

Oasis Academy: Isle of Sheppey

Exercise Newsletter

Date

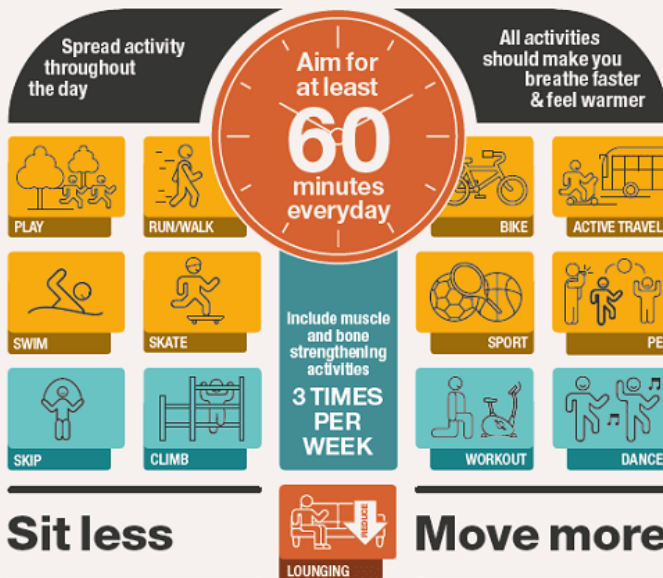
Mon 15/06 - Fri 19/06

Physical activity

for children and young people
(5–18 Years)



Be physically active



*** STAR OF THE WEEK ***

Maisie has been completing the weekly challenges set out in the NHS—Couch to 5K run, in addition to 15K bike rides!

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

Wesley.carlow@oasisisleofsheppey.org

STAR OF THE WEEK

Maisie Rogers
11EP1

THIS WEEK'S CHALLENGE : HIGH INTENSITY INTERVAL TRAINING (HIIT)

What is HIIT? HIIT training stands for High Intensity Interval Training - a form of cardiovascular exercise.

Benefits? Lasts maximum 20/30 minutes AND after you have finished exercising, your body will continue to burn calories at a higher rate than normal!

Who can do it? HIIT can be designed for anyone! Whoever's taking part can choose what exercises they want to include and how long they work & rest for!

We've provided an example of a HIIT session for LEGS & ABS —>

Use different exercises to focus on different muscle groups!

Can you create a different HIIT session for each day?

Let us know how you get on using the session we've provided or by getting creative with your own specific HIIT sessions!

LIGHT	Work: 20 secs Rest: 10 secs
MODERATE	Work: 30 secs Rest: 15 secs
HARD	Work: 45 secs Rest: 15 secs

High knees > Rest
Leg raises > Rest
Lunges > Rest
Plank > Rest
Squats > Rest
Mountain climbers > Rest
Star jumps > Rest
Bicycle crunches > Rest

Try to work for between 10-20 minutes!

It's not about being the best, it's about being better than you were yesterday.