











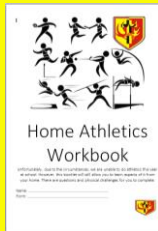
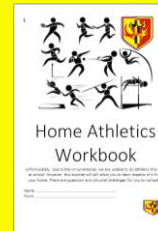

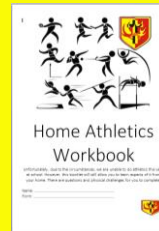
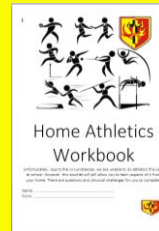
















SMWCA Core PE Weekly Workout



NEW THIS WEEK! Check out our Home Athletics Workbook that has loads of athletic challenges to complete!

	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
Home Athletics workbook – complete 2 pages a day 					
Home workouts    	Les Mills – Hip Hop Vol 1 workout  https://www.youtube.com/watch?v=s9R8gxKLP0	HITT session with Olympian Amy Fuller   https://youtu.be/CAWzP55-ING	25 min Afrobeats workout workout  https://www.youtube.com/watch?v=a9NVJIM8w40	Zumba workout   https://youtu.be/bm4WZyH5p2l	30 min dance workout with Tanju   https://www.youtube.com/watch?v=Hk63JyJ8DFs

