



NATIONAL SCHOOL
SPORT WEEK 2020

AT HOME

supercharged by

sky sports

Oasis Academy: Isle of Sheppey

Exercise Newsletter

Date

Mon 29/06 - Fri 03/07

NATIONAL SCHOOL SPORTS WEEK

Did you take part?

Let us know by sharing your efforts on social media using #NSSW together and tagging us in your post!

*** STAR OF THE WEEK ***

Skyla has been joining Joe Wicks with his daily training sessions, as well as going on long 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

Skyla Scott
8PA2

THIS WEEK'S CHALLENGE : GET STRONGER AT HOME!

Your body is all you need for a great workout. Body weight training exercises (moves that force you to push or pull your own weight) can ***tone and slim your body while adding strength & definition to your muscles.***

There are **5 key exercises** that require the use of multiple muscle groups. Each exercise can be adapted to suit your individual needs. They are:

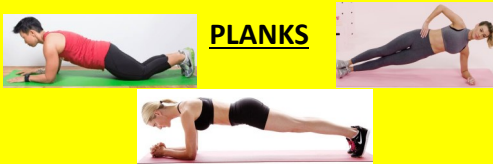
SQUATS



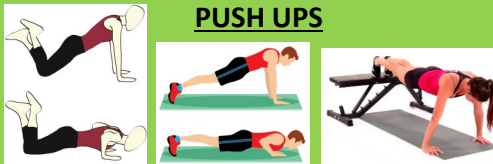
LUNGES



PLANKS



PUSH UPS



BALANCE / STRETCH



Using different methods of training that we've previously covered ...

Can you create different a workout for each day?

Let us know how you get on using this session or by getting creative with your own!

Here's a circuit training session that we made!

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BALANCE/STRETCH

PUSH UPS

LUNGES

SQUATS

PLANK

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