

Oasis Academy: Isle of Sheppey

Exercise Newsletter

Date

Mon

11/05 - Fri 15/05

EXERCISE — WHAT'S THE POINT?

- ◆ Reduces airway inflammation for people with asthma
- ◆ Increases vitamin D levels (makes you happier)
- ◆ Reduces risk of heart disease (even low-intensity, like yoga)
- ◆ Reduces stress levels and you feel more productive
- ◆ **BURN CALORIES!** Exercise is vital if you want to lose weight

STAR OF THE WEEK —>

Skyla has been attempting Joe Wicks PE & training like an Olympian! Amazing work!

For a chance to be STAR OF THE WEEK and WIN PRIZES, email Mr Carlow at:

Wesley.carlow@oasisisleofsheppey.org

STAR OF THE WEEK

Skyla Scott

8PA2

THIS WEEK'S CHALLENGE!

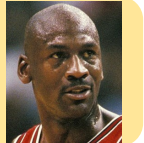
During lockdown, many people are finding it hard to motivate themselves to include more physical activity into their daily routine. Although it's not as hard as some might think. Lots of ideas are being used every day to help people stay active. This week we've decided to set you the challenge of spelling the names of iconic sporting superstars! But, there's a twist ... Each letter has an exercise you must attempt! Try the names below ... (or choose your own!)

- | | |
|---------------------------------|----------------------------------|
| A: 10 crunches | N: 10 tricep dips |
| B: 10 jumping jacks | O: 10 pushups |
| C: 5 pushups | P: 10 squats |
| D: 5 squats | Q: 20 jumping jacks |
| E: 30-second wall sit | R: 30-second plank |
| F: 15 arm circles | S: 20 bicycle crunches |
| G: 10 mountain climbers | T: 30-second wall sit |
| H: 5 burpees | U: 5 burpees |
| I: 30-second plank | V: 20 arm circles |
| J: 10 jump squats | W: 10 lunches (each side) |
| K: 10 lunges (each side) | X: 10 pushups |
| L: 15 crunches | Y: 20 high knees |
| M: 20 high knees | Z: 10 burpees |

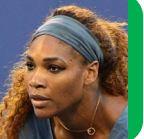
MONDAY — BOBBY MOORE **Age:** 51 (1941-93) **Sport:** Football
Honours: FA Cup x1, Community Shield x1, UEFA Champions Cup x1, World Team of the Year x2 & FIFA World Cup x1



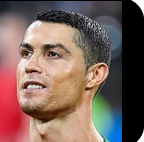
TUESDAY — MICHAEL JORDAN **Age:** 57 **Sport:** Basketball
Honours: NBA Champion x6, NBA Finals MVP x6, Olympic Gold Medal x2 & NBA Team of the Year x11



WEDNESDAY — SERENA WILLIAMS **Age:** 38 **Sport:** Tennis
Honours (inc. Doubles): Wimbledon x14, US Open x8, Australian Open x10, French Open x5 & Olympic Gold Medal x4



THURSDAY — CRISTIANO RONALDO **Age:** 35 **Sport:** Football
Honours: League titles x6, Domestic Cups x10, FIFA Club World Cup x4, UEFA Super Cup x2, UEFA Champions League x5 & UEFA European Championship x1



FRIDAY — JESSICA ENNIS-HILL **Age:** 34 **Sport:** Heptathlon
Honours: European Championships Gold Medal x1, World Championships Gold Medal x3, Olympic Silver Medal x1 & Olympic Gold Medal x1

