**Key Stage 3 Home Exercises for the Summer Holidays**

**Fitness Exercise**

<https://www.youtube.com/watch?v=K6r99N3kXME>

<https://www.youtube.com/watch?v=Rz0go1pTda8>

<https://www.youtube.com/watch?v=d3LPrhI0v-w>

<https://www.youtube.com/watch?v=pnKCGY9ZocA>

<https://www.youtube.com/watch?v=H5Gmlq4Zdns>

<https://www.youtube.com/watch?v=8ortypveAL0>

**Football Skills**

<https://www.youtube.com/watch?v=z7jP3moQi9c>

<https://www.youtube.com/watch?v=WzAgVxFtYXk>

<https://www.youtube.com/watch?v=010_mhlfZpA>

<https://www.youtube.com/watch?v=XC2hZh5XpwE>

**Basketball Skills**

<https://www.youtube.com/watch?v=I6EdJWwcm-c>

**Rugby Skills**

<https://www.youtube.com/watch?v=vE8yOQBqpzo>

**Tennis Skills**

<https://www.youtube.com/watch?v=SZf48USShaQ>

**Cricket Skills**

<https://www.youtube.com/watch?v=FTFVJUZmn9A>

<https://www.youtube.com/watch?v=x9trDpfJim4>