

Core PE

Ideas to keep you Healthy
and Active



Being Active

It is important for your wellbeing to be active and allow you to relieve stress while working from home. The next few slides will have some ideas and links for you to choose from. If you have any recommendations for other links please forward to one of the PE staff.

[Activity Log](#)

PE staff - YouTube videos

[YouTube.com/c/stmartinsschooltv](https://www.youtube.com/c/stmartinsschooltv)



Joe Wicks Video Links

PE with Joe Wicks

<https://www.youtube.com/playlist?list=PLyCLoPd4VxBsXs1WmPceksQyFbXTf9FO>

7 days of Sweat at Home Workouts

<https://www.youtube.com/playlist?list=PLyCLoPd4VxBsbpNdYQH1K5nFhaPYyhFDz>



Home Fat Burners

<https://www.youtube.com/playlist?list=PLyCLoPd4VxBvRUzoyE1MDEBR60d5B4JC>

Couch to 5km

<https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/>

Lots of apps to help you complete this. Such as....

Strava

Map my Run



Yoga

15 min full body daily stretch: https://www.youtube.com/watch?v=g_tea8ZNk5A

20 min, yoga for beginners: <https://www.youtube.com/watch?v=v7AYKMP6rOE>

30 min, low back & hamstring stretch: https://www.youtube.com/watch?v=2xF_teT2_V0

10 min, neck, shoulders & upper back stretch: <https://www.youtube.com/watch?v=X3-gKPNyrTA>

30 min, abs & glute strength focus: https://www.youtube.com/watch?v=S9p5yhE6_fk

30 min, intermediate full body flow: <https://www.youtube.com/watch?v=W-e55pc4ZSk>

40 min intermediate power yoga: <https://www.youtube.com/watch?v=kGWwDA5pYGY>

35 min, intermediate - advanced yoga: https://www.youtube.com/watch?v=6LeKFE_aB4I

60 min, advanced yoga flow: <https://www.youtube.com/watch?v=v6oE5zNbt1c>





Pilates

15 min, gentle pilates for beginners:

<https://www.youtube.com/watch?v=CdjRQ6GG8bA>

20 min, total body pilates for beginners:

<https://www.youtube.com/watch?v=K-PpDkbcNGo>

15 min, pilates for core strength:

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

10 min, advanced pilates workout:

https://www.youtube.com/watch?v=Ott5mXWf_wg

30 min, advanced pilates workout:

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

20 min, intermediate pilates workout:

<https://www.youtube.com/watch?v=1gzT-FZ45i0>

20 min, full body intermediate pilates workout:

<https://www.youtube.com/watch?v=E8ZsurvUGHc>