Physical Development Video Links – KS3

<https://www.youtube.com/user/thebodycoach1> - P:E with Joe Wicks: Live @ 9:30am, Monday – Friday

<https://youtu.be/d_xV3NKHyZs> - LFC's Home Workouts with Andreas Kornmayer: Mobility and Core session

# <https://youtu.be/L8taGwfp2sU> -15 BEST Skill Moves to Beat Defenders in REAL GAME

<https://www.youtube.com/watch?v=388Q44ReOWE> - Move and Freeze Warm Up

<https://www.youtube.com/watch?v=L_A_HjHZxfI> - Children’s Basic Bodyweight Workout

<https://www.youtube.com/watch?v=KNbrp8XQObY> - Catching Techniques Part 1

<https://www.youtube.com/watch?v=7BPJ_nQWonI> - Catching Techniques Part 2

<https://www.youtube.com/watch?v=J2oTsDR3tsg> - Throwing Techniques

<https://www.youtube.com/watch?v=KlOdTqUFJlU> - Throwing Challenge (Can use other targets)

<https://www.youtube.com/watch?v=8xyHQE38j7U> - Relay Challenge