



Oasis Academy: Isle of Sheppey

Exercise Newsletter

Date

Mon 22/06 - Fri 26/06



*** STAR OF THE WEEK ***

Eden has been working hard, using lots of creative ways to stay physically active during lockdown, including hula-hooping and Tik Tok!

For a chance to be STAR OF THE WEEK and WIN PRIZES, email Mr Carlow at: Wesley.carlow@oasisisleofsheppey.org

STAR OF THE WEEK

Eden Charman
8TU1

THIS WEEK WE'RE TAKING PART IN NATIONAL SCHOOL SPORT WEEK — AT HOME!

This year Youth Sport Trust want to unite the whole country – families, schools, sport and businesses – in a celebration of the power of sport to bring people together to capture the enjoyment, challenge and friendship they are missing out on. So, what are you waiting for? Visit here to register: <https://www.youthsporttrust.org/national-school-sport-week-home>
You can use the table, below, to track your progress! Taking part requires 3 simple steps ...

1) CHOOSE — With your friends or family choose who, how and what activity you'll be taking part in.

2) CHALLENGE — Will you compete or work together in your activity? How many people can you challenge?

3) CAPTURE — Celebrate your collective experiences and share these through social media using #NSSWtogether

		Sat	Sun	Mon	Tues	Wed	Thurs	Fri
Chosen activity		Right Way Wrong Way	Fast Feet					
My scores	Attempt 1	33	15					
	Attempt 2	35	14					
	Attempt 3	38	16					
My personal best		38	16					
Who I played with		My sister Katie	My Mum and my Aunty					
Our collective challenge		To improve our score each time	To get more than 40 in one go					