

Work for absent students Year 8 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	Persuasive Writing	https://classroom.thenational.academy/units/paragraphing-narratives-for-clarity-using-possessive-pronouns-using-apostrophes	https://www.bbc.co.uk/bitesize/topics/zv7fqp3
2	Poetry	https://classroom.thenational.academy/units/creative-writing-poetry-5439	https://www.bbc.co.uk/bitesize/topics/zqsvbqt https://www.bbc.co.uk/bitesize/topics/z7f3g7h
3	Gothic Creative writing	https://classroom.thenational.academy/units/creative-writing-memoir-1f57 https://classroom.thenational.academy/units/fiction-reading-and-descriptive-writing-7cc5 https://classroom.thenational.academy/units/gothic-literature-8196	https://www.bbc.co.uk/bitesize/topics/zn8tkmn
4	Animal Farm	https://classroom.thenational.academy/units/1984-d739	https://www.bbc.co.uk/bitesize/topics/zwpfvwx/articles/zw2r96f
5	Finding a voice	https://classroom.thenational.academy/units/language-skills-non-fiction-reading-665d	https://www.bbc.co.uk/bitesize/topics/z86qsbk

Term	Topic	Oak Academy	BBC Bitesize
6	A Midsummer Night's Dream	<p>Week 1: https://classroom.thenational.academy/subjects-by-key-stage/key-stage-3/subjects/english</p> <p>Week 2: https://classroom.thenational.academy/units/a-midsummer-nights-dream-shakespeare-act-2-3c74</p> <p>Week 3: https://classroom.thenational.academy/units/a-midsummer-nights-dream-shakespeare-act-3-1e51</p> <p>Week 4: https://classroom.thenational.academy/units/a-midsummer-nights-dream-shakespeare-act-4-5-0af7</p>	https://www.bbc.co.uk/bitesize/topics/zxgcwmn

Work for absent students Year 8 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	<p>Factors and primes: Factors and primes (thenational.academy)</p> <p>Indices: https://classroom.thenational.academy/lessons/indices-6mr66r?utm_campaign=sharing-button&utm_source=copy-link&utm_medium=copy&schoolUrn=137777</p> <p>Fractional indices: https://classroom.thenational.academy/lessons/fractional-indices-part-1-c5hp8t?from_query=fractional+indices</p> <p>Standard form: https://classroom.thenational.academy/lessons/mixed-problems-with-standard-form-crw3cd?from_query=standard+form</p> <p>Negative numbers: Negative numbers in context (thenational.academy)</p> <p>Adding/subtracting negative numbers: https://classroom.thenational.academy/lessons/subtracting-negative-numbers-75gk4e https://classroom.thenational.academy/lessons/further-addition-6rwk2t</p>
Algebra	<p>Algebraic expressions: Algebraic expressions (thenational.academy)</p> <p>Collecting like terms: Collecting like terms (thenational.academy)</p> <p>Expanding brackets: https://classroom.thenational.academy/lessons/distributivity-and-expanding-cmr36t?from_query=expanding+brackets</p> <p>Solving equations: https://classroom.thenational.academy/lessons/forming-and-exploring-equations-70r3gr?from_query=equations</p>
Area and volume	<p>Area of triangles: Area of triangles (thenational.academy)</p> <p>Prisms and cylinders: https://classroom.thenational.academy/lessons/prisms-and-cylinders-c9k6cd?from_query=prisms</p> <p>Volume of cylinder: https://classroom.thenational.academy/lessons/find-the-volume-of-a-cylinder-cmrpce?from_query=volume</p>

	Surface area of cuboids: https://classroom.thenational.academy/lessons/surface-area-of-cuboids-6mrk0d?from_query=prisms
Ratio	Unitary method: https://classroom.thenational.academy/lessons/looking-at-proportional-relationships-6gv3jd?from_query=unitary+method Ratio problems: https://classroom.thenational.academy/lessons/ratio-problems-74v38c?from_query=ratio
Data handling	Pie charts: https://classroom.thenational.academy/lessons/draw-and-interpret-pie-charts-cmt36t?from_query=pie+chart Frequency tables: https://classroom.thenational.academy/lessons/interpreting-frequency-tables-ccu3gd?from_query=frequency+table Mean from a frequency table: https://classroom.thenational.academy/lessons/mean-from-frequency-tables-cmt62d?from_query=frequency+table Interpreting bar charts: https://classroom.thenational.academy/lessons/interpreting-bar-charts-6mv3ae?from_query=pie+charts
Probability	Calculating probabilities: Calculating probabilities (thenational.academy) Experimental and theoretical: Theoretical probability and relative frequency (thenational.academy)
Graphs and transformations	Coordinates: https://classroom.thenational.academy/lessons/coordinates-recap-6tjk6r?from_query=coordinates Reflections: https://classroom.thenational.academy/lessons/reflection-6gw38t?from_query=reflection Translations: https://classroom.thenational.academy/lessons/translation-ccv30e?from_query=translation Rotations: https://classroom.thenational.academy/lessons/rotation-cgvk0t?from_query=rotation Enlargements: https://classroom.thenational.academy/lessons/enlargement-69h3er?from_query=enlargement

Work for absent students Science

You will need:

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

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).

Term	Topic	Oak Academy	BBC Bitesize
1	Physics – Forces		Forces and Movement
1	Chemistry – Matter	Atoms and the Periodic Table	Atoms, Elements, and Compounds Periodic Table
1+2	Biology – Organisms	Cells	Structure and Function of the Gas Exchange System The Process of Breathing Nutrition, Digestion, and Excretion
2	Biology – Ecosystem Processes		Respiration Anaerobic Respiration Leaf Structure Investigating Photosynthesis
3	Chemistry – Reactions		Chemical Reactions
3	Physics – Energy	Energy	Energy
4	Physics – Electricity and Magnetism		Electricity Electromagnetism and Magnetism
4	Chemistry – Earth		The Reactivity Series
4+5	Biology – Genes		Genes
4+5	Physics – Waves		Waves

Work for absent students Year 8 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 the features of a coastline?	https://continuityoak.org.uk/Lessons?r=307
2	What are the factors that influence waves?	https://continuityoak.org.uk/Lessons?r=308
	How do waves shape the land?	https://continuityoak.org.uk/Lessons?r=309
3	How do headlands and bays form?	https://continuityoak.org.uk/Lessons?r=11308
	What are the processes that lead to the formation of stacks?	https://continuityoak.org.uk/Lessons?r=310
4	What is longshore drift?	https://continuityoak.org.uk/Lessons?r=311
	How do spits form?	https://continuityoak.org.uk/Lessons?r=312
5	How do we prevent coastal erosion?	https://continuityoak.org.uk/Lessons?r=313
6	Should managed retreat have been used at Happisburgh?	https://continuityoak.org.uk/Lessons?r=314

Work for absent students Year 8 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	What is development?	https://continuityoak.org.uk/Lessons?r=1841
2	How do we measure development?	https://continuityoak.org.uk/Lessons?r=204
	What is the human development index?	https://continuityoak.org.uk/Lessons?r=206
3	Where is the DRC and what is it like?	https://continuityoak.org.uk/Lessons?r=207
	What are the causes of uneven development?	https://continuityoak.org.uk/Lessons?r=209
4	How can bottom-up projects promote development?	https://continuityoak.org.uk/Lessons?r=211
	How can top-down projects promote development?	https://continuityoak.org.uk/Lessons?r=213
5	Where is Nigeria and what is it like?	https://continuityoak.org.uk/Lessons?r=214
6	How important is Nigeria?	https://continuityoak.org.uk/Lessons?r=1842

Work for absent students Year 8 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?	https://continuityoak.org.uk/Lessons?r=226
2	What are the factors that affect climate?	https://continuityoak.org.uk/Lessons?r=228
	What makes it rain?	https://continuityoak.org.uk/Lessons?r=230
3	How do air masses influence the climate of the UK?	https://continuityoak.org.uk/Lessons?r=231
	How do we use climate graphs?	https://continuityoak.org.uk/Lessons?r=233
4	How do high pressure events affect the UK?	https://continuityoak.org.uk/Lessons?r=235
5	How do low pressure events affect the UK?	https://continuityoak.org.uk/Lessons?r=236
6	What was the Beast from the East?	https://continuityoak.org.uk/Lessons?r=238

Work for absent students Year 8 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.
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Week	Topic	Link to complete work
1	Tourism in Kenya	https://continuityoak.org.uk/Lessons?r=258
2	Masai Mara Nature reserve	https://continuityoak.org.uk/Lessons?r=259
	Managing the Masai Mara nature reserve	https://continuityoak.org.uk/Lessons?r=260
3	Tourism in the UAE	https://continuityoak.org.uk/Lessons?r=277
	The Taiga forest	https://continuityoak.org.uk/Lessons?r=412
4	The Taiga forest (2)	https://continuityoak.org.uk/Lessons?r=413
5	Why is the Nile so amazing?	https://continuityoak.org.uk/Lessons?r=343
6	Mount Nyiragongo	https://continuityoak.org.uk/Lessons?r=345
	Mount Nyiragongo (2)	https://continuityoak.org.uk/Lessons?r=346
7	Mount Nyiragongo (3)	https://continuityoak.org.uk/Lessons?r=347

Work for absent students Year 8 Geography - Term 5

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 the disputes over the use of the River Nile?	https://continuityoak.org.uk/Lessons?r=344
2	What is Russia's role in Europe's energy resources?	https://continuityoak.org.uk/Lessons?r=1851
	Why did Russia want control of Crimea	https://continuityoak.org.uk/Lessons?r=415
3	What is fracking and why is it controversial?	https://continuityoak.org.uk/Lessons?r=404
4	What are the likely impacts of fracking in Lancashire?	https://continuityoak.org.uk/Lessons?r=405
5	How sustainable is oil extraction in Nigeria?	https://continuityoak.org.uk/Lessons?r=217
6	What are the advantages and disadvantages of nuclear energy?	https://continuityoak.org.uk/Lessons?r=406

Work for absent students Year 8 Geography - Term 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	Atlas skills	https://www.bbc.co.uk/bitesize/topics/zm38q6f/articles/zy38kty
2	Numeracy in geography	https://www.bbc.co.uk/bitesize/topics/zm38q6f/articles/zvgwdp3
	Using graphs	https://www.bbc.co.uk/bitesize/topics/zm38q6f/articles/zpscr2p
3	Map symbols, direction and contour lines	https://www.bbc.co.uk/bitesize/topics/zm38q6f/articles/ztpgbqt
4	Measuring distance and grid references	https://www.bbc.co.uk/bitesize/topics/zm38q6f/articles/zhnrg7h
5	GIS and choropleth maps	https://www.bbc.co.uk/bitesize/topics/zm38q6f/articles/z3rjwnb
6	Planet planners	https://www.bbc.co.uk/bitesize/topics/zs6j2v4/articles/zdmkwnb

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 8 French

Term	Topic	Resource
1 and 2	Sports Hobbies Family Where I live Breakfast -er verbs	https://www.languagesonline.org.uk/Hotpotatoes/frenchindex.html#gsc.tab=0 - sections: First year learning: Unit 10 Unit 3 Unit 9 Unit 6 https://www.bbc.co.uk/bitesize/subjects/zgdqxb talking about where you live in French talking about your room in French talking about food in French
3 and 4	Where I live Breakfast -er verbs Aller Vouloir Food and drink (café) Near future	https://www.languagesonline.org.uk/Hotpotatoes/frenchindex.html#gsc.tab=0 - sections: First year learning: Unit 10 Unit 3 Unit 9 Unit 6 Unit 7 Second year learning: Vouloir and pouvoir Unit 9 Grammar: Le future proche https://www.bbc.co.uk/bitesize/subjects/zgdqxb The present tense: how to talk about what you do in French Talking about food in French
5 and 6	Food and drink (café) Near future Perfect tense	https://www.languagesonline.org.uk/Hotpotatoes/frenchindex.html#gsc.tab=0 - sections: Second year learning: Unit 9 Grammar: Le future proche The perfect tense for beginners https://www.bbc.co.uk/bitesize/subjects/zgdqxb The perfect tense Talking about food in French

Year 8 German

Term	Topic	Resource
1 and 2	School Subjects Classroom Time	https://www.languagesonline.org.uk/Hotpotatoes/germanindex.html#gsc.tab=0 - sections: Beginners: Meine Schultasche Die Schuluniform Wie spät ist es? Logo 3 units: In der Schule https://www.bbc.co.uk/bitesize/subjects/zcj2tfr telling the time
3 and 4	Where I live in town Food and drink (café) Future tense	https://www.languagesonline.org.uk/Hotpotatoes/germanindex.html#gsc.tab=0 - sections: Beginners: meine stadt was kann man in der Stadt machen? In der Konditorei Am Schnellimbiss Grammar: Talking about future plans https://www.bbc.co.uk/bitesize/subjects/zcj2tfr describing where you live describing your room talking about food
5 and 6	Holidays Past tense	https://www.languagesonline.org.uk/Hotpotatoes/germanindex.html#gsc.tab=0 - sections: Logo 2: Das Wetter Perfect tense for beginners Grammar: The perfect tense 1 The perfect tense 2 The perfect tense 3 https://www.bbc.co.uk/bitesize/subjects/zcj2tfr the perfect tense

Year 8 Spanish

Term	Topic	Resource
1 and 2	Family Where I live Descriptions estar	https://www.languagesonline.org.uk/Hotpotatoes/spanishindex.html#gsc.tab=0 - sections: Caminos Book 1: Unit 3 Unit 6 Unit 7 Unit 8 Vocabulary Units: Mi familia https://www.bbc.co.uk/bitesize/subjects/zfckjxs talking about where you live how to use the verb 'to be' in Spanish describing your room
3 and 4	Where I live Time Food and drink (café) Near future	https://www.languagesonline.org.uk/Hotpotatoes/spanishindex.html#gsc.tab=0 - sections: Caminos Book 1: Unit 6 Unit 7 Unit 8 Unit 9 Unit 11 Vocabulary Units: La comida Grammar: Ir + a – the immediate future https://www.bbc.co.uk/bitesize/subjects/zfckjxs telling the time
5 and 6	Food and drink (café) Near future Past tense	https://www.languagesonline.org.uk/Hotpotatoes/spanishindex.html#gsc.tab=0 - sections: Vocabulary Units: La comida Grammar: Ir + a – the immediate future The preterite The preterite 2 https://www.bbc.co.uk/bitesize/subjects/zfckjxs talking about food in Spanish

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">•••	<ul style="list-style-type: none">•••

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=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=14ou-fplEi4&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=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=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_v8XINJ4pjk3KQ1l3eF

https://www.youtube.com/watch?v=sgwtp9mF8tl&list=PLI37FJmOtrj1B0_v8XINJ4pjk3KQ1l3eF&index=3

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Yoga and Pilates

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