj7TQ6xTjnU&feature=youtu.be	Friday Workout – Cardio Kickboxing with Joseph D  https://www.youtube.com/watch?v=EcqYeThduWk&feature=youtu.be

