



Corby Business Academy

Physical Activity- Before and After School; Weekend



Over the course of this week you can attempt any of these activities



Remember to log your minutes at
www.northamptonshiresport.org/lockdown-league



Try to challenge yourself to complete one of the activities from the menu each day.

Instructions:



Activity Choices (click the link)

[Dance](#)

[Pilates](#)

[Yoga](#)

[Sports challenges](#)

[HIIT \(High intensity
interval training\)](#)

[General fitness](#)

[Walking / Running /](#)

[Cycling](#)

[Martial Arts / Boxing](#)

[Jumping Fitness](#)

[Core](#)





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Dance

To play a video select the presentation mode, then click on the title of the video you want to watch and it will bring it up in YouTube so you can watch it in full screen mode



Click here to log
your activity
minutes

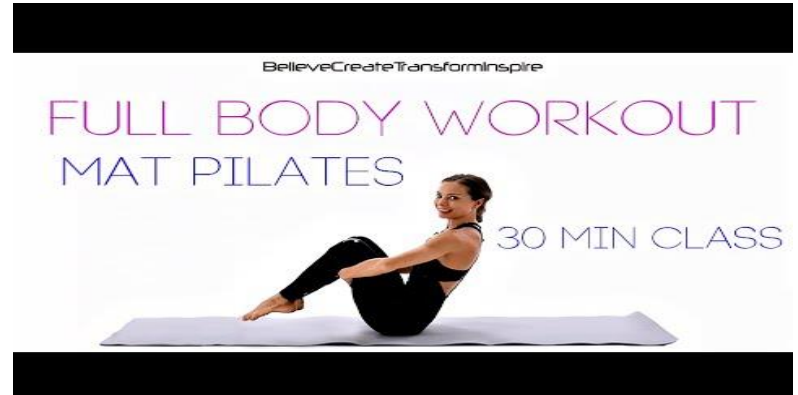




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Pilates



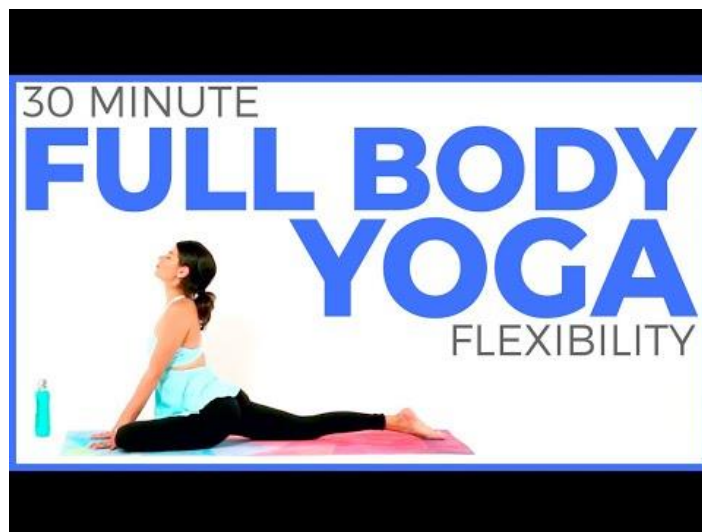
Click here to log
your activity
minutes



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Yoga





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Yoga continued



Click here to log your activity minutes



Sports Challenges – You will need to
complete 8 of these challenges
FOOTBALL





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Sports Challenges

Basketball



Click here to log your activity minutes



Sports Challenges

Random





Sports Challenges random continued





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HIIT



Click here to log your activity minutes



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HIIT



Click here to log your activity minutes

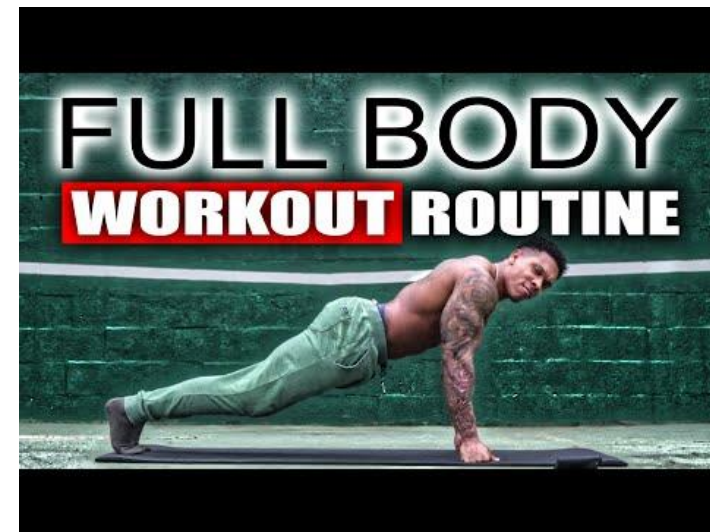
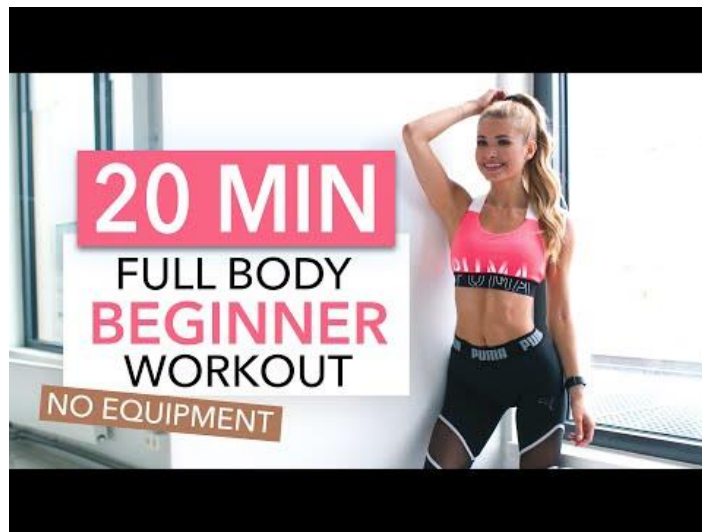


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General fitness

Choose 3





General fitness -



Click here to log your activity minutes



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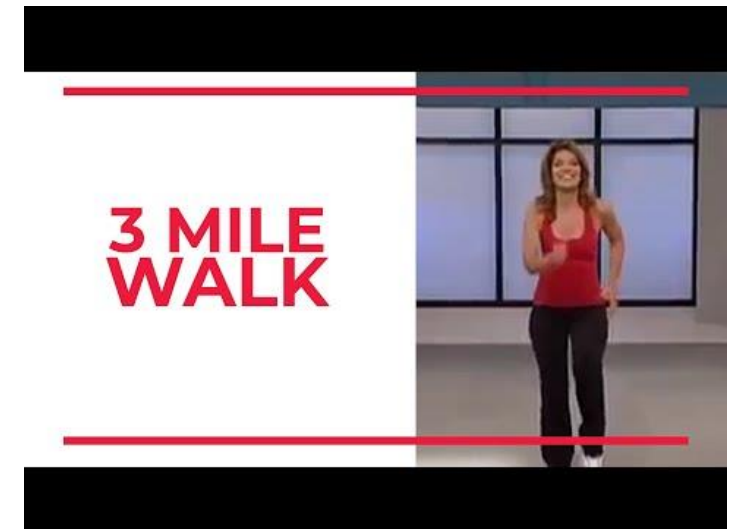


Walking/Running/Cycling

You can also go for a 30 minute walk outdoors

You can also go for a 30 minute cycle outdoors

You can also go for a 30 minute run outdoors.



Click here to log your activity minutes



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Martial Arts/ Boxing



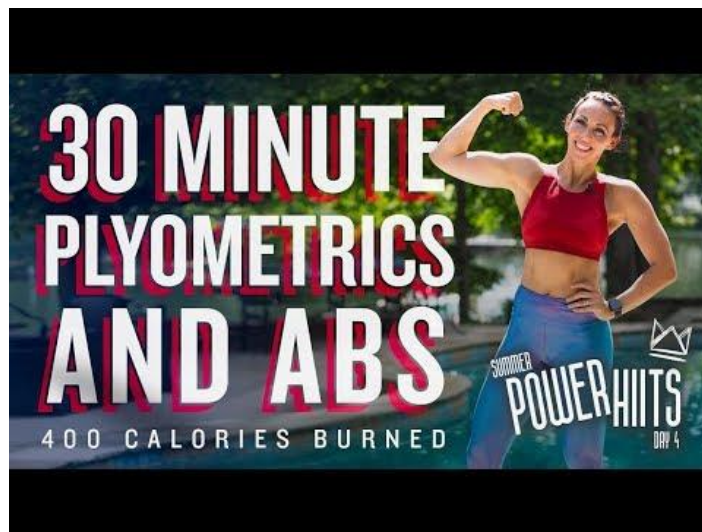
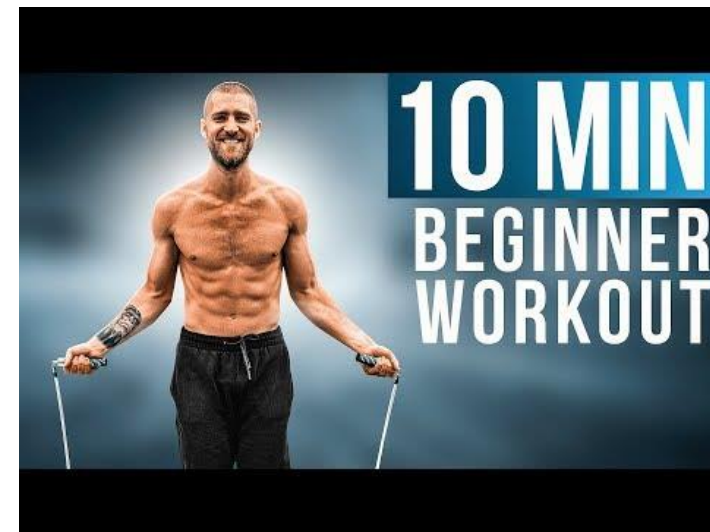
Click here to log your activity minutes



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Jumping fitness



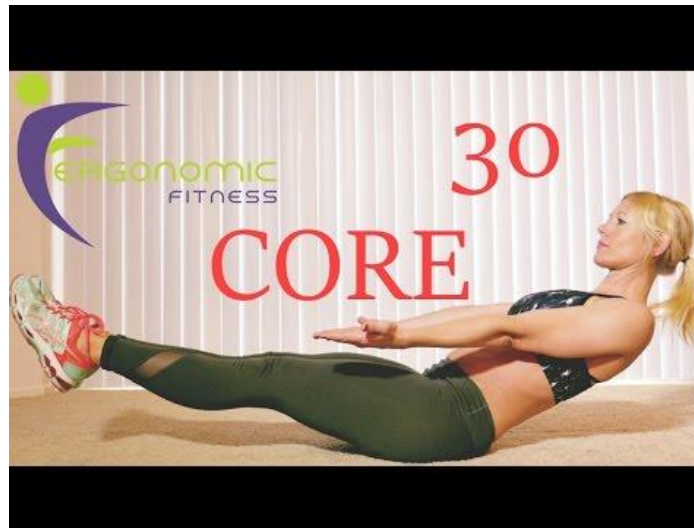
Click here to log your activity minutes



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Core



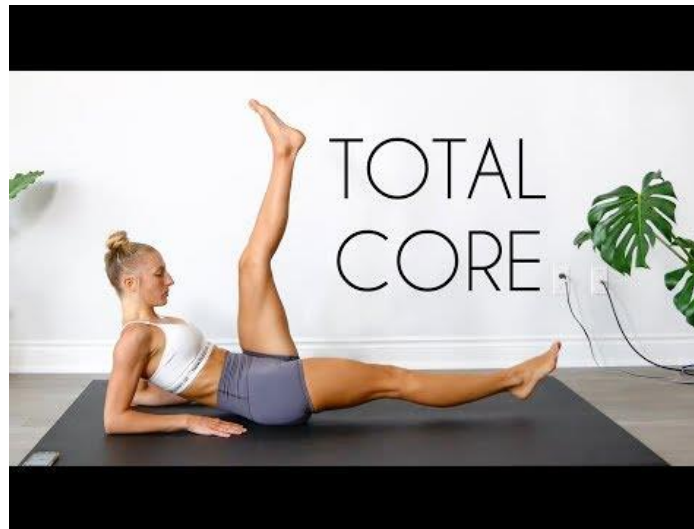
Click here to log your activity minutes



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Core continued



Click here to log your activity minutes