

## Oasis Academy: Isle of Sheppey Exercise Newsletter

Date

Mon 18/05 - Fri 22/05

#### **EXERCISE — WHAT COUNTS?**

The NHS suggest that we should do some type of physical activity everyday. Any type of activity is good for you. The more the better!

Moderate physical activity is anything that increases your heart and breathing rate. This can include brisk walking, cycling, walking up and down stairs, and even mowing the lawn!

#### STAR OF THE WEEK ->

Skye has been going for bike rides, as well as getting creative with dancing & UFC training! For a chance to be STAR OF THE WEEK and WIN PRIZES, email Mr Carlow at:

Wesley.carlow@oasisisleofsheppey.org

STAR OF THE WEEK **Skye Jones 8TU2** 

#### THIS WEEK'S CHALLENGE!

This week we're going to focus on strength! We're asking you to attempt each day's exercises as many times as you can in 30mins. Follow the number of exercises day-by-day, trying to complete at least 3 sets every day. We understand that some of these exercises can be tough, therefore we've included some diagrams, below, that show us how to perform alternatives to these exercises safely. Remember, if you feel a pain in your joints when exercising ... STOP!!

#### DAY 1

**6 PUSHUPS** 12 TRICEP DIPS 10 SQUATS

1 SET

# 7 DAYS OF

#### DAY 2

12 LUNGES 20 BICEP CURLS 1 MIN. PLANK

1 SET

#### DAY 3

12 SQUATS 30 ARM CIRCLES **8 PUSHUPS** 

1 SET

16 LUNGES 14 TRICEP DIPS 1 MIN. PLANK

1 SET

DAY 4

#### DAY 5

10 PUSHUPS 12 SQUATS 20 BICEP CURLS

1 SET

### DAY 6

**40 ARM CIRCLES** 18 LUNGES 1 MIN. PLANK

1 SET

### DAY 7

12 PUSHUPS 14 SQUATS 16 TRICEP DIPS 1 SET

## How many sets can you complete in 30mins?

