



Oasis Academy: Isle of Sheppey

Exercise Newsletter

Date

Mon 08/06 - Fri 12/06

NHS — Couch to 5K — What Is It?

Couch to 5K involves:

- walking/running for 30 to 40 minutes, three times a week.
- usually repeating the same session before moving on.
- Starting and finishing with a 5 min walk.

For more information visit: <https://www.nhs.uk/live-well/exercise/>

STAR OF THE WEEK —>

Kiera has been taking part in Joe Wick's PE videos, as well as running and long walks!

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

Wesley.carlow@oasisisleofsheppey.org

STAR OF THE WEEK

Kiera Lane

8EP2

THIS WEEK'S CHALLENGE — CIRCUIT TRAINING!

What is Circuit training? Circuit training is where you perform a combination of exercises for set periods of time, with short rest periods in between exercises.

What are the benefits? You can work different components of fitness in one workout! Ideal for squeezing exercise into a busy schedule.

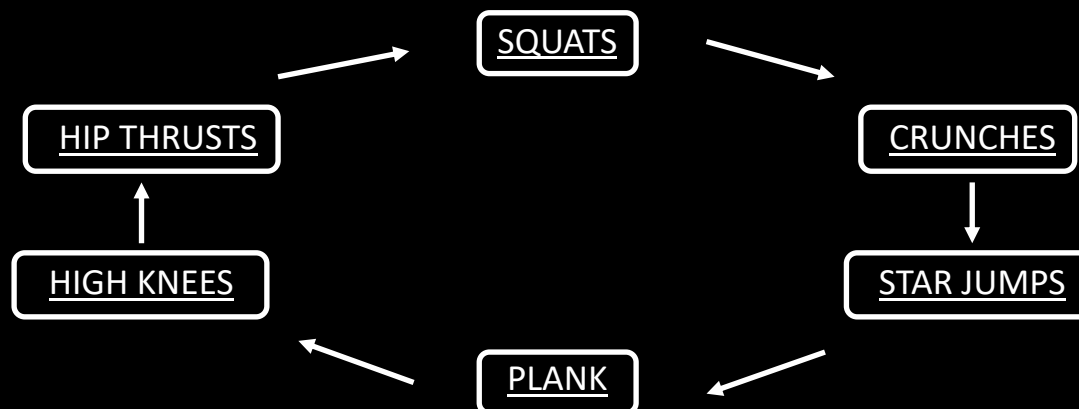
Remember: Exercise at your own pace and warm up and stretch BEFORE & AFTER you exercise to reduce the risk of injuring yourself!

GOOD LUCK!

Monday: We've given you your first circuit of the week.

Can you create a different circuit for each day?

Let us know how you get on using the exercise ideas we've provided or by getting creative with your own exercises!



- ⇒ Perform each exercise for 30 seconds, followed by 30 seconds rest.
- ⇒ Complete circuit 3 times, resting for 2 minutes between each set.

EXERCISE IDEAS

- High knees
- Plank
- Squats
- Press ups
- Crunches
- Star jumps
- Burpees
- Lunges
- Hip thrusts
- Mountain climbers