

Work for absent students Year 10 English

United Learning/Continuity Oak

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 Literature 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
Autumn 1	A Christmas Carol	Curriculum - Curriculum (continuityoak.org.uk) Year 11 Unit 1: A Christmas Carol (20 lessons available)	BBC Bitesize A Christmas Carol
Autumn 2	A Christmas Carol	Curriculum - Curriculum (continuityoak.org.uk) Year 11 Unit 1: A Christmas Carol (20 lessons available)	
Spring 1	Macbeth	Curriculum - Curriculum (continuityoak.org.uk) Year 10 Unit 1: Macbeth (20 lessons available)	BBC Bitesize Macbeth
Spring 2	Macbeth	Curriculum - Curriculum (continuityoak.org.uk) Year 10 Unit 1: Macbeth (20 lessons available)	
Summer 1	An Inspector Calls	Curriculum - Curriculum (continuityoak.org.uk) Year 10 Unit 3: An Inspector Calls (20 lessons available)	BBC Bitesize An Inspector Calls
Summer 2	Poetry Anthology	Curriculum - Curriculum (continuityoak.org.uk) Year 11 Unit 6: AQA Love and Relationships Poetry (18 lessons available)	BBC Bitesize Love and Relationships Poems (only Walking Away, Letters From Yorkshire and Neutral Tones)

Work for absent students Year 10 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>Decimals: https://classroom.thenational.academy/lessons/decimal-divided-by-decimal-cgu34c?from_query=decimals https://classroom.thenational.academy/lessons/add-and-subtract-decimals-c4rpcd?from_query=decimals</p> <p>Rounding: https://classroom.thenational.academy/lessons/round-up-to-three-significant-figures-68w66e?from_query=significant+figures</p> <p>Estimation: https://classroom.thenational.academy/units/rounding-and-estimating-2f3b?from_query=rounding https://classroom.thenational.academy/lessons/estimating-answers-6mw3jt?from_query=significant+figures</p>
Algebra	<p>Expanding brackets: https://classroom.thenational.academy/lessons/expand-and-simplify-double-brackets-cdhkjc?from_query=expanding+brackets https://classroom.thenational.academy/lessons/expand-2-brackets-and-simplify-expressions-part-1-crvk4c?from_query=expanding+brackets</p> <p>Factorising: https://classroom.thenational.academy/lessons/factorising-single-brackets-70rkgr?from_query=factorising https://classroom.thenational.academy/lessons/factorise-a-quadratic-cgukjt?from_query=factorising</p>
Shape	<p>Properties of shape: https://classroom.thenational.academy/lessons/diagonals-in-quadrilaterals-64u3ac?from_query=properties+of+quadrilaterals https://classroom.thenational.academy/lessons/identify-similar-shapes-and-show-shapes-are-similar-6rtkgt?from_query=similar+shapes</p>
FDP	<p>Multipliers: https://classroom.thenational.academy/lessons/decimal-multipliers-64w3et?from_query=multipliers</p> <p>4 Operations with fractions: https://classroom.thenational.academy/lessons/multiplying-a-fraction-by-a-fraction-71hk8c?from_query=fractions https://classroom.thenational.academy/lessons/dividing-a-fraction-by-a-fraction-65hk2c?from_query=fractions</p>

Algebra	<p>Solving equations: https://classroom.thenational.academy/lessons/solving-equations-with-brackets-6rt3ec?from_query=equations</p> <p>Solving inequalities: https://classroom.thenational.academy/lessons/solving-inequalities-71hk4e?from_query=inequalities</p> <p>Equations of straight lines: https://classroom.thenational.academy/lessons/equations-of-lines-6xhkad?from_query=equations</p>
Geometry	<p>Pythagoras's theorem: https://classroom.thenational.academy/lessons/know-and-understand-pythagoras-theorem-70vp4t?from_query=pythagoras</p> <p>Trigonometry: https://classroom.thenational.academy/lessons/applying-trigonometry-6mup2c?from_query=trigonometry https://classroom.thenational.academy/lessons/solve-basic-trigonometry-equations-6cup6r?from_query=trigonometry</p>
Indices and standard form	<p>Indices: https://classroom.thenational.academy/lessons/laws-of-indices-6mr3je?from_query=indices https://classroom.thenational.academy/lessons/negative-indices-cgvpac?from_query=indices https://classroom.thenational.academy/lessons/fractional-indices-c4r64d?from_query=indices</p> <p>Standard form: https://classroom.thenational.academy/lessons/convert-large-numbers-to-standard-form-6wv36c?from_query=standard+form https://classroom.thenational.academy/lessons/convert-small-numbers-to-standard-form-cmup8e?from_query=standard+form</p> <p>Problem solving: https://classroom.thenational.academy/lessons/mixed-problems-with-standard-form-crw3cd?from_query=standard+form</p>
Area and volume	<p>Sectors: https://classroom.thenational.academy/lessons/find-the-area-of-a-semicircle-and-quarter-circle-ccrp2t?from_query=significant+figures</p> <p>Volume of a cylinder: https://classroom.thenational.academy/lessons/find-the-volume-of-a-cylinder-cmrpce?from_query=volume</p> <p>Surface area of prisms: https://classroom.thenational.academy/lessons/surface-area-problems-60ukjt?from_query=surface+area</p>
Probability	<p>Independent events: https://classroom.thenational.academy/lessons/calculate-probabilities-of-independent-events-6mw3jr?from_query=independent+events</p> <p>Mutually exclusive events: https://classroom.thenational.academy/lessons/find-the-probability-of-an-event-not-happening-including-using-a-table-include-mutually-exclusive-and-exhaustive-crvkgd?from_query=mutually+exclusive</p>

Work for absent students Year 10 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 10 - Biology			
Term	Topic	Oak Academy	BBC Bitesize
1	Infection and Response		Infection and response
2	Homeostasis		Homeostasis and Response
3+4	Ecology		Ecology

Year 10 - Chemistry			
Term	Topic	Oak Academy	BBC Bitesize
1	Quantitative Chemistry		Quantitative Chemistry
2	Structure and Bonding		Bonding, Structure, and Properties of Matter
3+4	Chemical Changes		Chemical Changes
5	Atmosphere		Chemistry of the Atmosphere

Year 10 - Physics			
Term	Topic	Oak Academy	BBC Bitesize
1	Atomic Structure		Atomic Structure
2	Forces		Forces
3+4	Waves		Waves
5+6	Forces 2		Forces

Work for absent students Year 10 Geography - Terms 1 and 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	Physical landscapes of the UK	https://continuityoak.org.uk/Lessons?r=416
1	What are river long and cross profiles?	https://continuityoak.org.uk/Lessons?r=517
2	How do rivers erode, transport and deposit their load?	https://continuityoak.org.uk/Lessons?r=2040
2	Landforms of erosion: V-shaped valleys and interlocking spurs	https://continuityoak.org.uk/Lessons?r=518
2	Landforms of erosion: waterfalls and gorges	https://continuityoak.org.uk/Lessons?r=519
3	Landforms of erosion and deposition: meanders and oxbow lakes	https://continuityoak.org.uk/Lessons?r=520
3	Landforms of deposition: levees, floodplains and estuaries	https://continuityoak.org.uk/Lessons?r=521
4	Landforms in a UK river valley: The River Tees	https://continuityoak.org.uk/Lessons?r=522
4	How does the river basin system work?	https://continuityoak.org.uk/Lessons?r=523
4	What are the human and physical factors that increase flood risk?	https://continuityoak.org.uk/Lessons?r=1853
5	What are hydrographs and what do they show?	https://continuityoak.org.uk/Lessons?r=1854
5	How can rivers be managed using hard engineering strategies?	https://continuityoak.org.uk/Lessons?r=525
6	Soft engineering river management (1)	https://continuityoak.org.uk/Lessons?r=526
6	Soft engineering river management (2)	https://continuityoak.org.uk/Lessons?r=528
6	A UK flood management Scheme: Oxford	https://continuityoak.org.uk/Lessons?r=529

Work for absent students Year 10 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 development?	https://continuityoak.org.uk/Lessons?r=432
1	Economic and social measures of development	https://continuityoak.org.uk/Lessons?r=433
2	Limitations of economic and social measures of development	https://continuityoak.org.uk/Lessons?r=434
2	The demographic transition model	https://continuityoak.org.uk/Lessons?r=435
2	Population pyramids	https://continuityoak.org.uk/Lessons?r=436
3	Physical causes of uneven development	https://continuityoak.org.uk/Lessons?r=1855
3	Economic and historic causes of uneven development	https://continuityoak.org.uk/Lessons?r=1858
4	Consequences of uneven development	https://continuityoak.org.uk/Lessons?r=1857
4	Strategies to reduce the development gap (1)	https://continuityoak.org.uk/Lessons?r=530
4	Strategies to reduce the development gap (2)	https://continuityoak.org.uk/Lessons?r=531
5	Strategies to reduce the development gap (3)	https://continuityoak.org.uk/Lessons?r=532
5 – 8	India case study	<ol style="list-style-type: none"> 1. https://continuityoak.org.uk/Lessons?r=2041 - Industrial structure (1) 2. https://continuityoak.org.uk/Lessons?r=556 - Industrial structure (2) 3. https://continuityoak.org.uk/Lessons?r=558 - TNCs 4. https://continuityoak.org.uk/Lessons?r=561 - Global relations 5. https://continuityoak.org.uk/Lessons?r=564 - International aid 6. https://continuityoak.org.uk/Lessons?r=566 - Impacts of development 7. https://continuityoak.org.uk/Lessons?r=568 - Development and QOL

Work for absent students Year 10 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	Wave types and characteristics	https://continuityoak.org.uk/Lessons?r=417
1	Coastal weathering and erosion	https://continuityoak.org.uk/Lessons?r=418
2	Mass movement	https://continuityoak.org.uk/Lessons?r=419
2	Transportation and erosion	https://continuityoak.org.uk/Lessons?r=420
2	Headlands and bays	https://continuityoak.org.uk/Lessons?r=421
3	Wave cut platforms	https://continuityoak.org.uk/Lessons?r=422
3	Caves, arches and stacks	https://continuityoak.org.uk/Lessons?r=423
3	Beaches and sand dunes	https://continuityoak.org.uk/Lessons?r=424
4	Spits and bars	https://continuityoak.org.uk/Lessons?r=425
4	Landforms on a UK coast	https://continuityoak.org.uk/Lessons?r=426
4	Coastal hard engineering	https://continuityoak.org.uk/Lessons?r=427
4	Coastal soft engineering	https://continuityoak.org.uk/Lessons?r=428
5	Managed retreat	https://continuityoak.org.uk/Lessons?r=429
5	Lyme Regis case study	https://continuityoak.org.uk/Lessons?r=430
5	Lyme Regis case study	https://continuityoak.org.uk/Lessons?r=431

Work for absent students Year 10 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	Introduction to ecosystems	https://continuityoak.org.uk/Lessons?r=647
1	How can change affect a small scale ecosystem?	https://continuityoak.org.uk/Lessons?r=648
2	Global ecosystems – where are they and what are they like?	https://continuityoak.org.uk/Lessons?r=649
2	What are the physical characteristics of the tropical rainforest?	https://continuityoak.org.uk/Lessons?r=650
2	Interdependence in the TRF	https://continuityoak.org.uk/Lessons?r=651
3	Plant and animal adaptations	https://continuityoak.org.uk/Lessons?r=652 https://continuityoak.org.uk/Lessons?r=653
3	Changing rates of deforestation	https://continuityoak.org.uk/Lessons?r=655
3	Amazon – deforestation causes	https://continuityoak.org.uk/Lessons?r=654
4	Amazon deforestation causes (2)	https://continuityoak.org.uk/Lessons?r=2053
4	Amazon – deforestation impacts	https://continuityoak.org.uk/Lessons?r=2054
4	TRF Value	https://continuityoak.org.uk/Lessons?r=2055
4	TRF management	https://continuityoak.org.uk/Lessons?r=2056
5	TRF Management (2)	https://continuityoak.org.uk/Lessons?r=2057
5 - 7	Deciduous woodland case study	1. Background https://www.internetgeography.net/topics/what-is-a-temperate-deciduous-woodland/ https://www.internetgeography.net/topics/where-are-temperate-deciduous-woodlands-located/ 2. Interdependence https://www.internetgeography.net/topics/interdependence-in-deciduous-woodlands/ 3. Structure https://www.internetgeography.net/topics/what-is-the-structure-of-the-temperate-deciduous-woodland/ https://www.internetgeography.net/topics/how-did-the-temperate-deciduous-woodland-get-like-this/ 4. Adaptations https://www.internetgeography.net/topics/how-has-the-vegetation-adapted-to-the-climate-2/ https://www.internetgeography.net/topics/how-have-animals-adapted-to-deciduous-woodlands/ 5. Nutrient cycle https://www.internetgeography.net/topics/the-nutrient-cycle-and-biodiversity-in-deciduous-woodlands/ 6. Human activity https://www.internetgeography.net/topics/deciduous-woodlands-human-uses-and-impacts/ https://www.internetgeography.net/topics/what-is-the-impact-of-humans-on-the-temperate-deciduous-woodland/ 7. Dean Forest case study https://www.internetgeography.net/topics/management-of-the-forest-of-dean-case-study/ 8. Management https://www.internetgeography.net/topics/sustainable-development-in-the-temperate-deciduous-woodland/

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 10 French

Term	Topic	Resource
1	Mobile phones technology	https://www.bbc.co.uk/bitesize/guides/zf8jf4j/revision/1 https://www.languagesonline.org.uk/Hotpotatoes/frenchindex.html#gsc.tab=0 Third year learning: En ligne!
2	Friends Family relationships	https://www.bbc.co.uk/bitesize/topics/zvvp8xs https://www.languagesonline.org.uk/Hotpotatoes/frenchindex.html#gsc.tab=0 grammar
3	Free time Sports Tv Cinema Reading Food and drink	https://www.bbc.co.uk/bitesize/topics/zrryqp3 https://www.bbc.co.uk/bitesize/topics/z4432sg https://www.languagesonline.org.uk/Hotpotatoes/frenchindex.html#gsc.tab=0 grammar
4	Customs and festivals	https://www.bbc.co.uk/bitesize/guides/zhp3wty/revision/1 https://www.languagesonline.org.uk/Hotpotatoes/frenchindex.html#gsc.tab=0 Vocabulary unit: Noël
5	Where I live	https://www.bbc.co.uk/bitesize/topics/zddct39 https://www.languagesonline.org.uk/Hotpotatoes/frenchindex.html#gsc.tab=0 Vocabulary Unit: La ville où j'habite
6	Social issues Global issues	https://www.bbc.co.uk/bitesize/topics/zjj9pg8 https://www.languagesonline.org.uk/Hotpotatoes/frenchindex.html#gsc.tab=0 Topic units: Forme et santé

Year 10 German

Term	Topic	Resource
1	Mobile phones Technology	https://www.bbc.co.uk/bitesize/subjects/z8j2tfr https://www.languagesonline.org.uk/Hotpotatoes/germanindex.html#gsc.tab=0 grammar
2	Friends Family Relationships	https://www.bbc.co.uk/bitesize/subjects/z8j2tfr https://www.languagesonline.org.uk/Hotpotatoes/germanindex.html#gsc.tab=0 Logo 3: Verhältnisse
3	Free time Sports Tv Cinema Reading Food and drink	https://www.bbc.co.uk/bitesize/subjects/z8j2tfr https://www.languagesonline.org.uk/Hotpotatoes/germanindex.html#gsc.tab=0 Logo 4: Freizeit und Hobbys
4	Customs and festivals	https://www.bbc.co.uk/bitesize/subjects/z8j2tfr https://www.languagesonline.org.uk/Hotpotatoes/germanindex.html#gsc.tab=0 Logo 3: Feste und Traditionen Topics: Weihnachten
5	Where I live	https://www.bbc.co.uk/bitesize/subjects/z8j2tfr https://www.languagesonline.org.uk/Hotpotatoes/germanindex.html#gsc.tab=0 Logo 4: Hausarbeit
6	Social issues Global issues	https://www.bbc.co.uk/bitesize/subjects/z8j2tfr https://www.languagesonline.org.uk/Hotpotatoes/germanindex.html#gsc.tab=0 Logo 2: Körper und Krankheiten Fitness und Gesundheit

Year 10 Spanish

Term	Topic	Resource
1	School	https://www.bbc.co.uk/bitesize/topics/zjyvqp3 https://www.languagesonline.org.uk/Hotpotatoes/spanishindex.html#gsc.tab=0 Vocabulary Units: en el instituto Caminos book 3: Unit 5 Unit 6
2	Friends Family Relation- ships	https://www.bbc.co.uk/bitesize/topics/znk8nrd https://www.languagesonline.org.uk/Hotpotatoes/spanishindex.html#gsc.tab=0 Caminos book 3: Unit 4
3	Where I live	https://www.bbc.co.uk/bitesize/topics/z4th92p https://www.languagesonline.org.uk/Hotpotatoes/spanishindex.html#gsc.tab=0 Caminos book 3: Unit 7 Unit 13 Unit 14
4	Where I live	https://www.bbc.co.uk/bitesize/topics/z4th92p https://www.languagesonline.org.uk/Hotpotatoes/spanishindex.html#gsc.tab=0 Caminos book 3: Unit 7 Unit 13 Unit 14
5	Holidays	https://www.bbc.co.uk/bitesize/topics/zdsfwty https://www.languagesonline.org.uk/Hotpotatoes/spanishindex.html#gsc.tab=0 Caminos book 3: Unit 9
6	Free time	https://www.bbc.co.uk/bitesize/topics/zfdwf4j https://www.bbc.co.uk/bitesize/topics/zvq7382 https://www.bbc.co.uk/bitesize/topics/zb2mgwx https://www.languagesonline.org.uk/Hotpotatoes/spanishindex.html#gsc.tab=0 Vocabulary Units: La comida

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

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=jCTEVKRTuS8&list=PLI37FJmOtrj1B0_v8XINJ4pjk3KQ1I3eF&index=9

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=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=dj3NUnxGG5o&list=PLU9JyXjaxVhZz2CspinQj8Mi_R1BEEUi3&index=2

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=aOYcySi-kpU&list=PLU9JyXjaxVhZz2CspinQj8Mi_R1BEEUi3&index=12