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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
Sports skills	Football lockdown drills  https://youtu.be/mBjRvZNAbg	Netball balls skills for at home  https://youtu.be/mmKwZrD30	Football mastery  https://youtu.be/mBjRvZNAbg	Netball home workout  https://youtu.be/h3fkOOxZur0	Football lockdown training session  https://youtu.be/VnSAmgi4t7M
Home workouts	Yoga with Leon Taylor, Olympic Diver   https://youtu.be/YERXDiPAZlw	HITT session with Olympian Amy Fuller   https://youtu.be/CAWzP55-ING	Cardio kickboxing 30 min no equipment workout   https://youtu.be/6oLg5Ffe5ww	Zumba workout  https://youtu.be/bm4WZyH5p2l	Hip Hop Fit workout  https://youtu.be/ZWk19OVon2k





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