

## Work for absent students Year 7 English

### Oak Academy

1. Click the link associated with the topic you are studying
2. Select a lesson (starting at the beginning).
3. Play the lesson video – pausing it where required and completing the activities as directed.
4. Complete two lessons for every missed science lesson
5. Bring these to your reintegration meeting

### Bitesize resource

1. Click the link associated with the topic you are studying
2. Select the first topic from this section
3. You will be asked to read information and watch videos and you must take notes using the Cornell method of note taking. For information on how to do this, click [here](#).
4. Complete the multiple-choice quizzes
5. Bring this to your reintegration meeting

Term	Topic	Oak Academy	BBC Bitesize
1	Creative Writing	<a href="https://classroom.thenational.academy/units/creative-writing-short-stories-cb59">https://classroom.thenational.academy/units/creative-writing-short-stories-cb59</a>	<a href="https://www.bbc.co.uk/bitesize/topics/zn8tkmn">https://www.bbc.co.uk/bitesize/topics/zn8tkmn</a>
2	The Tempest	<a href="https://classroom.thenational.academy/units/shakespearean-comedy-the-tempest-88f0">https://classroom.thenational.academy/units/shakespearean-comedy-the-tempest-88f0</a>	<a href="https://www.bbc.co.uk/bitesize/topics/z37mn39">https://www.bbc.co.uk/bitesize/topics/z37mn39</a>
3	Poetry	<a href="https://classroom.thenational.academy/units/introduction-to-poetry-335c">https://classroom.thenational.academy/units/introduction-to-poetry-335c</a>	<a href="https://www.bbc.co.uk/bitesize/topics/zqsvbqt">https://www.bbc.co.uk/bitesize/topics/zqsvbqt</a> <a href="https://www.bbc.co.uk/bitesize/topics/z7f3g7h">https://www.bbc.co.uk/bitesize/topics/z7f3g7h</a>
4	Persuasive Writing	<a href="https://classroom.thenational.academy/units/language-skills-non-fiction-reading-665d">https://classroom.thenational.academy/units/language-skills-non-fiction-reading-665d</a>	<a href="https://www.bbc.co.uk/bitesize/topics/zv7fqp3">https://www.bbc.co.uk/bitesize/topics/zv7fqp3</a>
5	A Monster Calls	<a href="https://classroom.thenational.academy/units/oliver-and-the-workhouse-6202">https://classroom.thenational.academy/units/oliver-and-the-workhouse-6202</a> - Oliver Twist as a novel	<a href="https://www.bbc.co.uk/bitesize/topics/zfdh8xs">https://www.bbc.co.uk/bitesize/topics/zfdh8xs</a>
6 weeks 1-3	19 <sup>th</sup> century – The Monkey's Paw	The set text: <a href="https://www.kyrene.org/cms/lib/AZ01001083/Centricity/Domain/2259/The%20Monkeys%20Paw%20-%20text.pdf">https://www.kyrene.org/cms/lib/AZ01001083/Centricity/Domain/2259/The%20Monkeys%20Paw%20-%20text.pdf</a> <a href="https://classroom.thenational.academy/units/gothic-literature-8196">https://classroom.thenational.academy/units/gothic-literature-8196</a>	<a href="https://www.bbc.co.uk/bitesize/topics/zwpfvwx/articles/z34pf82">https://www.bbc.co.uk/bitesize/topics/zwpfvwx/articles/z34pf82</a>
6 weeks 3-4	19 <sup>th</sup> Century literature and the paranormal	<a href="https://classroom.thenational.academy/units/fiction-reading-and-descriptive-writing-7cc5">https://classroom.thenational.academy/units/fiction-reading-and-descriptive-writing-7cc5</a> <a href="https://classroom.thenational.academy/units/the-short-story-a89b">https://classroom.thenational.academy/units/the-short-story-a89b</a>	<a href="https://www.bbc.co.uk/bitesize/topics/zwpfvwx/articles/z67bcmn">https://www.bbc.co.uk/bitesize/topics/zwpfvwx/articles/z67bcmn</a>

## Work for absent students Year 7 Maths

### Oak Academy

1. Click the link associated with the topic you are studying
2. Select a lesson (starting at the beginning).
3. Play the lesson video – pausing it where required and completing the activities as directed.
4. Complete two lessons for every missed Maths lesson
5. Bring these to your reintegration meeting

Topic	Oak Academy
Number	Factors and primes: <a href="#">Factors and primes (thenational.academy)</a>  Negative numbers: <a href="#">Negative numbers in context (thenational.academy)</a>  Percentages: <a href="#">Percentages of amount (thenational.academy)</a>
Fractions	Adding and subtracting fractions: <a href="#">Adding and Subtracting Fractions (Part 1) (thenational.academy)</a>
Algebra	Algebraic expressions: <a href="#">Algebraic expressions (thenational.academy)</a>  Collecting like terms: <a href="#">Collecting like terms (thenational.academy)</a>
Area and volume	Area of triangles: <a href="#">Area of triangles (thenational.academy)</a>  Area of parallelograms: <a href="#">Area of parallelograms (thenational.academy)</a>  Cuboids: <a href="#">Cuboids (thenational.academy)</a>
Ratio	Basic ratio: <a href="#">Unit - Oak National Academy (thenational.academy)</a>  Basic conversions: <a href="#">Conversion rates (thenational.academy)</a>
Data handling	Data in tables: <a href="#">Data in tables (thenational.academy)</a>  Bar charts: <a href="#">Interpreting bar charts (thenational.academy)</a>
Probability	Calculating probabilities: <a href="#">Calculating probabilities (thenational.academy)</a>  Experimental and theoretical: <a href="#">Theoretical probability and relative frequency (thenational.academy)</a>
Angles	Angles in polygons: <a href="#">Finding missing angles in polygons (thenational.academy)</a>  Exterior angles: <a href="#">Exterior angles (thenational.academy)</a>

## Work for absent students Science

### You will need:

1. A blue or black pen
2. A pencil
3. A ruler
4. A calculator

For each topic, you will find links to either an Oak Academy or BBC Bitesize resource. Instructions on how to use each resource are below.

### Oak Academy

1. Click the link associated with the topic you are studying.
2. Select the first lesson. It is useful to look at previously covered material – to build a solid foundation – and then move on to new stuff when you are secure.
3. Play the lesson video – pausing it where required and completing the activities as directed.

### Bitesize resource

1. Click the link associated with the topic you are studying. Try to pick a lesson you have just done to recap material and then try the next lesson to cover new stuff.
2. Select the first topic from this section. It is useful to look at previously covered material – to build a solid foundation – and then move on to new stuff when you are secure.
3. You will be asked to read information or watch videos and you must take notes using the Cornell method of note taking. For information on how to do this, [click here](#).
4. Complete the multiple-choice quizzes (and for Year 9 upwards and sample exam questions).

Year 7			
Term	Topic	Oak Academy	BBC Bitesize
1	Physics: Forces		<a href="#">Forces and movement</a>
1+2	Chemistry: Matter	<a href="#">Atoms and the periodic table</a>	<a href="#">The Particle Model of Matter</a> <a href="#">Pure and Impure Substances</a>
1+2	Biology: Organisms (cells)	<a href="#">Cells</a>	<a href="#">Animal and Plant Cells</a>
2+3	Biology: Ecosystems		<a href="#">Ecosystems and habitats</a>
3+4	Physics: Energy	<a href="#">Energy</a>	
3+4	Chemistry: Reactions		<a href="#">Chemical reactions</a>
4+5	Chemistry: Earth		<a href="#">Structure of the Earth</a>
5	Physics: Electricity and magnetism		<a href="#">Electricity</a> <a href="#">Electromagnetism and magnetism</a>
6	Biology: Genes		<a href="#">Inheritance and genetics</a>
6	Physics: Waves		<a href="#">Waves</a>

## Work for absent students Year 7 Geography - Term 1

Work to complete:

- Identify the week in the term
- Identify a topic you have not yet completed
- Click on the link identified
- Either read/watch the webpage and make notes or complete the tasks identified.

Week	Topic	Link to complete work
1	What are settlements?	<a href="https://www.bbc.co.uk/bitesize/topics/zx72pv4/articles/zrbvjhv">https://www.bbc.co.uk/bitesize/topics/zx72pv4/articles/zrbvjhv</a>
2	Factors affecting location of settlements	<a href="https://www.coolgeography.co.uk/GCSE/Year%2010/Human%20World/Settlement%20factors/Settlement%20factors.htm">https://www.coolgeography.co.uk/GCSE/Year%2010/Human%20World/Settlement%20factors/Settlement%20factors.htm</a>
	Describing places	<a href="https://geographyfieldwork.com/describingplaces.htm">https://geographyfieldwork.com/describingplaces.htm</a>
3	Why did early settlers choose Reading?	<a href="https://www.readingmuseum.org.uk/blog/readings-earliest-settlers">https://www.readingmuseum.org.uk/blog/readings-earliest-settlers</a>
	What is the history of Reading?	<a href="https://www.reading.co.uk/reading-history/">https://www.reading.co.uk/reading-history/</a>
4	Huntley and Palmers history	<a href="https://www.readingmuseum.org.uk/online-exhibitions/history-huntley-palmers">https://www.readingmuseum.org.uk/online-exhibitions/history-huntley-palmers</a>
5	Oxford Road stories	<a href="https://www.readingmuseum.org.uk/online-exhibitions/oxford-road-lifespring-stories">https://www.readingmuseum.org.uk/online-exhibitions/oxford-road-lifespring-stories</a> <a href="https://www.readingmuseum.org.uk/online-exhibitions/oxford-road-stories">https://www.readingmuseum.org.uk/online-exhibitions/oxford-road-stories</a>
6	Cities in High income countries	<a href="https://www.bbc.co.uk/bitesize/topics/z96vr82/articles/zggm7yc#z4yx2v45">https://www.bbc.co.uk/bitesize/topics/z96vr82/articles/zggm7yc#z4yx2v45</a>

## Work for absent students Year 7 Geography - Term 2

Work to complete:

- Identify the week in the term
- Identify a topic you have not yet completed
- Click on the link identified
- Either read/watch the webpage and make notes or complete the tasks identified.

Week	Topic	Link to complete work
1	Locational knowledge of the world	<a href="https://continuityoak.org.uk/Lessons?r=1840">https://continuityoak.org.uk/Lessons?r=1840</a>
2	OS map symbols	<a href="https://continuityoak.org.uk/Lessons?r=174">https://continuityoak.org.uk/Lessons?r=174</a>
	4 figure grid references	<a href="https://continuityoak.org.uk/Lessons?r=175">https://continuityoak.org.uk/Lessons?r=175</a>
3	6 figure grid references	<a href="https://continuityoak.org.uk/Lessons?r=175">https://continuityoak.org.uk/Lessons?r=175</a>
	Direction	<a href="https://continuityoak.org.uk/Lessons?r=1916">https://continuityoak.org.uk/Lessons?r=1916</a>
4	Scale and distance	<a href="https://continuityoak.org.uk/Lessons?r=176">https://continuityoak.org.uk/Lessons?r=176</a>
5	Height	<a href="https://continuityoak.org.uk/Lessons?r=1917">https://continuityoak.org.uk/Lessons?r=1917</a>
6	Aerial and satellite photos	<a href="https://continuityoak.org.uk/Lessons?r=177">https://continuityoak.org.uk/Lessons?r=177</a>

### Work for absent students Year 7 Geography - Term 3

Work to complete:

- Identify the week in the term
- Identify a topic you have not yet completed
- Click on the link identified
- Either read/watch the webpage and make notes or complete the tasks identified.

Week	Topic	Link to complete work
1	What is the weather forecast?	<a href="https://continuityoak.org.uk/Lessons?r=226">https://continuityoak.org.uk/Lessons?r=226</a>
2	What are the factors that affect climate?	<a href="https://continuityoak.org.uk/Lessons?r=228">https://continuityoak.org.uk/Lessons?r=228</a>
	What makes it rain?	<a href="https://continuityoak.org.uk/Lessons?r=230">https://continuityoak.org.uk/Lessons?r=230</a>
3	How do air masses influence the climate of the UK?	<a href="https://continuityoak.org.uk/Lessons?r=231">https://continuityoak.org.uk/Lessons?r=231</a>
	How do we use climate graphs?	<a href="https://continuityoak.org.uk/Lessons?r=233">https://continuityoak.org.uk/Lessons?r=233</a>
4	How do high pressure events affect the UK?	<a href="https://continuityoak.org.uk/Lessons?r=235">https://continuityoak.org.uk/Lessons?r=235</a>
5	How do low pressure events affect the UK?	<a href="https://continuityoak.org.uk/Lessons?r=236">https://continuityoak.org.uk/Lessons?r=236</a>
6	What was the Beast from the East?	<a href="https://continuityoak.org.uk/Lessons?r=238">https://continuityoak.org.uk/Lessons?r=238</a>

### Work for absent students Year 7 Geography - Term 4

Work to complete:

- Identify the week in the term
- Identify a topic you have not yet completed
- Click on the link identified
- Either read/watch the webpage and make notes or complete the tasks identified.

Week	Topic	Link to complete work
1	What is development?	<a href="https://continuityoak.org.uk/Lessons?r=1841">https://continuityoak.org.uk/Lessons?r=1841</a>
2	How do we measure development?	<a href="https://continuityoak.org.uk/Lessons?r=204">https://continuityoak.org.uk/Lessons?r=204</a>
	What is the human development index?	<a href="https://continuityoak.org.uk/Lessons?r=206">https://continuityoak.org.uk/Lessons?r=206</a>
3	Where is the DRC and what is it like?	<a href="https://continuityoak.org.uk/Lessons?r=207">https://continuityoak.org.uk/Lessons?r=207</a>
	What are the causes of uneven development?	<a href="https://continuityoak.org.uk/Lessons?r=209">https://continuityoak.org.uk/Lessons?r=209</a>
4	How can bottom-up projects promote development?	<a href="https://continuityoak.org.uk/Lessons?r=211">https://continuityoak.org.uk/Lessons?r=211</a>
5	How can top-down projects promote development?	<a href="https://continuityoak.org.uk/Lessons?r=213">https://continuityoak.org.uk/Lessons?r=213</a>
6	Where is Nigeria and what is it like?	<a href="https://continuityoak.org.uk/Lessons?r=214">https://continuityoak.org.uk/Lessons?r=214</a>
7	How important is Nigeria?	<a href="https://continuityoak.org.uk/Lessons?r=1842">https://continuityoak.org.uk/Lessons?r=1842</a>

## Work for absent students Year 7 Geography - Terms 5 and 6

Work to complete:

- Identify the week in the term
- Identify a topic you have not yet completed
- Click on the link identified
- Either read/watch the webpage and make notes or complete the tasks identified.
- 

Week	Topic	Link to complete work
1	Why are rivers important?	<a href="https://continuityoak.org.uk/Lessons?r=280">https://continuityoak.org.uk/Lessons?r=280</a>
2	What are the features of a drainage basin?	<a href="https://continuityoak.org.uk/Lessons?r=281">https://continuityoak.org.uk/Lessons?r=281</a>
	How does the drainage basin system work?	<a href="https://continuityoak.org.uk/Lessons?r=282">https://continuityoak.org.uk/Lessons?r=282</a>
3	What are the features of a river's long profile?	<a href="https://continuityoak.org.uk/Lessons?r=283">https://continuityoak.org.uk/Lessons?r=283</a>
	Erosion and transportation	<a href="https://continuityoak.org.uk/Lessons?r=284">https://continuityoak.org.uk/Lessons?r=284</a>
4	How do waterfalls form?	<a href="https://continuityoak.org.uk/Lessons?r=285">https://continuityoak.org.uk/Lessons?r=285</a>
5	What are the processes operating across meanders?	<a href="https://continuityoak.org.uk/Lessons?r=11319">https://continuityoak.org.uk/Lessons?r=11319</a>
6	What are floodplains and how do they form?	<a href="https://continuityoak.org.uk/Lessons?r=289">https://continuityoak.org.uk/Lessons?r=289</a>
7	What are the causes of flooding within drainage basins?	<a href="https://continuityoak.org.uk/Lessons?r=290">https://continuityoak.org.uk/Lessons?r=290</a>
8	How can we manage the flood risk?	<a href="https://continuityoak.org.uk/Lessons?r=291">https://continuityoak.org.uk/Lessons?r=291</a>
	An example of a flood event in the UK	<a href="https://continuityoak.org.uk/Lessons?r=292">https://continuityoak.org.uk/Lessons?r=292</a>
9	How can we respond to flood events?	<a href="https://continuityoak.org.uk/Lessons?r=293">https://continuityoak.org.uk/Lessons?r=293</a>
10	An example of a flood event in a developing country	<a href="https://continuityoak.org.uk/Lessons?r=294">https://continuityoak.org.uk/Lessons?r=294</a>
11	What are the features of a coastline?	<a href="https://continuityoak.org.uk/Lessons?r=307">https://continuityoak.org.uk/Lessons?r=307</a>
	What are the factors that influence waves?	<a href="https://continuityoak.org.uk/Lessons?r=308">https://continuityoak.org.uk/Lessons?r=308</a>
12	How do waves shape the land?	<a href="https://continuityoak.org.uk/Lessons?r=309">https://continuityoak.org.uk/Lessons?r=309</a>
13	How do headlands and bays form?	<a href="https://continuityoak.org.uk/Lessons?r=11308">https://continuityoak.org.uk/Lessons?r=11308</a>
	What are the processes that lead to the formation of a stack?	<a href="https://continuityoak.org.uk/Lessons?r=310">https://continuityoak.org.uk/Lessons?r=310</a>
14	What is longshore drift?	<a href="https://continuityoak.org.uk/Lessons?r=311">https://continuityoak.org.uk/Lessons?r=311</a>
15	How do spits form?	<a href="https://continuityoak.org.uk/Lessons?r=312">https://continuityoak.org.uk/Lessons?r=312</a>
	How do we prevent coastal erosion?	<a href="https://continuityoak.org.uk/Lessons?r=313">https://continuityoak.org.uk/Lessons?r=313</a>
16	Should managed retreat have been used at Happisburgh?	<a href="https://continuityoak.org.uk/Lessons?r=314">https://continuityoak.org.uk/Lessons?r=314</a>
	Should hard engineering have been used at Mableton?	<a href="https://continuityoak.org.uk/Lessons?r=315">https://continuityoak.org.uk/Lessons?r=315</a>
17	What are the conflicts related to coastal management along the Holderness coast?	<a href="https://continuityoak.org.uk/Lessons?r=316">https://continuityoak.org.uk/Lessons?r=316</a>

## Work for absent students Modern Foreign Languages – MFL

To use the languages online resource click on the link and then scroll down the page to find the relevant section for what you are learning at the moment. Then complete all the exercises in that section.

For BBC Bitesize click on the link and then scroll down the page to find the relevant section for what you're learning at the moment. Then complete all the exercises in that section.

### Year 7 French

Term	Topic	Resource
1 and 2	Greetings Family Classroom Opinions Personality Regular -er verbs	<a href="https://www.languagesonline.org.uk/Hotpotatoes/frenchindex.html#gsc.tab=0">https://www.languagesonline.org.uk/Hotpotatoes/frenchindex.html#gsc.tab=0</a> - sections: <b>First year learning:</b> Unit 1 Unit 2 Unit 4 Unit 6  <a href="https://www.bbc.co.uk/bitesize/subjects/zgdqxb">https://www.bbc.co.uk/bitesize/subjects/zgdqxb</a> introducing yourself in French talking about families and pets describing people using avoir and être days and months in French
3 and 4	Colours Time School subjects Uniform School day	<a href="https://www.languagesonline.org.uk/Hotpotatoes/frenchindex.html#gsc.tab=0">https://www.languagesonline.org.uk/Hotpotatoes/frenchindex.html#gsc.tab=0</a> - sections: <b>First year learning:</b> Unit 4 Unit 8  <a href="https://www.bbc.co.uk/bitesize/subjects/zgdqxb">https://www.bbc.co.uk/bitesize/subjects/zgdqxb</a> telling the time in French using être
5 and 6	Weather Sports Hobbies	<a href="https://www.languagesonline.org.uk/Hotpotatoes/frenchindex.html#gsc.tab=0">https://www.languagesonline.org.uk/Hotpotatoes/frenchindex.html#gsc.tab=0</a> - sections: <b>First year learning:</b> Unit 10 Unit 6  <a href="https://www.bbc.co.uk/bitesize/subjects/zgdqxb">https://www.bbc.co.uk/bitesize/subjects/zgdqxb</a> Talking about what you like to do using the verb faire

## Year 7 German

Term	Topic	Resource
1 and 2	Greetings Numbers Classroom Where i live Personality Adjectives	<a href="https://www.languagesonline.org.uk/Hotpotatoes/germanindex.html#gsc.tab=0">https://www.languagesonline.org.uk/Hotpotatoes/germanindex.html#gsc.tab=0</a> - sections: <b>beginners</b> Hallo! Wie heißt du? Die Nummern Die Nummern von 30-100 Wo wohnst du? / Europa Wie siehst du aus? / Beschreibungen  <a href="https://www.bbc.co.uk/bitesize/subjects/zcj2tfr">https://www.bbc.co.uk/bitesize/subjects/zcj2tfr</a> introducing yourself in German Describing people
3 and 4	Pets Family Colours Birthdays	<a href="https://www.languagesonline.org.uk/Hotpotatoes/germanindex.html#gsc.tab=0">https://www.languagesonline.org.uk/Hotpotatoes/germanindex.html#gsc.tab=0</a> - sections: <b>beginners:</b> Haustiere Die Familie die Farben Monate und Geburtstag  <a href="https://www.bbc.co.uk/bitesize/subjects/zcj2tfr">https://www.bbc.co.uk/bitesize/subjects/zcj2tfr</a> describing your family and pets days and months
5 and 6	Freetime Sports Online life	<a href="https://www.languagesonline.org.uk/Hotpotatoes/germanindex.html#gsc.tab=0">https://www.languagesonline.org.uk/Hotpotatoes/germanindex.html#gsc.tab=0</a> - sections: <b>beginners:</b> Hobbys und Freizeit Present tense verbs and hobbies Hpbbs – word order practice  <a href="https://www.bbc.co.uk/bitesize/subjects/zcj2tfr">https://www.bbc.co.uk/bitesize/subjects/zcj2tfr</a> describing your freetime



## Year 7 Spanish

Term	Topic	Resource
1 and 2	Greetings Family Classroom Opinions Personality Birthday Adjectives	<a href="https://www.languagesonline.org.uk/Hotpotatoes/spanishindex.html#gsc.tab=0">https://www.languagesonline.org.uk/Hotpotatoes/spanishindex.html#gsc.tab=0</a> - sections: <b>Caminos Book 1:</b> Unit 1 Unit 2 Unit 3 Unit 4 Unit 6  <b>Vocabulary Units:</b> Mi familia  <a href="https://www.bbc.co.uk/bitesize/subjects/zfckjxs">https://www.bbc.co.uk/bitesize/subjects/zfckjxs</a> introducing yourself in Spanish talking about family and pets days and months describing people
3 and 4	Sports Hobbies Colours Weather	<a href="https://www.languagesonline.org.uk/Hotpotatoes/spanishindex.html#gsc.tab=0">https://www.languagesonline.org.uk/Hotpotatoes/spanishindex.html#gsc.tab=0</a> - sections: <b>Caminos Book 1:</b> Unit 4 Unit 6 Unit 7 Unit 8  <b>Vocabulary Units:</b> El tiempo Los colores Los deportes  <a href="https://www.bbc.co.uk/bitesize/subjects/zfckjxs">https://www.bbc.co.uk/bitesize/subjects/zfckjxs</a> talking about free time
5 and 6	School Subjects -er and -ir verbs	<a href="https://www.languagesonline.org.uk/Hotpotatoes/spanishindex.html#gsc.tab=0">https://www.languagesonline.org.uk/Hotpotatoes/spanishindex.html#gsc.tab=0</a> - sections: <b>Caminos Book 1:</b> Unit 5 Unit 10 Unit 13  <b>Vocabulary Units:</b> En el instituto  <a href="https://www.bbc.co.uk/bitesize/subjects/zfckjxs">https://www.bbc.co.uk/bitesize/subjects/zfckjxs</a> how to use the Spanish present tense

# Fitness diary

How many sessions were complete?

What progress have you made?

How will I make it harder next time?

How hard did you work?

Rank the workout



Selfie

Workout review

Positives	Negatives
<ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li></ul>	<ul style="list-style-type: none"><li>•</li><li>•</li><li>•</li></ul>

Rate of Perceived Exertion

10 Maximum Exertion

9 Very Hard

8 Extremely Hard

7 Hard (Heavy)

6

5 Somewhat Hard

4 Fairly Light

3 Light

2 Very Light

1 Rest

# Joe Wicks

## Workouts with children (Beginners)

<https://www.youtube.com/watch?v=d3LPrl0v-w&list=PLyCLOpd4VxBvPHOpzoEk5onAEbq40g2-k&index=1>

<https://www.youtube.com/watch?v=mhHY8mOQ5eo&list=PLyCLOpd4VxBvPHOpzoEk5onAEbq40g2-k&index=2>

<https://www.youtube.com/watch?v=SbFqQarDM50&list=PLyCLOpd4VxBvPHOpzoEk5onAEbq40g2-k&index=3>

<https://www.youtube.com/watch?v=pnKCGY9ZocA&list=PLyCLOpd4VxBvPHOpzoEk5onAEbq40g2-k&index=4>

<https://www.youtube.com/watch?v=uqLNxJe4L2l&list=PLyCLOpd4VxBvPHOpzoEk5onAEbq40g2-k&index=5>

<https://www.youtube.com/watch?v=fAUckPMJKSY&list=PLyCLOpd4VxBvPHOpzoEk5onAEbq40g2-k&index=6>

<https://www.youtube.com/watch?v=rN0h6EZd6TM&list=PLyCLOpd4VxBvPHOpzoEk5onAEbq40g2-k&index=7>

<https://www.youtube.com/watch?v=EDC-plCTBbc&list=PLyCLOpd4VxBvPHOpzoEk5onAEbq40g2-k&index=8>

<https://www.youtube.com/watch?v=5MBEyQllrfo&list=PLyCLOpd4VxBvPHOpzoEk5onAEbq40g2-k&index=9>

[https://www.youtube.com/watch?v=TUp2\\_VAHlrl&list=PLyCLOpd4VxBvPHOpzoEk5onAEbq40g2-k&index=11](https://www.youtube.com/watch?v=TUp2_VAHlrl&list=PLyCLOpd4VxBvPHOpzoEk5onAEbq40g2-k&index=11)

[https://www.youtube.com/watch?v=9uw9ug\\_g-gM&list=PLyCLOpd4VxBvPHOpzoEk5onAEbq40g2-k&index=12](https://www.youtube.com/watch?v=9uw9ug_g-gM&list=PLyCLOpd4VxBvPHOpzoEk5onAEbq40g2-k&index=12)

<https://www.youtube.com/watch?v=xbVr38Bhe7E&list=PLyCLOpd4VxBvPHOpzoEk5onAEbq40g2-k&index=13>

<https://www.youtube.com/watch?v=E5cmJpSFZB8&list=PLyCLOpd4VxBvPHOpzoEk5onAEbq40g2-k&index=14>

[https://www.youtube.com/watch?v=N7CX0\\_7sLTA&list=PLyCLOpd4VxBvPHOpzoEk5onAEbq40g2-k&index=15](https://www.youtube.com/watch?v=N7CX0_7sLTA&list=PLyCLOpd4VxBvPHOpzoEk5onAEbq40g2-k&index=15)

<https://www.youtube.com/watch?v=14ou-fpIEi4&list=PLyCLOpd4VxBvPHOpzoEk5onAEbq40g2-k&index=16>

<https://www.youtube.com/watch?v=hvjXQT4gowg&list=PLyCLOpd4VxBvPHOpzoEk5onAEbq40g2-k&index=17>

<https://www.youtube.com/watch?v=pLuM18p9zbM&list=PLyCLOpd4VxBvPHOpzoEk5onAEbq40g2-k&index=18>

# Body weight / HIIT workouts (Advance)

[https://www.youtube.com/watch?v=GS\\_z6FG\\_jqE](https://www.youtube.com/watch?v=GS_z6FG_jqE)

<https://www.youtube.com/watch?v=mUns8O4YL5M>

<https://www.youtube.com/watch?v=bSXR6V9q6rM>

<https://www.youtube.com/watch?v=5nZ2iBGvFhE>

<https://www.youtube.com/watch?v=i134sTtWHI>

<https://www.youtube.com/watch?v=rXPgToG3GVI>

<https://www.youtube.com/watch?v=dcSy1sWQqJo>

<https://www.youtube.com/watch?v=El9YG1Huq88&list=PLauV1s0KU-o9PQxBZBvgKHCYTI-BeK7ap&index=2>

<https://www.youtube.com/watch?v=El9YG1Huq88&list=PLauV1s0KU-o9PQxBZBvgKHCYTI-BeK7ap&index=2>

<https://www.youtube.com/watch?v=ZBC72AoTcCE&list=PLauV1s0KU-o9PQxBZBvgKHCYTI-BeK7ap&index=4>

<https://www.youtube.com/watch?v=myijq74fPY8&list=PLauV1s0KU-o9PQxBZBvgKHCYTI-BeK7ap&index=5>

<https://www.youtube.com/watch?v=IV0rwqHxMDs&list=PLauV1s0KU-o9PQxBZBvgKHCYTI-BeK7ap&index=6>

<https://www.youtube.com/watch?v=LDo05xQeKl0&list=PLauV1s0KU-o9PQxBZBvgKHCYTI-BeK7ap&index=7>

# Zumba Workouts

<https://www.youtube.com/watch?v=jjlhU9D4isQ&list=UUmzRlnYu2x5l-kmjpF08Hnw>

<https://www.youtube.com/watch?v=LALFtRYwY8g&list=UUmzRlnYu2x5l-kmjpF08Hnw&index=2>

<https://www.youtube.com/watch?v=1ZsN1b2eWFI&list=UUmzRlnYu2x5l-kmjpF08Hnw&index=3>

<https://www.youtube.com/watch?v=F1oWDL0wVqs&list=UUmzRlnYu2x5l-kmjpF08Hnw&index=6>

<https://www.youtube.com/watch?v=KSXNTc-26l4&list=UUmzRlnYu2x5l-kmjpF08Hnw&index=7>

<https://www.youtube.com/watch?v=K2fpAY7YDgo&list=UUmzRlnYu2x5l-kmjpF08Hnw&index=8>

<https://www.youtube.com/watch?v=5dYdNINWlUg&list=UUmzRlnYu2x5l-kmjpF08Hnw&index=9>

<https://www.youtube.com/watch?v=5l50XfbE2Gw&list=UUmzRlnYu2x5l-kmjpF08Hnw&index=10>

<https://www.youtube.com/watch?v=OkvF4hYfdNc&list=UUmzRlnYu2x5l-kmjpF08Hnw&index=11>

<https://www.youtube.com/watch?v=NZq48Hitzdk&list=UUmzRlnYu2x5l-kmjpF08Hnw&index=12>

<https://www.youtube.com/watch?v=o8fmykntPrg&list=UUmzRlnYu2x5l-kmjpF08Hnw&index=14>

[https://www.youtube.com/watch?v=Lm\\_uQ8li3HU&list=UUmzRlnYu2x5l-kmjpF08Hnw&index=15](https://www.youtube.com/watch?v=Lm_uQ8li3HU&list=UUmzRlnYu2x5l-kmjpF08Hnw&index=15)

<https://www.youtube.com/watch?v=lrXxIEAW5hU&list=UUmzRlnYu2x5l-kmjpF08Hnw&index=16>

<https://www.youtube.com/watch?v=ui7Lz9wT2-c&list=UUmzRlnYu2x5l-kmjpF08Hnw&index=17>

<https://www.youtube.com/watch?v=oWP-fatPfAU&list=UUmzRlnYu2x5l-kmjpF08Hnw&index=16>

<https://www.youtube.com/watch?v=P9hY2likBTM&list=UUmzRlnYu2x5l-kmjpF08Hnw&index=20>

<https://www.youtube.com/watch?v=68-UbEtjVOQ&list=UUmzRlnYu2x5l-kmjpF08Hnw&index=21>

<https://www.youtube.com/watch?v=z80D2V1sXCE&list=UUmzRlnYu2x5l-kmjpF08Hnw&index=22>

# Boxercise Workouts

[https://www.youtube.com/watch?v=8CkUrKDP-v0&list=PLI37FJmOtrj1B0\\_v8XINJ4pjk3KQ1I3eF](https://www.youtube.com/watch?v=8CkUrKDP-v0&list=PLI37FJmOtrj1B0_v8XINJ4pjk3KQ1I3eF)

[https://www.youtube.com/watch?v=sgwtp9mF8tl&list=PLI37FJmOtrj1B0\\_v8XINJ4pjk3KQ1I3eF&index=3](https://www.youtube.com/watch?v=sgwtp9mF8tl&list=PLI37FJmOtrj1B0_v8XINJ4pjk3KQ1I3eF&index=3)

[https://www.youtube.com/watch?v=6oLg5fFe5ww&list=PLI37FJmOtrj1B0\\_v8XINJ4pjk3KQ1I3eF&index=4](https://www.youtube.com/watch?v=6oLg5fFe5ww&list=PLI37FJmOtrj1B0_v8XINJ4pjk3KQ1I3eF&index=4)

[https://www.youtube.com/watch?v=SuMDenIN5s8&list=PLI37FJmOtrj1B0\\_v8XINJ4pjk3KQ1I3eF&index=5](https://www.youtube.com/watch?v=SuMDenIN5s8&list=PLI37FJmOtrj1B0_v8XINJ4pjk3KQ1I3eF&index=5)

[https://www.youtube.com/watch?v=xSUXMwqZ3z0&list=PLI37FJmOtrj1B0\\_v8XINJ4pjk3KQ1I3eF&index=6](https://www.youtube.com/watch?v=xSUXMwqZ3z0&list=PLI37FJmOtrj1B0_v8XINJ4pjk3KQ1I3eF&index=6)

[https://www.youtube.com/watch?v=6cKSzuyieYc&list=PLI37FJmOtrj1B0\\_v8XINJ4pjk3KQ1I3eF&index=7](https://www.youtube.com/watch?v=6cKSzuyieYc&list=PLI37FJmOtrj1B0_v8XINJ4pjk3KQ1I3eF&index=7)

[https://www.youtube.com/watch?v=NmMRFWlokK4&list=PLI37FJmOtrj1B0\\_v8XINJ4pjk3KQ1I3eF&index=8](https://www.youtube.com/watch?v=NmMRFWlokK4&list=PLI37FJmOtrj1B0_v8XINJ4pjk3KQ1I3eF&index=8)

[https://www.youtube.com/watch?v=jCTEVKRTuS8&list=PLI37FJmOtrj1B0\\_v8XINJ4pjk3KQ1I3eF&index=9](https://www.youtube.com/watch?v=jCTEVKRTuS8&list=PLI37FJmOtrj1B0_v8XINJ4pjk3KQ1I3eF&index=9)

[https://www.youtube.com/watch?v=CfpAmX2ACzQ&list=PLI37FJmOtrj1B0\\_v8XINJ4pjk3KQ1I3eF&index=10](https://www.youtube.com/watch?v=CfpAmX2ACzQ&list=PLI37FJmOtrj1B0_v8XINJ4pjk3KQ1I3eF&index=10)

[https://www.youtube.com/watch?v=5mxYbg1bfqc&list=PLI37FJmOtrj1B0\\_v8XINJ4pjk3KQ1I3eF&index=12](https://www.youtube.com/watch?v=5mxYbg1bfqc&list=PLI37FJmOtrj1B0_v8XINJ4pjk3KQ1I3eF&index=12)

[https://www.youtube.com/watch?v=lujcE3FGL\\_U&list=PLI37FJmOtrj1B0\\_v8XINJ4pjk3KQ1I3eF&index=14](https://www.youtube.com/watch?v=lujcE3FGL_U&list=PLI37FJmOtrj1B0_v8XINJ4pjk3KQ1I3eF&index=14)

# Yoga and Pilates

<https://www.youtube.com/watch?v=qjN5UYff9-w&list=PLEHeqorIlIviiw3ijZSxB9y6FQ1iGAR4w&index=2&t=0s>

<https://www.youtube.com/watch?v=2JdHUMXDS3w&list=PLEHeqorIlIviiw3ijZSxB9y6FQ1iGAR4w&index=3&t=0s>

<https://www.youtube.com/watch?v=9OLpDgOA4n4&list=PLEHeqorIlIviiw3ijZSxB9y6FQ1iGAR4w&index=5&t=0s>

<https://www.youtube.com/watch?v=9OLpDgOA4n4&list=PLEHeqorIlIviiw3ijZSxB9y6FQ1iGAR4w&index=5&t=0s>

<https://www.youtube.com/watch?v=yRCUfumiqhk&list=PLEHeqorIlIviiw3ijZSxB9y6FQ1iGAR4w&index=6&t=0s>

<https://www.youtube.com/watch?v=5eY4Au3pwQg&list=PLEHeqorIlIviiw3ijZSxB9y6FQ1iGAR4w&index=7&t=0s>

<https://www.youtube.com/watch?v=yhJFVK3GI5w&list=PLEHeqorIlIviiw3ijZSxB9y6FQ1iGAR4w&index=8&t=0s>

<https://www.youtube.com/watch?v=GiP1D86CU78&list=PLEHeqorIlIviiw3ijZSxB9y6FQ1iGAR4w&index=9&t=0s>

[https://www.youtube.com/watch?v=D3TC-tz3TeQ&list=PLU9JyXjaxVhZz2CspinQj8Mi\\_R1BEEUi3&index=1](https://www.youtube.com/watch?v=D3TC-tz3TeQ&list=PLU9JyXjaxVhZz2CspinQj8Mi_R1BEEUi3&index=1)

[https://www.youtube.com/watch?v=dj3NUnxGG5o&list=PLU9JyXjaxVhZz2CspinQj8Mi\\_R1BEEUi3&index=2](https://www.youtube.com/watch?v=dj3NUnxGG5o&list=PLU9JyXjaxVhZz2CspinQj8Mi_R1BEEUi3&index=2)

[https://www.youtube.com/watch?v=tUXC0lurKU4&list=PLU9JyXjaxVhZz2CspinQj8Mi\\_R1BEEUi3&index=5](https://www.youtube.com/watch?v=tUXC0lurKU4&list=PLU9JyXjaxVhZz2CspinQj8Mi_R1BEEUi3&index=5)

[https://www.youtube.com/watch?v=1gzT-FZ45i0&list=PLU9JyXjaxVhZz2CspinQj8Mi\\_R1BEEUi3&index=7](https://www.youtube.com/watch?v=1gzT-FZ45i0&list=PLU9JyXjaxVhZz2CspinQj8Mi_R1BEEUi3&index=7)

[https://www.youtube.com/watch?v=aOYcySi-kpU&list=PLU9JyXjaxVhZz2CspinQj8Mi\\_R1BEEUi3&index=12](https://www.youtube.com/watch?v=aOYcySi-kpU&list=PLU9JyXjaxVhZz2CspinQj8Mi_R1BEEUi3&index=12)