

Work for absent students Year 9 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 English 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	Heroes	Unit: The Short Story Teacher Hub Oak National Academy (thenational.academy)	
2	Power and Conflict Poetry	Unit: Romantic poetry and paired texts: Romanticism and Revolution Teacher Hub Oak National Academy (thenational.academy)	Poems - English Literature Revision - BBC Bitesize
3	Journalism	Unit: Language Skills - Non-Fiction - Writing Teacher Hub Oak National Academy (thenational.academy)	Introduction to writing non-fiction - Writing non-fiction - BBC Bitesize Paragraphs - Organising information and ideas -BBC Bitesize
4	Jekyll and Hyde		Dr Jekyll and Mr Hyde - English Literature Revision - BBC Bitesize
5	Romeo and Juliet		Romeo and Juliet Learner Guides – BBC Bitesize
6	Creative Writing	Unit: Fiction: Reading and descriptive writing Teacher Hub Oak National Academy (thenational.academy)	

Work for absent students Year 9 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
Graphs	Real life graphs: https://classroom.thenational.academy/units/ratio-real-life-graphs-and-rates-of-change-c5d2?from_query=real+life+graphs Linear graphs: https://classroom.thenational.academy/lessons/linear-and-non-linear-graphs-6crket?from_query=linear+graphs https://classroom.thenational.academy/units/linear-graphs-3380?from_query=linear+graphs
Data handling	Frequency tables: https://classroom.thenational.academy/lessons/interpreting-frequency-tables-ccu3gd?from_query=frequency+tables Mean from a frequency table: https://classroom.thenational.academy/lessons/mean-from-a-frequency-table-6thp2e?from_query=frequency+tables Median from a frequency table: https://classroom.thenational.academy/lessons/median-from-frequency-tables-6rvp8d?from_query=frequency+tables
Ratio and proportion	Direct proportion: https://classroom.thenational.academy/lessons/direct-proportion-part-1-c8rk6c?from_query=direct+proportion https://classroom.thenational.academy/lessons/direct-proportion-part-2-61jkac?from_query=direct+proportion Inverse proportion: https://classroom.thenational.academy/lessons/inverse-proportion-74u38t?from_query=inverse+proportion
Circles	Area: https://classroom.thenational.academy/lessons/area-of-a-circle-6ww3ge?from_query=circles Circumference: https://classroom.thenational.academy/lessons/circumference-of-a-circle-6cu6cd?from_query=circles Parts of a circle: https://classroom.thenational.academy/lessons/parts-of-a-circle-cmwp8d?from_query=circles
Algebra	Solving equations: https://classroom.thenational.academy/lessons/equations-and-identities-c8vk6t?from_query=equations

	Harder solving equations: https://classroom.thenational.academy/lessons/solving-equations-with-brackets-6rt3ec?from_query=equations
Sequences	<p>Linear sequences: https://classroom.thenational.academy/lessons/find-terms-of-a-linear-sequence-6xhpar?from_query=linear+sequences</p> <p>Finding nth term: https://classroom.thenational.academy/lessons/write-the-nth-term-of-a-linear-sequence-70w62d?from_query=linear+sequences</p>
Pythagoras	Pythagoras' Theorem: https://classroom.thenational.academy/lessons/know-and-understand-pythagoras-theorem-70vp4t?from_query=pythagoras
Constructions and loci	<p>Constructions: https://classroom.thenational.academy/lessons/constructing-triangles-crvkgd?from_query=constructions</p> <p>Loci: https://classroom.thenational.academy/lessons/introducing-loci-60tkae?from_query=loci</p>
Probability	<p>Venn diagrams: https://classroom.thenational.academy/lessons/venn-diagram-and-probability-cgwp8e?from_query=venn+diagrams</p> <p>Tree diagrams: https://classroom.thenational.academy/lessons/draw-a-tree-diagram-for-independent-events-c8v3ge?from_query=tree+diagrams</p>
Quadratics	<p>Graphs: https://classroom.thenational.academy/lessons/sketching-quadratic-graphs-part-2-61h62d?from_query=quadratic+graph</p> <p>Solving quadratics: https://classroom.thenational.academy/lessons/solve-quadratic-inequalities-a-1-c9h3gr?from_query=solving+quadratic</p>
Trigonometry	<p>Finding sides: https://classroom.thenational.academy/lessons/applying-trigonometry-6mup2c?from_query=trigonometry</p> <p>Finding angles: https://classroom.thenational.academy/lessons/solve-basic-trigonometry-equations-6cup6r?from_query=trigonometry</p>

Work for absent students Year 9 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 9 - Biology			
Term	Topic	Oak Academy	BBC Bitesize
1+2	Cell	Cell Biology - Six lessons	Cell Biology
2+3+4	Organisation		Organisation
4+5	Bioenergetics		Bioenergetics

Year 9 - Chemistry			
Term	Topic	Oak Academy	BBC Bitesize
1+2+3	Atomic structure and the periodic table	Atomic Structure and the Periodic Table - Seven lessons	Atomic structure and the periodic table
4	Energy		Energy Changes
5+6	Rates of Reaction		Rate and Extent of Chemical Change

Year 9 - Physics			
Term	Topic	Oak Academy	BBC Bitesize
1+2	Energy		Energy
2+3	Particles		Particle Model of Matter
4+5+6	Electricity		Electricity

Work for absent students Year 9 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	Where are the emerging countries?	https://continuityoak.org.uk/Lessons?r=380
2	What are the features of an emerging country?	https://continuityoak.org.uk/Lessons?r=379
	How has the employment structure changed over time in emerging countries?	https://continuityoak.org.uk/Lessons?r=381
3	Where is China and what is it like?	https://continuityoak.org.uk/Lessons?r=383
	What has led to China's success?	https://continuityoak.org.uk/Lessons?r=382
4	What are the advantages and disadvantages of TNCs in China?	https://continuityoak.org.uk/Lessons?r=384
	Why is rural to urban migration a key feature of emerging countries?	https://continuityoak.org.uk/Lessons?r=385
5	What are megacities and where are they located?	https://continuityoak.org.uk/Lessons?r=386
6	China's megacities	https://www.youtube.com/watch?v=C6wY2b9amnA&pp=ygUdY2hpbmEgZGV2ZWxvcG1lbnQgZG9jdW1lbnRhcnk%3D

Work for absent students Year 9 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	Energy production and distribution	https://continuityoak.org.uk/Lessons?r=398
2	Energy security	https://continuityoak.org.uk/Lessons?r=399
	UK energy mix	https://continuityoak.org.uk/Lessons?r=400
3	Advantages and disadvantages of non-renewables	https://continuityoak.org.uk/Lessons?r=401
	Advantages and disadvantages of renewables	https://continuityoak.org.uk/Lessons?r=402
4	Wind turbines	https://continuityoak.org.uk/Lessons?r=403
5	Fracking	https://continuityoak.org.uk/Lessons?r=404
6	Impacts of fracking	https://continuityoak.org.uk/Lessons?r=405
	Nuclear energy	https://continuityoak.org.uk/Lessons?r=406

Work for absent students Year 9 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	World biomes	https://continuityoak.org.uk/Lessons?r=357
2	Features of world biomes	https://continuityoak.org.uk/Lessons?r=358
	Climate graphs to compare ecosystems	https://continuityoak.org.uk/Lessons?r=359
3	High and low pressure and world ecosystems	https://continuityoak.org.uk/Lessons?r=361
	Amazon rainforest structure	https://continuityoak.org.uk/Lessons?r=362
4	Nutrient cycle and the rainforest	https://continuityoak.org.uk/Lessons?r=364
5	Plant and animal adaptations in the Amazon	https://continuityoak.org.uk/Lessons?r=366
6	Causes of deforestation in the Amazon	https://continuityoak.org.uk/Lessons?r=367
	Impacts of deforestation in the Amazon	https://continuityoak.org.uk/Lessons?r=368
7	How can the Amazon be conserved?	https://continuityoak.org.uk/Lessons?r=370
	How have plants and animals adapted to deserts?	https://continuityoak.org.uk/Lessons?r=371
8	What are the opportunities for northern Africa due to the Sahara desert?	https://continuityoak.org.uk/Lessons?r=372

Work for absent students Year 9 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	Where is Africa and what are the physical and human features of the continent?	https://continuityoak.org.uk/Lessons?r=340
2	How is the population distributed in Africa and what factors influence this?	https://continuityoak.org.uk/Lessons?r=341
	How have historical factors influenced different countries in Africa?	https://continuityoak.org.uk/Lessons?r=342
3	Why is the Nile so amazing?	https://continuityoak.org.uk/Lessons?r=343
	Why are there disputes over the use of the Nile?	https://continuityoak.org.uk/Lessons?r=344
4	Where is Mount Nyiragongo and why is it important for the DRC?	https://continuityoak.org.uk/Lessons?r=345
5	What were the causes and impacts of the 2002 eruption of Mount Nyiragongo?	https://continuityoak.org.uk/Lessons?r=346
6	What is Kenya like?	https://continuityoak.org.uk/Lessons?r=347
	What are the issues of urbanisation in Kenya?	https://continuityoak.org.uk/Lessons?r=349
7	How can urbanisation in Kenya be managed?	https://continuityoak.org.uk/Lessons?r=2039

Work for absent students Year 9 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	Global atmospheric circulation	https://continuityoak.org.uk/Lessons?r=640
2	Global atmospheric circulation 2	https://continuityoak.org.uk/Lessons?r=642
	What is the global distribution of tropical storms?	https://continuityoak.org.uk/Lessons?r=644
3	How do tropical storms form and develop?	https://continuityoak.org.uk/Lessons?r=645
	How might tropical storms be affected by climate change?	https://continuityoak.org.uk/Lessons?r=2046
4	What are the effects of, and responses to, tropical storms?	https://continuityoak.org.uk/Lessons?r=2047
5	Typhoon Haiyan: tropical storm named example	https://continuityoak.org.uk/Lessons?r=2048
6	How can the effects of tropical storms be reduced?	https://continuityoak.org.uk/Lessons?r=2049
	Is the UK's weather becoming more extreme?	https://continuityoak.org.uk/Lessons?r=2050
7	Evidence of climate change	https://continuityoak.org.uk/Lessons?r=2045
	Natural causes of climate change	https://continuityoak.org.uk/Lessons?r=620
8	Human causes of climate change	https://continuityoak.org.uk/Lessons?r=623
9	The effects of climate change	https://continuityoak.org.uk/Lessons?r=624
	Mitigation against climate change (1)	https://continuityoak.org.uk/Lessons?r=626
10	Mitigation against climate change (2)	https://continuityoak.org.uk/Lessons?r=628
	Adaptation against climate change	https://continuityoak.org.uk/Lessons?r=630

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 9 French

Term	Topic	Resource
1 and 2	Festivals Food and drink Near future	https://www.languagesonline.org.uk/Hotpotatoes/frenchindex.html#gsc.tab=0 - sections: Vocabulary unit: Noël Second year learning: Les boissons et boire Les casse-croûtes et les glaces Grammar: Le future proche https://www.bbc.co.uk/bitesize/subjects/zgdqxn timer Talking about food in French
3 and 4	TV Online life Cinema and films Negatives shopping	https://www.languagesonline.org.uk/Hotpotatoes/frenchindex.html#gsc.tab=0 - sections: Second year learning: On fait du shopping Third year learning: En ligne! First year learning: Unit 9 Unit 6 https://www.bbc.co.uk/bitesize/guides/zf8jf4j/revision/1 https://www.bbc.co.uk/bitesize/guides/zhhvd6f/revision/1
5 and 6	Sports Hobbies Present tense Past tense Future tense	https://www.languagesonline.org.uk/Hotpotatoes/frenchindex.html#gsc.tab=0 - sections: First year learning: Unit 10 Unit 6 Grammar: -er verbs for beginners -er verbs revision -re verbs -ir verbs Être Avoir Faire The present tense The perfect tense The future tense https://www.bbc.co.uk/bitesize/guides/zbg8t39/revision/1 https://www.bbc.co.uk/bitesize/guides/zhhvd6f/revision/1

Year 9 German

Term	Topic	Resource
1 and 2	Mobiles Music TV	https://www.languagesonline.org.uk/Hotpotatoes/germanindex.html#gsc.tab=0 - sections: Logo 3: Filme im Kino https://www.bbc.co.uk/bitesize/subjects/z8j2tfr Media Freetime
3 and 4	Food and drink Healthy lifestyle	https://www.languagesonline.org.uk/Hotpotatoes/germanindex.html#gsc.tab=0 - sections: Beginners: Am Schnellimbiss In der Konditorei Logo 2: Fitness und Gesundheit https://www.bbc.co.uk/bitesize/subjects/z8j2tfr Freetime
5 and 6	Sports Hobbies Present tense Past tense Future tense	https://www.languagesonline.org.uk/Hotpotatoes/germanindex.html#gsc.tab=0 - sections: Logo 4: Freizeit und Hobbys Grammar: The present tense – weak verbs The present tense – weak verbs ending in –ten and –den The present tense – strong verbs The perfect tense 1 The perfect tense 2 The perfect tense 3 Talking about future plans https://www.bbc.co.uk/bitesize/subjects/z8j2tfr Present tense Future tense Perfect tense Imperfect tense

Year 9 Spanish

Term	Topic	Resource
1 and 2	Mobiles Music TV	https://www.languagesonline.org.uk/Hotpotatoes/spanishindex.html#gsc.tab=0 - sections: Caminos book 2: Unit 2 Caminos book 3: Unit 2 Unit 11 https://www.bbc.co.uk/bitesize/guides/znyprj6/revision/1
3 and 4	Food and drink	https://www.languagesonline.org.uk/Hotpotatoes/spanishindex.html#gsc.tab=0 - sections: Caminos book 2: Unit 5 Caminos book 3: Unit 10 https://www.bbc.co.uk/bitesize/guides/zr8c7nb/revision/1
5 and 6	Sports Hobbies Present tense Past tense Future tense	https://www.languagesonline.org.uk/Hotpotatoes/spanishindex.html#gsc.tab=0 - sections: Caminos book 3: Unit 2 Unit 11 Grammar: The present tense The present tense 2 The present continuous The future tense The preterite https://www.bbc.co.uk/bitesize/guides/z6n6382/revision/1

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-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=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_v8XINJ4pjk3KQ1I3eF

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=SuMDenIN5s8&list=PLI37FJmOtrj1B0_v8XINJ4pjk3KQ1I3eF&index=5

https://www.youtube.com/watch?v=xSUXMwqZ3z0&list=PLI37FJmOtrj1B0_v8XINJ4pjk3KQ1I3eF&index=6

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Yoga and Pilates

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