

## **PE @ Home 2020.**

Just a couple of guidelines to keep in mind from the GCC PE Staff.

We hope you and your families are well. It is very important to continue exercising in these uncertain times. You don't need access to your gym or local club, the information attached can be done from home. We encourage that you turn this into a family event. It is important to have fun while exercising.

- 40-60 minutes of activity per day. ( Healthy Body - Healthy Mind)
- Keep hydrated - a minimum of 2L of water per day.
- Nutrition: encourage good habits.
- Sleep: Aim for 8 hours. It is so important for recovery and wellbeing.
- Reduce time on Social Media .Instead, read a book; talk with family, Facetime friends & family and exercise daily.

We have attached youtube links below and other classes that have been forwarded by PE teachers across wexford. We will also attach a PE PDF file 'PE in the home 2020' just click on the underlined games or challenges and have a go.

Don't forget before every activity warm-up properly. After finishing your activity incorporate a cool down and stretching.

Best wishes,  
GCC PE Department.

HIIT

<https://m.youtube.com/watch?v=5nZ2iBGvFhE#menu>

Yoga

<https://m.youtube.com/watch?v=UEEsdXn8oG8>

Dance

<https://m.youtube.com/watch?v=eWjd8C2SB0Y>

Youtube Channels:

- Sugar Pop Fitness: <https://www.youtube.com/user/popsugartvfit>

Donna Dunne Fitness:

- Full Body Workout [https://www.youtube.com/watch?v=2eaNPJ8\\_lu8](https://www.youtube.com/watch?v=2eaNPJ8_lu8)
- Conditioning Session: <https://www.youtube.com/watch?v=XEghEIZ0R70>

- The Body Coach: <https://www.youtube.com/user/thebodycoach1>

- 30 Days of Yoga with Adriene:

<https://www.youtube.com/watch?v=TXU591OYOHA&list=PLui6Eyny-UzwxbWCWDbTzEwsZnnROBTIL>

Pilates - Aoife Hannon

<https://www.youtube.com/channel/UCx1ooW23ao6mQUQ-44rorbg>

MacFit PT & Fitness are doing online live body blast and pilates classes for free on Mon, Wed & Thurs mornings at 9:30am for FREE. You will find them on Facebook.

Wexford GAA - have a number of challenges for football and hurling. Just follow WexfordGAA on Twitter.

Apps:

Free guided Meditations & music : "Insight Timer"