

NAFLEX



Y7

Y8

Y9

Y10

1

An activity video
of your choosing
per day

An activity video
of your choosing
per day

An activity video
of your choosing
per day

An activity video
of your choosing
per day

2

Make 2 healthy
eating items
from the video

Make 2 healthy
eating items
from the video

Make 2 healthy
eating items
from the video

Any other videos
you may wish to
take part in

3

One 'Our
Bodies' videos

One 'Our
Bodies' videos

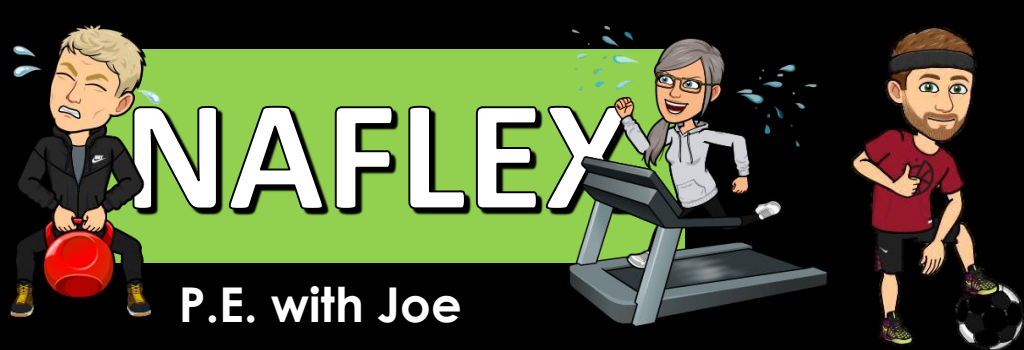
Once you have complete your activities send them into
your teacher on TEAMS, tweet your photos and tag
@NA_Performance or email your teacher

4

Two
Mindfulness
videos per week

Two
Mindfulness
videos per week

Points for your house for each picture sent



Daily physical activity is very important to help keep a healthy mind and body during this difficult time. Click on an image below to try a workout.

Healthy body = healthy mind



P.E. with Joe | Week 1



Fit for Kids | HIIT 2 | Lucy B



P.E. with Joe | Week 3



Fit for Kids | HIIT 3 | Lucy B



P.E. with Joe | Week 5

Superhero workout



Yoga



@NA_Performance

Inspired by @Miss_Wiggin



Daily physical activity is very important to help keep a healthy mind and body during this difficult time. Click on an image below to try a workout.



Healthy body = healthy mind



Fitness fun



PE at home: challenge



@NA_Performance

Inspired by @Miss_Wiggin



Daily physical activity is very important to help keep a healthy mind and body during this difficult time. Click on an image below to try a workout.

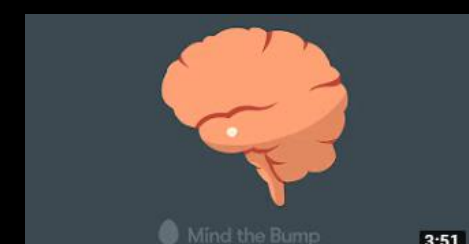
Healthy body = healthy mind



Dance



Mindfulness



@NA_Performance

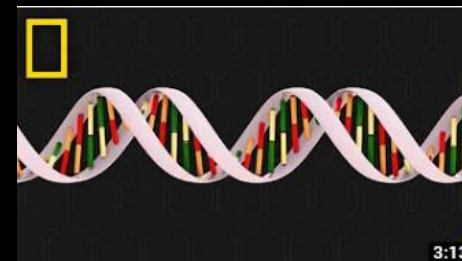
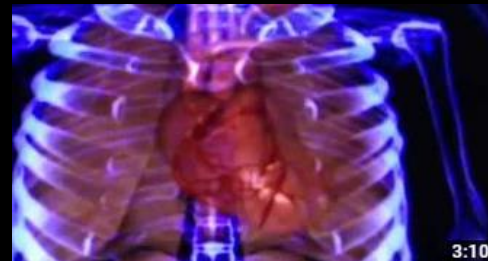
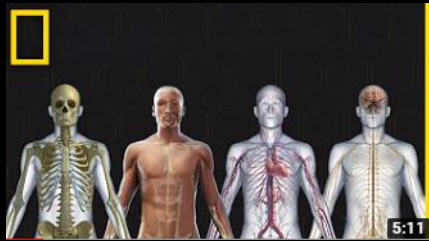
Inspired by @Miss_Wiggin



TikTok / Dance workout



Our bodies



Healthy eating



@NA_Performance

Inspired by @Miss_Wiggin