

Kiera and her family are supporting our wonderful NHS

Kiera Lincoln in Year 10 and her family have been using their time in lockdown to help where they can. Kiera says, "My family and I have been handing out leaflets to houses asking, if possible, for donations for our wonderful NHS. We deliver all the food, drinks and toiletries every Friday to Darent Valley" which is a hospital very close to their hearts. She explains that her family "want to help and give back to the staff who are doing so much to care for us". Well done Kiera, what a fantastic thing to do - we are very proud of you!

Mrs Harris, Director of Studies, Year 10



NEWS LETTER



23rd April 2020

www.bexleygs.co.uk



Historical Egg Competition

Winner: Clarisse Mazieres

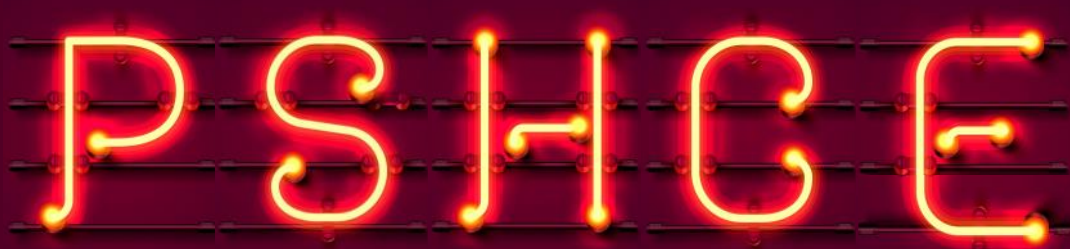
Why is Malala Yousafzai a 'good egg'? She fought for women's rights even with the possible consequences of doing this. She fought for what she believed in and this made some of the others in her country realise that women didn't have equal rights and were suppressed and accused wrongly. She also won the Nobel Peace Prize because people believed in her and what she stood for.

"I am very happy that I won the historical egg competition. I definitely enjoyed making the egg because I managed to crochet Malala's head scarf. I used red wool for it because I knew that that is usually the colour that she has for her scarf. I had a lot of fun making her an egg."

Clarisse Mazieres, Year 7



- 1) Malala Yousafzai, 2) Emmeline Pankhurst, 3) Elvis, 4) Cleopatra, 5) Einstein, 6) Queen of Hearts, 7) Frida Kahlo, 8) David Bowie, 9) Bob Dylan, 10) Competition Poster.



Hello Students,

As PSHCE is a curriculum run session at BGS, we are asking you to continue your PSHCE sessions remotely from home (where at all possible). We will give you a link to the session you should look through each week that has been created for you by your SAM. This will be a 15 - 20 minute session to do in keeping with the normal session you would be doing at school during Academic Monitoring. This week I am going to ask that you spend 15 - 20 minutes doing some form of exercise to help with the theme of 'Well Being'. See the following link to access the Google slide [here](#).

For Year 13: This will be your last (and only) session so enjoy the exercise session. Hope your adventures from September are what you hoped for and please look at the following link from Miss Roberts:

https://www.studentminds.org.uk/uploads/3/7/8/4/3784584/180813_kbyg_interactive.pdf

Mrs Mitten, PSHCE and Power Day Coordinator

BBC Radio 2 ~ 500 Hundred Words First Round Success

Anis Houmani and Hari Rehal achieve a place in the next round!

For the last 10 years BBC Radio 2 have been running 500 Words: a short story competition for young people in order to get them excited about reading and writing.

The idea is simple: you write a story about whatever you like and your story is judged without regard to spelling, punctuation and grammar. There is only one condition: your story has to be 500 words long.

This year we are pleased to announce that Anis Houmani and Hari Rehal have made it into the final 5000 entries which will go on to be judged and eventually whittled down to the last 50. Being one of the final 5000 may not seem like much, but it is when this competition had close to 135,000 entries this year!

Well done to Anis and Hari on this fantastic accomplishment.

Mr Husbands, BGS English Department



BBC Radio 2 ~ 500 Hundred Words

The Big Race

It was the final race of the Formula One season. It was early afternoon and Richard was still sleeping. The evening before, he had sprained his ankle but hadn't told his team. Richard's 14 year old son, Diego, realised his dad wasn't well enough to race and came to a decision - he was going to drive and he was determined to win!

Diego dressed in his dad's racing overalls (he was almost the same size) and slipped on his helmet before sneaking out of the room. He scurried past security and into the paddock before strolling calmly into the team garage. His dad's mechanics were looking excitedly at their screens and Diego greeted them with a nod, just like his dad, before climbing into his dad's car, belting up and pressing the "start" button...

The car rumbled to life like a lion awakening from a lengthy slumber. The team engineers spoke to Diego in his earpiece, asked him to do a couple of gentle laps to warm the tyres and then stop at position five on the starting grid (that's where his dad had qualified yesterday).

Diego did exactly as he was told and was soon comfortable driving the car. After two laps, he brought the car to a halt and signalled to his mechanics that all was well with a quick thumbs up (he had seen his dad do that). Diego breathed a sigh of relief whilst waiting for the other cars to take their positions.

The race lights overhead glowed red and everyone began to rev their engines, creating a thunderous sound. One by one, the lights turned green and Diego took his foot off the brake and the car sped off down the track.

Unfortunately, by the first corner, Diego had dropped a couple of places and was struggling to hold his position for the next few laps. Suddenly, the radio came to life and he heard his dad's engineer: "Richard, take it easy!". Diego calmed down. A few laps later, he closed in on one of the cars that had overtaken him at the start and managed to overtake at the following corner.

Diego then saw a race official waving a yellow flag and heard his radio again: "Incident on next corner!". He saw a cloud of smoke and noticed that three cars had crashed ahead of him and a fourth was stuck in the gravel like a beached whale. That meant he was now second!

Just then, he heard a familiar voice on the radio. It was his dad - and Diego knew he had been rumbled! He felt a bit sick - but he couldn't stop now as it was the penultimate lap. He heard his dad's voice again. He was telling him to push on as the car ahead was slowing rapidly. Diego knew this was his chance. He pushed the accelerator to the floor and overtook the leading car on the final straight as they approached the chequered flag. Diego knew he had won!

Hari Rehal, Year 7





BBC Radio 2 ~ 500 Hundred Words

Dear Diary

June 28th 1939

Hi, it is I Robert and it is my first time writing in you. I caught my eyes on you while walking down a street and I had to have you, so I stole you. Nazis are currently attacking my home country; Poland, because we are 'Jewish', how pointless, right?

June 30th 1939

Sorry I never wrote in you yesterday, my family and I were busy trying to find a suitable and safe place to go into hiding. My Father has two friends, Richard and I think the other one was Thomas. They were kind towards us and helped find a worthy place to stay in.

July 1st 1939

Finally, after all this time we found a place although it is worse than where we used to live and is kind of stuffy for the three of us. I am not certain how long we have to stay here, but mother said it would not be for too long. I really wish we could go back although it is too risky.

July 3rd 1939

Today at school there was a big attack and many of my schoolmates were taken away as hostages. Luckily I got away, but I have a huge amount of guilt in me; I really do hope they are safe. Anyway, Thomas provided us with some very delicious food today and Richard brought us warm clothes and beds.

July 9th 1939

I was just sitting and I overlooked a soldier until he made a noise, in the distance, reloading his gun. My family tried not to make any noise possible or else we would be found out and taken away. It was the most petrifying day in my life.

July 22nd 1939

I just have news from father saying that both Richard and Thomas were found out and were killed by the Nazis, how cruel! We are not going to eat impressive things anymore and probably survive on just rations, so I will need the energy, night.

September 18th 1939

It has been a tough month and we have been taking turns to get rations, going in the night to find them.

November 3rd 1939

A tall, bulky soldier and a bunch of other comrades saw me in the white light of the moon and they chased me. I scurried away as fast as I could. I'm sure I got away but I cannot be too sure as they have found out where we are.

December 1st 1939

I told my father about the incident and we have been planning to leave the country to Switzerland and have a fresh start in the new year. I have heard the people are nice there and there is no war so we can live normal lives again, finally!

December 31th 1939

Tomorrow is New Year, I cannot wait, we are all packed and already driving towards Switzerland. I am looking forward to it.

January 2nd 1940

We have finally arrived in Switzerland. It's awesome!

Anis Hourmani, Year 7



Need a good book?

Dear Evan Hansen - Val Emmich

I really like the book, Dear Evan Hansen. It's based on one of my favourite musicals of the same name. It covers very serious topics such as depression, anxiety and suicide, but in a modern way. The story is about a senior named Evan Hansen with severe social anxiety who is unnoticed in high school. Something happens which leads to him telling a lie that was never meant to be told.



Holly Kinsella, Year 8

Naruto - Masashi Kishimoto

I recommend the book 'Naruto'. This is a graphic novel and it's about a kid called Naruto who has no parents so does mischievous things to get people's attention instead. Naruto is a ninja and normally gets mocked by his other classmates and is the lowest in his class, although the only person he is close to is his sensei. I enjoyed this book because it is very funny and entertaining to read.

Anis Houmani, Year 7

What not to do if you turn invisible - Ross Welford

Secret Breakers - H.L Dennis

I have read 2 great books during quarantine and I would like to recommend them.

The first is 'What not to do if you turn invisible' by Ross Welford. It is about a young girl who accidentally turns invisible, and is also facing some problems regarding her family.

The second is 'Secret Breakers - the Power of Three' by H.L.Dennis, and is about a group of children who are working in secret to try and decode the Voynich manuscript.

Karesz Mesterhazy, Year 7

The Boy Who Stole Time - Mark Bowsher

I'm reading The Boy Who Stole Time by Mark Bowsher, the person who came over to the school to show it to us. It is an interesting read and the description brings the book to life. It's very realistic and I would recommend it to everyone.

Jan Sawczuk, Year 7

Murder Most Unladylike - Robin Stevens

I would like to recommend a series of books that I am currently reading. It is called Murder Most Unladylike and I think that the books are really good.

Amber Starkie, Year 7

Librarian reads

I have recently read More Than This by Patrick Ness. The book begins with the death of a teenage boy, who drowns in the sea in America. It then continues when he wakes up in a deserted town in England, completely alone and wrapped in bandages. It is an enjoyable read - a sci-fi book that is a bit like a cross between a philosophical study and The Matrix.

Mrs Carey, School Librarian



Riveting Rivers Projects from our Year 8 Geographers

Home learning has not stopped the Year 8s doing some amazing work for their River's assessment in Geography. The geography teachers have been impressed with the creativity and effort that our wonderful geography students have shown under the unique confines of isolation! Here is a celebration of a select few; we can't wait to see all 192 of the projects in their glory upon our return to school!

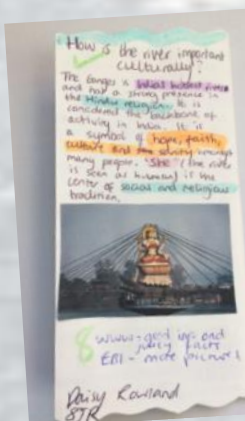


Elena Maksyu, 8RPP created this outstanding 3D Lego model of the Colorado River, USA. Her use of colour really works and helps to locate the river in the arid desert environment that it flows through, in the southern states of America.

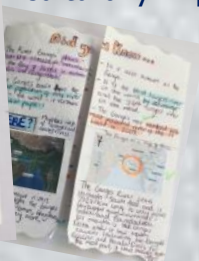


Lawrence Yuan, 8RPP wrote an impressive journal style report on the River Yangtze in China. His clever use of design made this look like a professional magazine! I really enjoyed this piece of work as Lawrence had included details about the problems and solutions that this river is facing. It was of course also packed full of juicy facts which we love in the Geography department.

Rebecca Elkins, 8EAG completed a beautiful booklet by hand on the River Colorado, USA. I loved her use of photos and images as flaps that could be lifted to then reveal information underneath. Her booklet covered all the key sections of the project. I loved that she had highlighted the key words and juicy facts throughout. Well done Rebecca, an excellent piece of work.



Daisy Rowland, 8JR produced a stunning 8 side handmade leaflet on the Ganges! She used some excellent geographical skills to locate it and challenged herself to research why the Ganges is culturally important!



James Conway, 8LC presented a double page spread on the famous Nile River. He jam-packed his work with half a page of juicy facts as well as excellently presented the importance and the future threat of damming to the Nile. I also love the maps and crocodile pictures!





Despite being stuck at home students are still getting involved in some exciting activities.

Over the Easter holidays students watched a huge range of science documentaries. Their choices included a huge range of topics; from the effects of Cane Toads on Australian ecosystems to the secrets of light, and from the engineering behind the building of Kansai Airport to quantum physics.



If you would like to watch an interesting documentary or docuseries, here is IMDBs top 50:
<https://www.imdb.com/list/ls059688385/>

Alternatively, while out on those daily walks you could try one of these podcasts:

For younger kids:

<https://medium.com/kidslisten/19-great-science-podcasts-you-can-listen-to-with-kids-6fe46ac506b8>

For older students:

<https://www.lifewire.com/best-science-podcasts-4174919>

Although neither list contain my favourites:

The Curious Cases of Rutherford and Fry
The Infinite Monkey Cage



Online Courses for Everyone

The Year 11s and 13s have been finding ways to keep busy, build their skills and indulge in their interests. There is a whole range of summer schools, virtual work experience opportunities as well as free online courses.

Online courses chosen by our students in Year 11 demonstrate not only their wide range of interests, but also their proactive approach to using their time in isolation effectively. It is highly likely that universities will be asking what they did with this time. It will also provide them with something to discuss in personal statements and interviews that can demonstrate a sustained interest in their subject of choice at university.

Courses that our students have already signed up to include Medicinal Chemistry, Gateway to Medicine, Understanding Political Concepts and even Moral and Political Philosophy at Harvard!

If you or a young person in your home would like to start a free online course, there is an absolutely huge range available at

<https://www.mooc.org/>



HARVARD
UNIVERSITY

Earth Day is Wednesday 22nd April so already past by the time you read this! But we can still take the opportunity to celebrate our amazing planet. Whether it is by stargazing this week to spot the **Lyrid meteor** showers from your gardens or enjoying the spring blossoms on the trees during your outdoor exercise there are plenty of ways to appreciate the natural world.



Return to Offender Campaign

One project I have been involved in that you could too is the **#ReturntoOffender Campaign** by Surfers against Sewage. The idea is to make companies more accountable for the rubbish that is discarded in our natural areas. Although I must stress **DO NOT PICK UP RUBBISH**. At the moment litter picking may put you at risk of spreading coronavirus. However, you can still name and shame plastic producers!

When you see a branded piece of plastic pollution while you're out on your daily exercise, simply SNAP IT and SHARE IT.

#SeeIt – find branded items on beaches, rivers, parks, and countryside

#SnapIt – take a picture of it, clearly showing the brand name

#ShareIt – Using Twitter or Instagram, share the picture with the hashtags **ReturnToOffender** & **SurfersAgainstSewage**, and tag the brand's social media account & @sascampaigns.

Ms Lusted, Stem Coordinator



Top Latest People Photos Videos



Danielle (Dani) Boobyer @Primate... · 1h ✓

Hoped to spot ducklings today on my isolation walk 🦆, instead found plastic pollution from @CocaCola, @ROWNTREES, @OfficialMAOAM & @CadburyUK. Brands - what are you doing to end plastic pollution like this? #EarthDay2020 #ReturnToOffender @sascampaigns



The Jack Petchey Foundation

Bexley Grammar is part of the Jack Petchey Gold Award Scheme and normally at this time of year we would have just come to the end of our in-school nominations for the 6 House based Jack Petchey Awards and would be starting to think about the last three categories; Key Stage 3, Year 12 and Year 9 nominations, all three categories based on the Head Teacher's choice. While these are on hold and we are all away from school there is still the opportunity for all students to access resources on the JP Foundation's website: [Jack Petchey Foundation](https://www.jackpetcheyfoundation.org/) to help keep you occupied.

Mrs J Snelling, Jack Petchey Foundation Coordinator





Safeguarding and Online Safety Advice for Parents/ Carers

I hope this message finds you and your children safe and well. Before the Easter Holiday I sent a collection of the most useful safeguarding and online safety information that had been sent to me. If you didn't receive this please double-check your ParentPay account and let us know via enquiries if you still need any further assistance.

In addition to those links here is a short information video specifically for parents/ carers who are monitoring internet use during the school closure:

<http://aacoss.org/parents/>

Our school website's safeguarding page also contains various links and pieces of information.

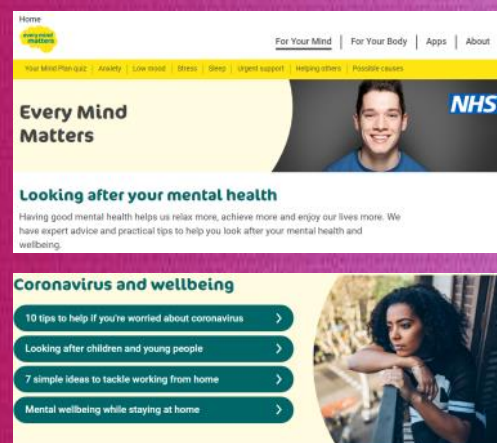
Best wishes,

Mr Gilmore, Deputy Head and Designated Safeguarding Lead

Public Health England's newly launched website, contains good advice to help us all look after our own and each other's mental and physical health, particularly during this period of self-isolation and social distancing. The website is available via this link.

<https://www.nhs.uk/oneyou/every-mind-matters/>


Mrs Ellis, Assistant Head



News items you may have missed

Feed Your Curiosity

Please find a list of our departments' favourite links and recommendations to feed your curiosity.

SUBJECT	KEY STAGE 3	KEY STAGE 4	KEY STAGE 5
Art 	RapidFireArt Tutorials https://www.youtube.com/watch?v=tGx4sypoPiY Shading Techniques in Drawing	GCSE Good Guide to your sketchbook https://www.youtube.com/watch?v=WlY5irSO28	The BBC Arts Website has many different topics and articles which prove valuable for forming opinions within your studies. https://www.bbc.co.uk/arts



SUBJECT	KEY STAGE 3	KEY STAGE 4	KEY STAGE 5
Classics	http://clas-sictales.educ.cam.ac.uk/	https://ancientromelive.org/ https://www.romansinfoocus.com/	https://archive.org/details/omnibuscatalogue/mode/2up https://www.open.edu/openlearn/history-the-arts/all-content/?filter=date/grid/581/all/0/all/all/all/ Troy: fall of a city (maybe on netflix?)
Computer Science	https://www.dropbox.com/sh/gry9mfzku130mis/AACaok0gSSf2a-WxTveXcz-Ba?dl=0 https://www.dropbox.com/sh/gry9mfzku130mis/AACaok0gSSf2a-WxTveXcz-Ba?dl=0 https://www.yumpu.com/en/document/read/63145393/ks3-booklet-poems-and-riddles	https://tools.withcode.uk/ocrpseudo/	https://www.classcentral.com/report/new-courses-october-2018/
Design Technology	http://www.technologystudent.com also see KS4/5 https://www.instructables.com https://www.youtube.com/watch?v=ZjfqWXuM-Ns&feature=youtu.be&fbclid=IwAR1xwDixff064aEmaQEiEUuKfvM42a1ACA3BC-mOxA4n1_WTgVvWY_CnAjtQ	https://www.youtube.com/watch?v=ZqITSCvP-Z0_DT https://www.youtube.com/watch?v=ZjfqWXuM-Ns&feature=youtu.be&fbclid=IwAR1xwDixff064aEmaQEiEUuKfvM42a1ACA3BC-mOxA4n1_WTgVvWY_CnAjtQ Food is a fact of life.co.uk FP and Nutrition https://www.instructables.com https://www.ifst.org/lovefoodlovescience	https://ed.ted.com/featured/DReOMa4I?fbclid=IwAR2-Ah_XphGwbN8pTOJITiDQcZaVEozewWixVWC_X1L3I146t1CTZIBw1WI For Students to practice at home TechSoft are currently offering a FREE TechSoft Design V3 home use licence expiring at the end of May 2020. https://www.instructables.com https://www.youtube.com/watch?v=ZjfqWXuM-Ns&feature=youtu.be&fbclid=IwAR1xwDixff064aEmaQEiEUuKfvM42a1ACA3BC-mOxA4n1_WTgVvWY_CnAjtQ






SUBJECT	KEY STAGE 3	KEY STAGE 4	KEY STAGE 5
Drama	<p>Watch 'Treasure Island' staged at the National Theatre https://www.dramaonlinelibrary.com/plays/treasure-island-nt-iid-190788# Username: 8Dj(3Yc-Password: 7Dm,9Jv</p>	<p>'Girls Like That', full professional production https://www.youtube.com/watch?v=Cx2KDNusk9E National Theatre online is free for 30 days https://www.dramaonlinelibrary.com/series/national-theatre-collection-iid-190464 Username: 8Dj(3Yc-Password: 7Dm,9Jv https://www.bbc.co.uk/bitesize/guides/zhx3pg8/revision/1</p>	<p>National Theatre online is free for 30 days https://www.dramaonlinelibrary.com/series/national-theatre-collection-iid-190464 Username: 8Dj(3Yc-Password: 7Dm,9Jv</p>
English	<p>https://www.educationquizzes.com/ks3/english/ https://stories.audible.com/start-listen</p>	<p>http://www.bbc.com/culture/story/20180521-the-100-stories-that-shaped-the-world https://stories.audible.com/start-listen Podcasts This Is Spoke - explores today's most important issues with some of the UK's biggest musicians and writers. Mostly Lit - showcases the crossover in well-being, literature and pop-culture. The Stories That Changed My Life - Guests share the stories that have made a mark on them. The Penguin Podcast - From Arundhati Roy to Michael Palin, Zadie Smith and Bill Bryson, the podcast seeks to understand where their ideas come from.</p>	<p>https://www.bbc.co.uk/programmes/articles/494P41NCbVYHIY319VwGbxp/explore-the-list-of-100-novels-that-shaped-our-world Film http://www.bbc.com/culture/story/20160819-the-21st-centurys-100-greatest-films Podcasts Fatwa - Tells the story of the call to murder author Salman Rushdie. This 10-part series, from BBC Radio 4, tells the story of that story from both sides of the controversy in vivid and thrilling detail. Black Chick Lit - a bi-monthly podcast that discusses books written by, and created for, black women.</p>





SUBJECT	KEY STAGE 3	KEY STAGE 4	KEY STAGE 5
FBCS & Psychology	FBCS: Truetube - any clip, but particularly those relating to religious beliefs and teachings and how they affect people's lives.	GCSE RS: Truetube - any clip, but particularly any relating to ethical issues (euthanasia, abortion, care of the environment, social justice, human rights...) GCSE Psychology: CrashCourse in Psychology	Social Anthropology: https://www.dailymotion.com/playlist/x37rtw Psychology: VSauce - Mindfield Philosophy: Western Philosophy from the School of Life
Geography	BBC iplayer - Simon Reeve - any series! The Americas with Simon Reeve - Series 1: Episode 1 (just need to register with BBC if not already done so) Kevin McCloud's rough guide to the future (4OD) Kevin McCloud's Rough Guide to the Future: Kevin McCloud's Rough Guide to the Future My family and the Galapagos (4OD) My Family and the Galapagos	Andrew Marr: Megacities BBC Andrew Marrs Megacities 1of3 Living in the City David Attenborough - Planet Earth: cities https://www.bbc.co.uk/programmes/b0861m8b Kevin McCloud's rough guide to the future (4OD) Kevin McCloud's Rough Guide to the Future: Kevin McCloud's Rough Guide to the Future	12 standard (core climate change): 5 Netflix Documentaries on Climate Change VOGUE India Doc shared with Y12 standards re: CC reading / watching Climate change reading / links Kevin McCloud's rough guide to the future (4OD) Kevin McCloud's Rough Guide to the Future: Kevin McCloud's Rough Guide to the Future
Economics and Business Studies 		Business: https://www.bbc.co.uk/news/business-51996773 Economics: https://www.bbc.co.uk/news/business-51961624	Business HL: https://www.youtube.com/watch?v=PEZGGsi_dDE Economics: https://www.youtube.com/watch?v=sYTQ3o5ZJPI



SUBJECT	KEY STAGE 3	KEY STAGE 4	KEY STAGE 5
History	https://www.youtube.com/watch?v=7tas9OzGYcM	https://www.youtube.com/watch?v=yMVy8_98I-o	https://www.youtube.com/watch?v=m4WiD-dV3w4
Mathematics	www.mymaths.co.uk Username bexley Password circle	www.mymaths.co.uk	www.mymaths.co.uk
Modern Languages			Newsinslow e.g. news-inslowfrench (available in range of languages) Netflix (Search ...-Language Films)
Music	https://www.bbc.co.uk/bitesize/topics/zhdfscw		
Physical Education	https://www.youtube.com/user/thebodycoach1	https://www.youtube.com/watch?v=JRN4q8mdwJ0	https://www.netflix.com/gb/title/80168079
Science	https://www.pinterest.com/ratnanarayan1/science-in-everyday-life/ https://www.bbc.co.uk/programmes/b00pmbqq/episodes/guide	https://www.bbc.co.uk/programmes/b00pmbqq/episodes/guide https://www.worldsciencefestival.com/video/video-library/	https://www.bbc.co.uk/programmes/b00pmbqq/episodes/guide https://www.worldsciencefestival.com/video/video-library/





A Mindful Moment

I thought it might be nice to share a link to one of the useful sites out there encouraging us to look after our mental health during this period of isolation.

The Mind site is pretty comprehensive and is suitable for students, parents and staff:

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/#TakingCareOfYourMentalHealthAndWellbeing>

Miss Brand, School Mindfulness Lead

Mindfulness Tips You May Have Missed

5-4-3-2-1 Grounding Exercise

Sometimes we all need to settle our minds. This is a really easy way to help ground yourself when your mind is busy. Simply try and name:

- 5 things you can see
- 4 things you can hear
- 3 things you can touch
- 2 things you can smell
- 1 thing you can taste

Perhaps not everyone's cup of tea

Below is a link to a mix of meditations and calming music/soundscapes, stories to help you sleep, plus some activities for children too. There are also some links to yoga stretches for relaxation.

[https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&utm_medium=email&utm_campaign=difficult times nonsubs 031720](https://www.calm.com/blog/take-a-deep-breath?utm_source=lifecycle&utm_medium=email&utm_campaign=difficult%20times%20nonsubs%20031720)



Home Fitness Ideas ~ Week 2



It is important that you stay fit and healthy even when at home for long periods of time. Below are some ideas on what you can do in the comfort of your own home/garden to keep active.

Remember to do a proper warm up before you workout and a cool down after. It is also important to take on plenty of water (and of course wash your hands afterwards!).

Some more PE activities for you. This week Miss Leffen has included some equipment you might be lucky enough to have at home - a trampoline, for example. If not - make sure you've ticked off all the activities from week 1, also below! You can still stay active at home. Enjoy everyone.

Mr Lines, Head of PE

On your Trampoline 	On an Indoor Bike 	With a Swiss Ball 
On the Stairs 	With a Skipping Rope 	On a Treadmill 

























Happy exercising everyone! Check our Facebook page for more ideas:
[Facebook.com/BexleyGSPE](https://www.facebook.com/BexleyGSPE)



Home Fitness Ideas ~ Week 1



Make sure you've ticked off all the activities from Week 1

<p>Fitness workouts <i>Try these workouts in the garden or in the house for a whole body workout!</i></p>    	<p>Dance workouts <i>With four different styles of dance workout, there is something for everyone to try here.</i></p>    	<p>Yoga , Stretching and Pilates workouts <i>If you want a gentle workout to relax your mind as well as your body, these are for you.</i></p>    
<p>Sports specific workouts <i>Try the below workouts for Football, Netball, Rugby and Basketball. You can do these in your garden- all you need is a ball, a wall and some markers.</i></p>    	<p>Walking & Running workouts <i>Here are some simple jogging and walking ideas that you can do in the garden or even in the house!</i></p>    	<p>Family workouts <i>Here are some workouts you can do in pairs or as a family. Remember social exercise can be great fun!</i></p>    

Happy exercising everyone! Check our Facebook page for more ideas:
[Facebook.com/BexleyGSPE](https://www.facebook.com/BexleyGSPE)