

NEWSLETTER



www.bexleygs.co.uk

2nd July 2020

Science Summer Term Learning

This summer term has seen Year 7 and 8 get very creative with their science home learning. Year 7 have been researching different species and their adaptations. They have also found out about lots of specialised cells, with the aim of completing their diploma task by the end of term. I have been delighted by the diploma tasks already submitted. Students had to make a model of a specialised cell out of recycled material and describe how the features help it to carry out its functions.

Year 8 have moved on to the topic of Geology. They also have a selection of different tasks to choose from, posters, models and even top trumps cards! Have a look at some of the creations so far.

Ms Lusted, Science Department

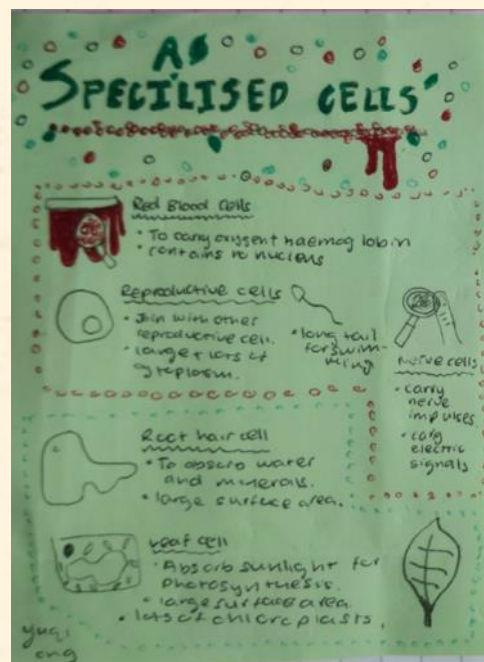
Adaptations

The ways the red panda has adapted is it grew a bushy tail so it can balance on it while climbing trees it can the tail is also long enough to use it as a blanket when it sleeps.

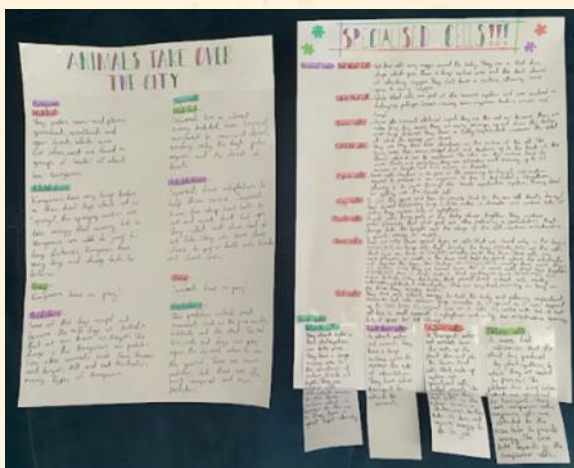
Their feet are covered with fur to stop heat loss and to help them climb wet branches. They also use the fur to help them slowly slide down off a branch. They have bone on the inner part of the paw which they use as a thumb and grip tightly to bamboo



Elias Oyeibisi, Year 7



Yu Qi Ong, Year 7



Leila Stepanova, Year 7





Oluwademilade Samuel-Onette, Year 7



Edward Gearing, Year 7



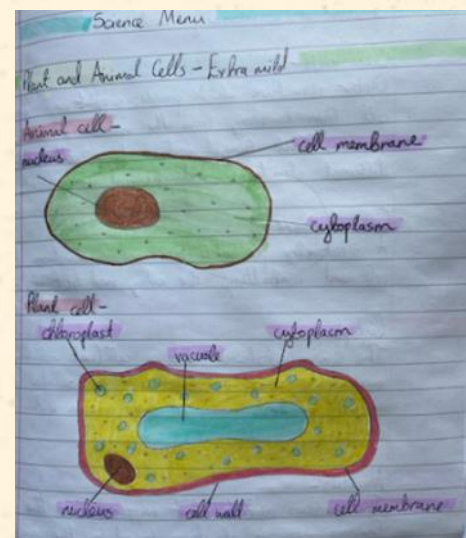
Leo Leupold, Year 8



Rajashvi Hamal, Year 7

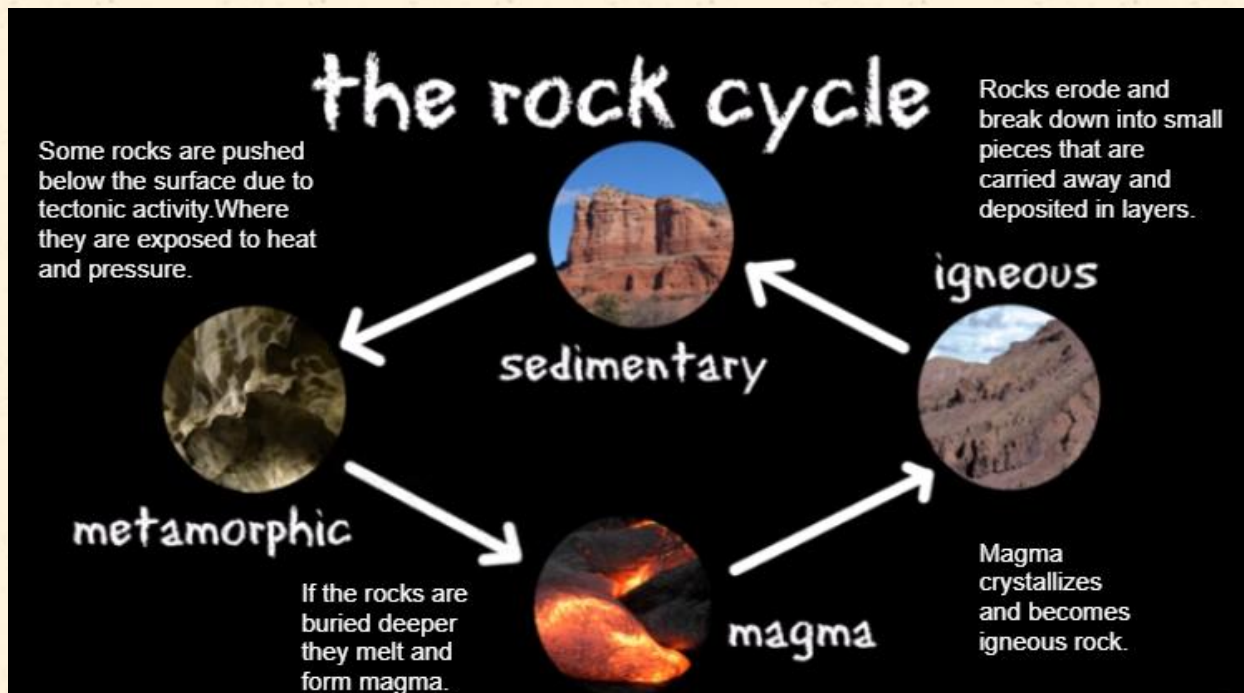


Isobel Stanley, Year 8

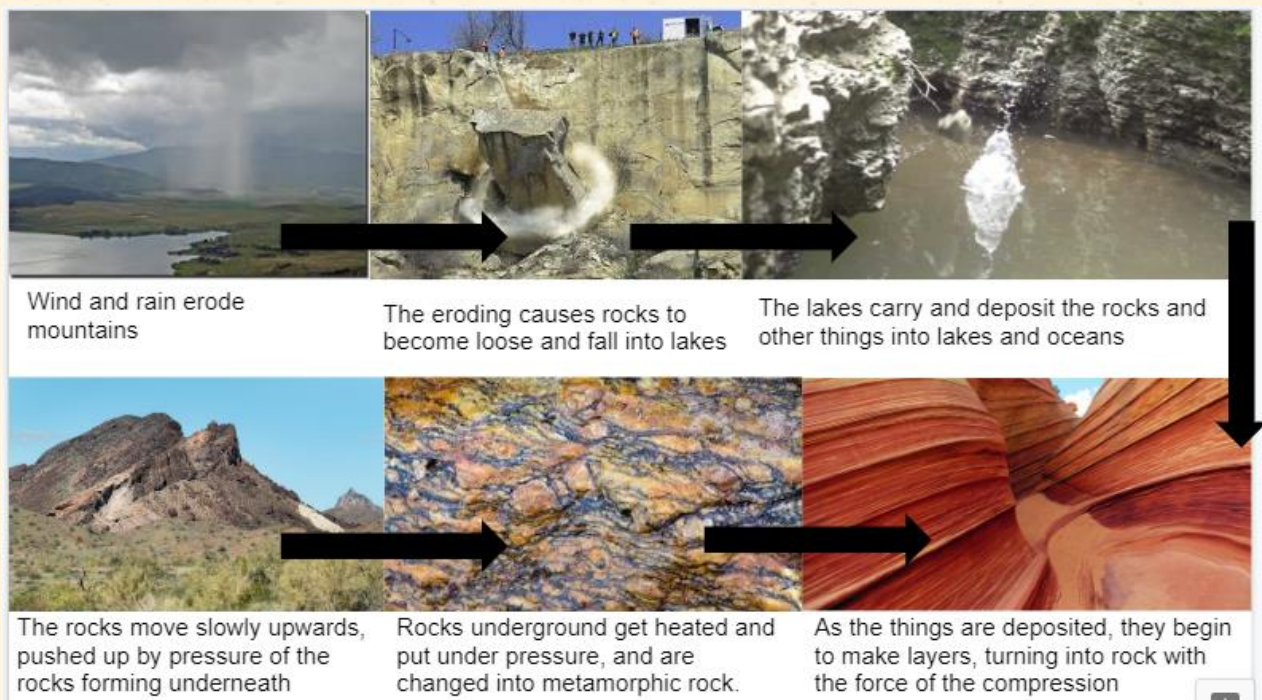


Leila Stepanova, Year 7





Lewis Abba, Year 8



David Dobre, Year 8





Isobel Stanley, Year 8



Feruz Ahmadjon, Year 8



Year 7 Art Diploma

'Bob the Birdman' by Mia Millin

Due to the current Covid-19 pandemic, I began to think of some ideas for my art project with rubbish and old items from my home.

I was inspired by the artist Dahlsen and Leo Sewell, who grew up close to a dump and spent his whole life collecting materials for his amazing sculpture works!

I used various Items from the recycling bin, concentrating on colour, patterns and contrast and am particularly fond of his plastic bag bow tie! I have named him Bob the Birdman as the birds in my garden like to perch on him and he's made from bits and bobs.

I really enjoyed doing this piece and will definitely continue to make art from discarded materials.



House Colours ~ Calling all Budding Photographers

House Activity - not a competition!

Most of you probably haven't thought about anything House orientated for a while and I want as many of you as possible to help me with this activity. I would like to collect a 'library' of colour photographs taken by students to be used in future power-points shown on the school's TV screens relating to anything to do with the House System: results competitions, announcements.

I would like you to gather together an assortment of colourful items, either competition subject based or just themed in your single House Colour, or if you prefer, the rainbow of House colours, take a photograph and share it with me. No faces in the pictures, please, just brightly coloured objects. You can take as many as you like, be as creative as you like, all will be kept and as many used as possible. We will keep them all as a collection of work taken during these unusual times.

Here is a reminder of the house competitions:

Sports Day, Cricket, Rounders, Basketball, Football, Netball, Table tennis, Tennis, Badminton, Key Stage 3 Swimming Gala, Chess, Photography, Y7 MFL Song, Cookery, Bridge, Planter, Harvest Challenge, Stem, Quiz, Music and Drama & Dance.

For the 'Current Standings' slides you could go with any theme, here are a few to get you started:

Autumn, Halloween, Winter, Christmas, Spring, Easter, Summer or any other that matches the time of year when these slides are normally produced.

Just take your photograph(s), upload to your drive and then share with me: snelling_j@bexleygs.co.uk, there is no closing date, just keep snapping! We'll publish a few each week in the Newsletter.

I look forward to seeing your photographs.

Mrs Snelling, House Leader



***Seth Hemmise
Year 7, Kirkman***



Tonight

Students from the Music
Department present to you

Summer Soirees

Musicals Edition

Join us for our fourth 15-minute concert
streamed on YouTube at 6pm, on Thursday 2
July 2020.

We are also inviting you to make a mocktail to
mark the event - check out our social media!

Watch the Music Department Twitter and
Instagram accounts for details on how to
access!



@bexleygsmusic



@BexleyGSMusic



THE ROYAL SOCIETY

Summer Science Online 13th - 17th July

Featuring live and pre-recorded talks and videos, an online only programme brings you a free celebration of cutting-edge and historic science, all to enjoy at home.

The programme for the five days can be found via the link below to the RS. Premiered and live video content will be available to watch on the RS YouTube channel with additional activities and online showcases released on their social media platforms throughout the day. Direct links to each of the sessions will be made live shortly before the start time and all content is free to view and explore.

<https://royalsociety.org/science-events-and-lectures/2020/summer-science-online/programme/>

Summer Science Online 2020

Here's a taster of what they have to offer:

Monday 13th July

Family friendly online evening quiz, with a list of special guests and Fellows of the Royal Society. With rounds on movies, space, the elements and more.

Tuesday 14th July

The Secret Mind of Pets

Adventures in Antarctica: Unlocking the secrets of earth's past climate and allowing us a glimpse at the future.

Wednesday 15th July

Who inspires you? Brian Cox takes the question to some of the most eminent figures in science and culture.

Thursday 16th July

Stormy weather: Numerical weather prediction and supercomputers.

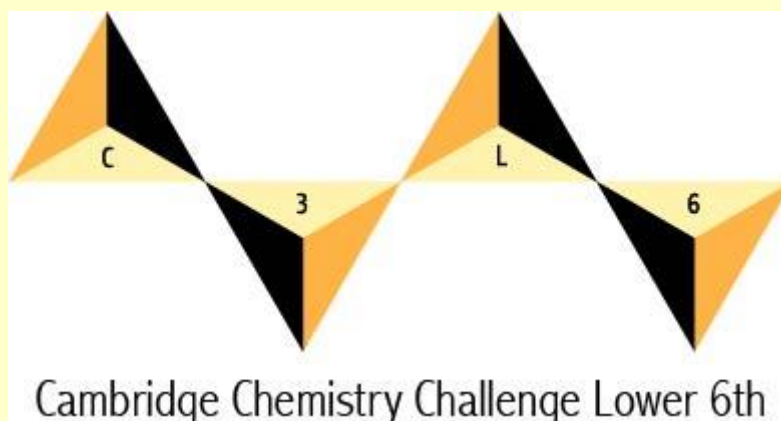
Friday 17th July

Ask the Spacexperts: A chance for Q&A. Submit your video questions in advance using #RSAskTheSpaceXperts.

Mrs Vialls, Head of Sciences



Chemistry Cambridge Challenge 2020



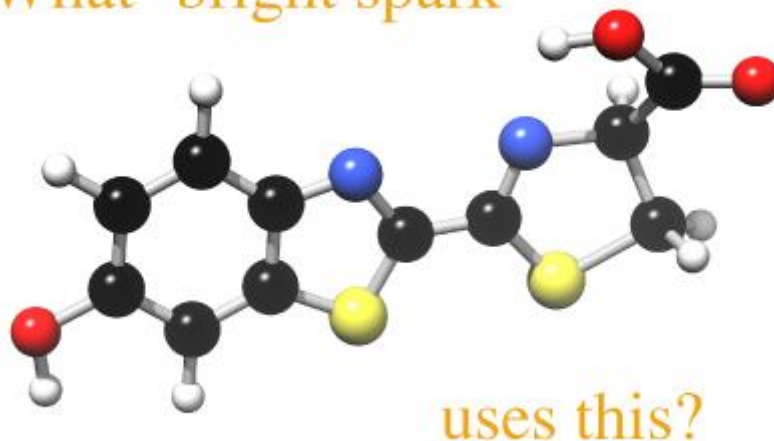
On Friday 26th June, some of our Year 12 Chemistry students took part in the annual Chemistry Cambridge Challenge Competition. Congratulations to Charlotte Allen, Samuel Gee, Damilola Hassan, Katherine Henderson, Natacha Loison and Ella Warren for taking part this year.

This competition aims to stretch and challenge students interested in chemistry, and provides an excellent experience for anyone considering taking their studies further. Set by an experienced team of teachers and university chemists, it is designed to be accessible to Year 12 students, but will take them significantly beyond the syllabus and encourage them to think about science in the way they would at university.

There are also online challenges at <http://www.c3l6.org/> with over 180 puzzles that are available to students. Each challenge has five levels. You can use whatever means you like to solve the problems, just type your answer in the box and click Submit. If your answer is correct, you will progress to the next level. Please see the example below

Mrs Moore, KS5, Science Leader

What 'bright spark'





Culture Club Corner

As theatre and the arts continue to find new ways to engage audiences during the pandemic, free access has never been easier and our support of our cultural heritage is more important now than ever! This week we bring more recommendations for you to savour from Culture Club Corner.

This week we are recommending *Les Blancs* by black American playwright, Lorraine Hansberry, which depicts the plights of colonialism in the late 19th and early 20th centuries. The story takes place in Africa, where a country teeters on the edge of civil war. A society prepares to drive out its colonial present and claim an independent future. Tshembe, returned home from England for his father's funeral, finds himself in the eye of the storm. The National Theatre at Home season has provided the best of theatre throughout the pandemic for free, so don't miss the final few weeks of their offerings which are directed, acted and produced by our best established and emerging talent. Find our more and watch *Les Blancs* by clicking [here](#).

Many theatres are now finding innovative ways to kick start their lost income streams as they fight for their survival. The Old Vic offers the chance to view the critically acclaimed *Lungs* starring Claire Foy and Matt Smith (made popular in Netflix original series *The Crown*). Tickets are purchased on a 'PWC: pay what you can' basis which allows you to watch a live streamed performance from the Old Vic, London in the comfort of your own home. Billed as a hilarious emotional rollercoaster of a play about a couple wrestling with life's biggest dilemmas, this performance may mark the future of theatre. Be a part of this historic event by purchasing your ticket [here](#).

Finally, if you have Disney+ at home, you have a wonderful opportunity on Friday 3rd July: the sell-out sensation *Hamilton*, with the original New York cast, is being performed online for one night only. This multi-cultural rap musical of the struggles between the founding fathers of the USA is even more relevant now than when first performed. Audiences booked tickets literally a year in advance for the most expensive seats: now you may be able to see it at home for free. Listen to one of the songs to give you a taste [here](#).

If you have watched and enjoyed any of the Culture Club Corner recommendations, or any other culture in quarantine that you'd like to recommend, why not write a short review for the newsletter. This would be a great addition to a creativity CAS project! Please share your reviews at hanington_l@bexleygs.co.uk

The English Department

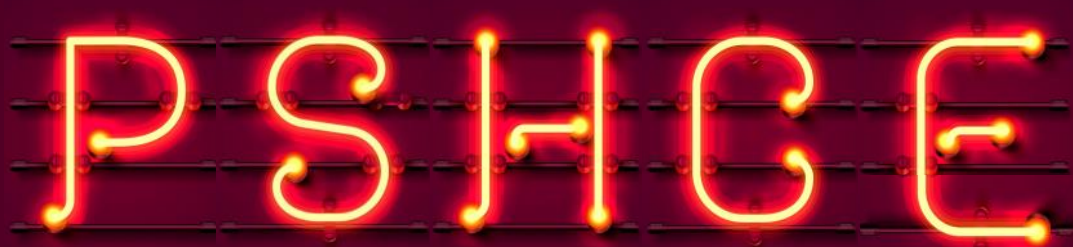
Safeguarding Update

Dear Parents/ Carers,

- ◆ Please see a new update to our Safeguarding and Child Protection Policy on the school website's Safeguarding page. Whilst our overall safeguarding practices remain the same we have adapted our policy to suit the new working arrangements.
- ◆ You may find this latest government guidance useful: <https://www.gov.uk/government/publications/coronavirus-covid-19-keeping-children-safe-online/coronavirus-covid-19-support-for-parents-and-carers-to-keep-children-safe-online>
- ◆ I have been set a link to this app which helps parents monitor their child's online activity: *SafeToNet is a charitable foundation who do a huge amount of work around online safeguarding. They have developed an app which they are making free to 1 million families in the UK for life. Essentially, the app replaces the keyboard on a smartphone and analyses the words a child uses plus patterns of behaviour. The app seems to be incredibly intuitive.* <https://safetonet.com/how-does-it-work/>

Best wishes,

Mr H. Gilmore
Deputy Head and Designated Safeguarding Lead



Dear Parents/ Guardians of BGS students,

I just wanted to inform you that Bexley Grammar School has already piloted the RSE curriculum for the last year and a half in accordance with new Government regulations. The good news is that we will continue doing what we have been doing well, in educating and protecting students of BGS and are also working in line with Government plans in making the RSE curriculum compulsory from September 2020. Our updated policy is also accessible on the BGS website if you require it and also has the school's PSHCE curriculum map attached. Any queries, please do not hesitate to contact me at: mitten_j@bexleygs.co.uk

<https://www.bexleygs.co.uk/attachments/download.asp?file=1613&type=pdf>

Mrs J Mitten, PSHCE Coordinator



News items you may have missed

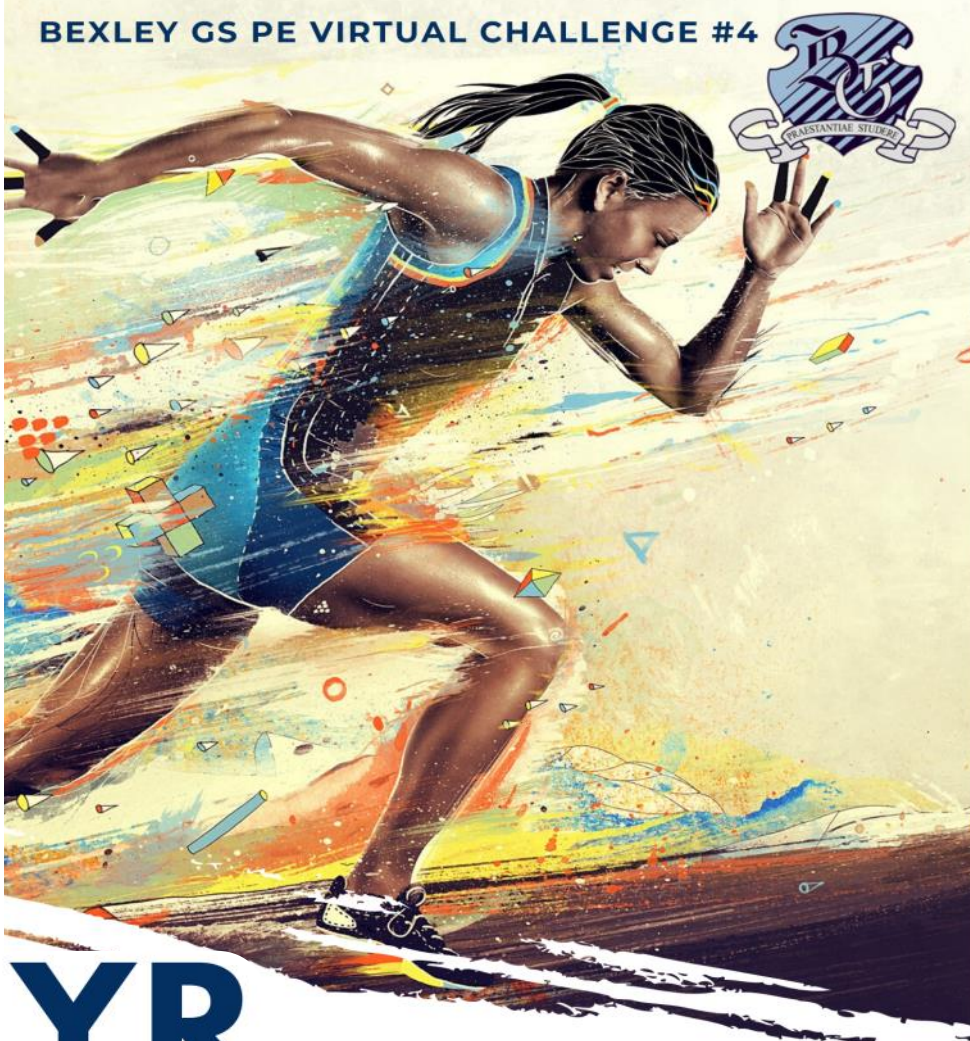
Virtual Challenge #4 - the year groups go head 2 head!

You can enter this one however you like, run/walk/skate/ride/scoot. Whatever you choose to do, record it on Strava, or similar, send it to Mr Lines and we will see which year group has collectively travelled the furthest.

Please be very careful in hot weather - use sun cream, ensure you have water with you and don't over-exert yourself. Please also take care on roads - make sure you are wearing a cycling helmet, only travel on roads if you are a competent cyclist and with the permission of your family.

Deadline for entries is 4pm on Friday 3rd July. Good luck!

Mr Lines, Head of PE



BEXLEY GS PE VIRTUAL CHALLENGE #4

YR vs YR

YEAR GROUP DISTANCE CHALLENGE
WHICH YEAR GROUP CAN TRAVEL THE FURTHEST?
RUN/RIDE/WALK/SKATE/SWIM/ROW - RECORD IT,
SCREENSHOT IT, SEND IT TO MR LINES.

**YEAR GROUP THAT TRAVELS THE FURTHEST BY 4PM FRIDAY
3RD JULY WINS. YOU CAN ENTER AS MANY TIMES AS YOU LIKE!**



April Award

The Head Teacher's Choice - Year 12

Calling all Year 12s, this is your chance to nominate one of your peers for an Achievement Award.

If you would like to nominate someone who has gone the extra mile at any time during the current academic year, either while we were at school or since lockdown then please do the following:

- ♦ Send me an email and please 'cc' in Miss Aspill. Put as the subject of the email: 'April JP Nomination'.
- ♦ Give us the name of the person you wish to nominate.
- ♦ Give us the reason why you are nominating that person, what they have done, **the reasons are really important.**
- ♦ **Do this before Friday 3rd July.**
- ♦ Leave the rest to me.

Once the deadline has been reached I will make a shortlist of nominations and find the winner; Mr Elphick will be informed of all nominations. The winner will be informed via email and announced in the Newsletter.

I look forward to receiving your nominations!

Best wishes,

Mrs Snelling
snelling_j@bexleygs.co.uk



May Award

The Head Teacher's Choice - Year 9

Calling all Year 9s, this is your chance to nominate one of your peers for an Achievement Award.

If you would like to nominate someone who has gone the extra mile at any time during the current academic year, either while we were at school or since lockdown then please do the following:

- ◆ Send me an email and please 'cc' in Mrs Boulden. Put as the subject of the email: 'May JP Nomination'.
- ◆ Give us the name of the person you wish to nominate.
- ◆ Give us the reason why you are nominating that person, what they have done, **the reasons are really important.**
- ◆ **Do this before Friday 3rd July.**
- ◆ Leave the rest to me.

Once the deadline has been reached I will make a shortlist of nominations and find the winner; Mr Elphick will be informed of all nominations. The winner will be informed via email and announced in the Newsletter.

I look forward to receiving your nominations!

Best wishes,

Mrs Snelling
snelling_j@bexleygs.co.uk



June Award

The Head Teacher's Choice - Years 7 & 8

Calling all Year 7 & 8s, this is your chance to nominate one of your peers for an Achievement Award.

If you would like to nominate someone who has gone the extra mile at any time during the current academic year, either while we were at school or since lockdown then please do the following:

- ♦ Send me an email and please 'cc' in Mr Skinner (Year 7) or Mr Mackle (Year 8). Put as the subject of the email: 'June JP Nomination'.
- ♦ Give us the name of the person you wish to nominate.
- ♦ Give us the reason why you are nominating that person, what they have done, **the reasons are really important.**
- ♦ Do this before **Friday 3rd July.**
- ♦ Leave the rest to me.

Once the deadline has been reached I will make a shortlist of nominations and find the winner; Mr Elphick will be informed of all nominations. The winner will be informed via email and announced in the Newsletter.

I look forward to receiving your nominations!

Best wishes,

Mrs Snelling

snelling_j@bexleygs.co.uk



Easyfundraising

Free money for the school when you shop online at absolutely no cost to you.

Thank you to all those who have signed up for the BGS EasyFundraising (320 supporters now). This scheme, at absolutely no cost to you, has now raised £5,111.18 for the school through the Parents' Association.

With the gradual lifting of travel restrictions in the coming weeks and the pull of a tentative holiday booking, this is the perfect time to join the 320 of us who book online with travel agents or airlines. Please take 3 minutes to sign up to support BGS whenever you make a purchase online.

BGS Parents' Association

Sign up at:

**[https://
www.easyfundraising.org.uk/
causes/bexleygrammar](https://www.easyfundraising.org.uk/causes/bexleygrammar)**
click on the pink "Support this Cause" box.

Don't forget to set up
"Donation Reminder"!

easyfundraising
feel good shopping

Collect
FREE
funds
for


Parents'
Association

**BEXLEY
GRAMMAR
SCHOOL**

when you shop online
the
easyfundraising
way

amazon.co.uk John Lewis

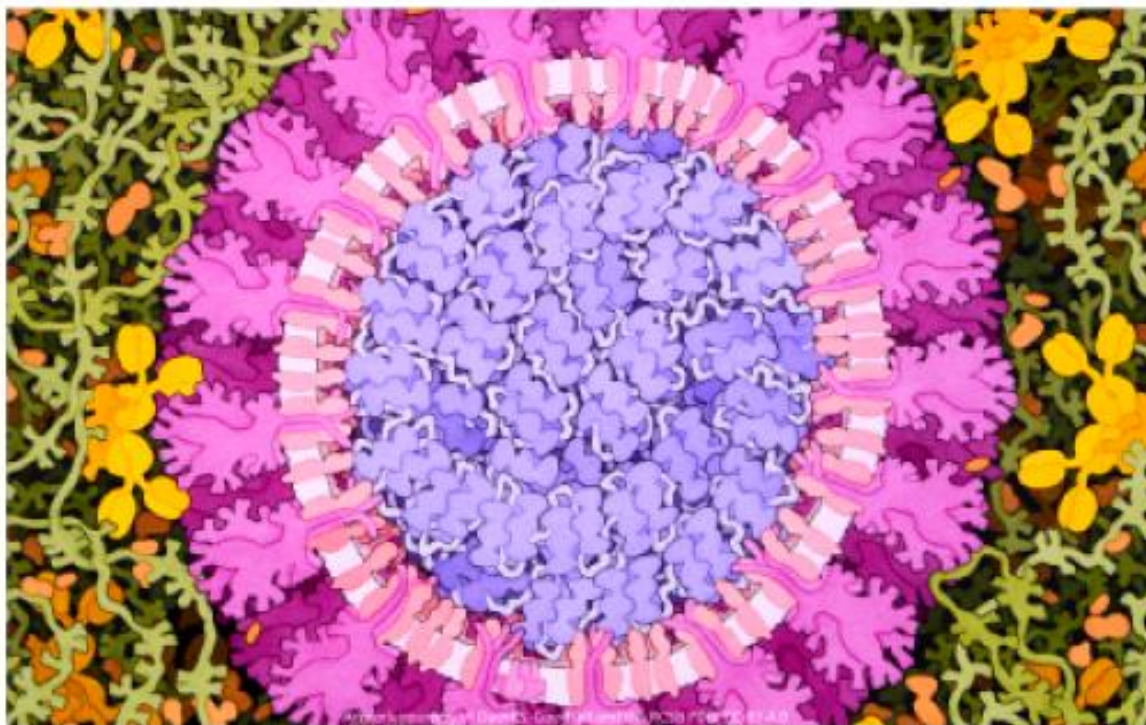
Thomson ebay

Viking Argos

Sainsbury's

1. Join 2. Shop 3. Collect

Visions of a world after COVID-19



Tell us about your vision for the world after COVID-19 for a chance to win!

www.opendemocracy.net/worldaftercovid

openDemocracy

UCL

STUDENTS' UNION UCL

schoolzone

London
world-
wide
central

"Never waste a good crisis"

This [competition](#), run by UCL openDemocracy, launches today, and is open to **school and university students** (aged 14 and up) to share their vision of the future, with prizes of **£200, £100 or £50** in book tokens plus the chance for personal **mentoring** from the panel of some of the world's foremost thinkers and some fantastic **work experience** with either UCL or openDemocracy.

Entrants can submit either a written **article**, short **video** or **image** that describes their vision for the world after the coronavirus crisis has passed.

The competition and public vote will close at 23:59 on 10th July 2020.

[FIND OUT MORE](#)



A to Z of Musical Challenges!

The Music Department challenges you to complete any or all of the following challenges during Lockdown. We'd LOVE to see your efforts - follow us on Instagram or Twitter and send in your work!



@bexleygsmusic



@BexleyGSMusic



Download the 'Acapella' app and record a song of your choice with just your voice! Loads of examples on YouTube!



Try your hand at **beatboxing** - go to the BBC Bitesize Music pages for more information, or look to YouTube for lessons on beatboxing.



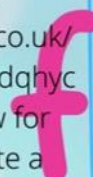
Learn to **conduct** your own orchestra! Find conducting lessons on YouTube. Can you film yourself conducting an orchestra?!

Chair **Drumming** performance - you've all had a go before, now try your hand at your own performance!



Make a poster to describe the **Elements** of Music - tempo, texture, dynamics, duration, timbre, pitch, structure. Draw pictures to illustrate what each one means!

Listen to some **Fusion** music (read <https://www.bbc.co.uk/bitesize/topics/z3dqhyc/articles/zr4fscw> for more info). Write a review of the piece you have listened to.



Got a guitar at home? Challenge yourself to learn 4 new chords. If you're a beginner, go for Em, G, D, A! OR Grab your friends and play some air **guitar**!



Happy Birthday to you if you're celebrating at home! On an instrument of your choice, work out the notes (or harmonise!) to Happy Birthday.

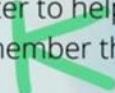


Make an **instrument** - check out 'BBC Now Learn - Make an Instrument'. Once you've made it, record a short piece for it!

You're in charge of your own **Jukebox** - what 10 tracks would be on your jukebox? Write them down on a social media post and tell us why you chose each one.



Learn the notes of the **keyboard** - draw a poster to help you remember them!



If you can already do this, can you play

Check out the **London Symphony Orchestra** LSO Play page - I love the Enigma Variations! - and toggle through the different sections of the orchestra as they perform.





Make your own music!

Go to <https://www.musical-u.com/learn/10-mini-songwriting-challenges/> and try out some of the challenges on here!

M

Can you read **notation** yet? Revise the treble clef. Know that? Then the bass clef. Pretty good still? Alto clef. Then Tenor clef. Let us know if you can do all 4!

N

Octaves are the one of the most recognisable intervals in music. Learn all the other intervals using this video: <https://tinyurl.com/y9cn4wa6>



Listen to Peter and the Wolf by **Prokofiev**. Each character has a musical theme played by a certain instrument. Get to know these instruments!

P

Create a factfile on the members of **Queen**. Listen to Killer Queen - one of our GCSE set works - and write a review of why you like or dislike it.



Remix your favourite song - mash it up with another song, or write some new parts to it. Record a performance of this to share.

R

Write a **song** for a family, friend or for the NHS - just a verse and chorus, more if you're up for the challenge.

S

TikTok pretend instrument challenge! Don't worry if you don't have the app - 'mime' instruments using household objects! Check you out <https://tinyurl.com/yahdotst7>

t

Learn how to improvise! Improvising is essentially playing **unwritten** music that you make up on the spot. Find a YouTube lesson and start improvising today!



Have a good old sing! Use your **voice**, pick a song you like and sing sing sing! Can you get your family to join in too?



Watch a **West End production** - The Shows Must Go On broadcasts a live show every Friday, available for 48 hours. Catch it on YouTube!

W

Create your own **xylophone**! Fill glasses or jars with water to create your notes then perform a short tune! Check out <https://tinyurl.com/ycyh2t2>



Your family - ask your family to tell you one or two songs they love, and why. Create a playlist on YouTube and share it with them all.

Y

Listen to any soundtrack by Hans **Zimmer** and learn one of the melodies from it using your instrument or voice.

Z

Good luck!



Bexley Grammar School Creative Writing Competition



**COMPETITION RULES:
TO PRODUCE AN ORIGINAL
PIECE OF CREATIVE WRITING**

THIS CAN BE IN ANY FORM:

- ◆ A POEM
- ◆ A SHORT STORY
- ◆ A MONOLOGUE
- ◆ A DIARY ENTRY
- ◆ A LETTER
- ◆ A SHORT PLAY!

**IT MUST BE NO MORE THAN 500
WORDS AND OPEN TO EVERYONE**

**COMPETITION THEME:
'ONLY CONNECT'**

**COMPETITION PRIZE:
A £10 AMAZON VOUCHER
FOR EACH KEY STAGE WINNER
(3, 4 AND 5)!**

**COMPETITION CLOSING
DATE: FRIDAY 17TH JULY 2020**

Competition hand in and queries: gabriel_k@bexleygs.co.uk

*Please put "creative writing competition"
in the title and specify whether you would like to be anonymous!*



BGS Physical Education

These are suggestions to keep you fit and active during this lockdown period. Feel free to have a try at any of the challenges we've been sending through the newsletter.

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!).

Please make sure you stay safe, healthy and follow the current Government guidelines. We hope to see you all very soon.

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



Creative

In our creative curriculum, we introduced 'Just Dance' in Key Stage 3. This would be perfect on a rainy day or for an indoor workout... All ages love this, students and parents give it a go! It would be good to break up the day of studying. Some ideas to get you moving.





Personal - Set yourself a challenge

While we are all spending extra time at home, why not utilise this time to put down the remote and test your fitness with a daily challenge? With the right attitude, you can take on your next big personal challenge. Set yourself something that is realistic and achievable. Could it be...

- 1) Couch to 5K running
- 2) Can you Plank for 3 minutes?
- 3) 15 minutes daily relaxation
- 4) 30 days of yoga
- 5) Are you inspired by the highlights from the charity challenges?
- 6) Can you reach 10,000 steps a day on your Fitbit?
- 7) Can you complete the 15 football skill moves to beat defenders?
- 8) Can you complete the UNO workout for a week?



- 9) Are you able to complete the 30 day 'We challenge you'?

WE CHALLENGE YOU! catch/ 88

30-DAY SQUAT CHALLENGE

Day 1: 50	Day 16: Rest
Day 2: 55	Day 17: 150
Day 3: 60	Day 18: 155
Day 4: Rest	Day 19: 160
Day 5: 70	Day 20: Rest
Day 6: 75	Day 21: 180
Day 7: 80	Day 22: 185
Day 8: Rest	Day 23: 190
Day 9: 100	Day 24: Rest
Day 10: 105	Day 25: 220
Day 11: 110	Day 26: 225
Day 12: Rest	Day 27: 230
Day 13: 130	Day 28: Rest
Day 14: 135	Day 29: 240
Day 15: 140	Day 30: 250



BEGINNER PUSH-UP CHALLENGE

Day 1: 5	Day 16: 20
Day 2: 5	Day 17: 20
Day 3: 6	Day 18: 20
Day 4: 6	Day 19: 25
Day 5: 7	Day 20: 25
Day 6: 7	Day 21: 30
Day 7: 10	Day 22: Rest
Day 8: 10	Day 23: 30
Day 9: 10	Day 24: 35
Day 10: 15	Day 25: 35
Day 11: 15	Day 26: 40
Day 12: 15	Day 27: 40
Day 13: Rest	Day 28: 45
Day 14: 18	Day 29: 45
Day 15: 18	Day 30: 50



30-DAY PLANK CHALLENGE

Day 1: 20 sec	Day 16: 2 min
Day 2: 20 sec	Day 17: 2 min
Day 3: 30 sec	Day 18: 2.5 min
Day 4: 30 sec	Day 19: Rest
Day 5: 40 sec	Day 20: 2.5 min
Day 6: Rest	Day 21: 2.5 min
Day 7: 45 sec	Day 22: 3 min
Day 8: 45 sec	Day 23: 3 min
Day 9: 1 min	Day 24: 3.5 min
Day 10: 1 min	Day 25: 3.5 min
Day 11: 1 min	Day 26: Rest
Day 12: 1.5 min	Day 27: 4 min
Day 13: Rest	Day 28: 4 min
Day 14: 1.5 min	Day 29: 4.5 min
Day 15: 1.5 min	Day 30: 5 min



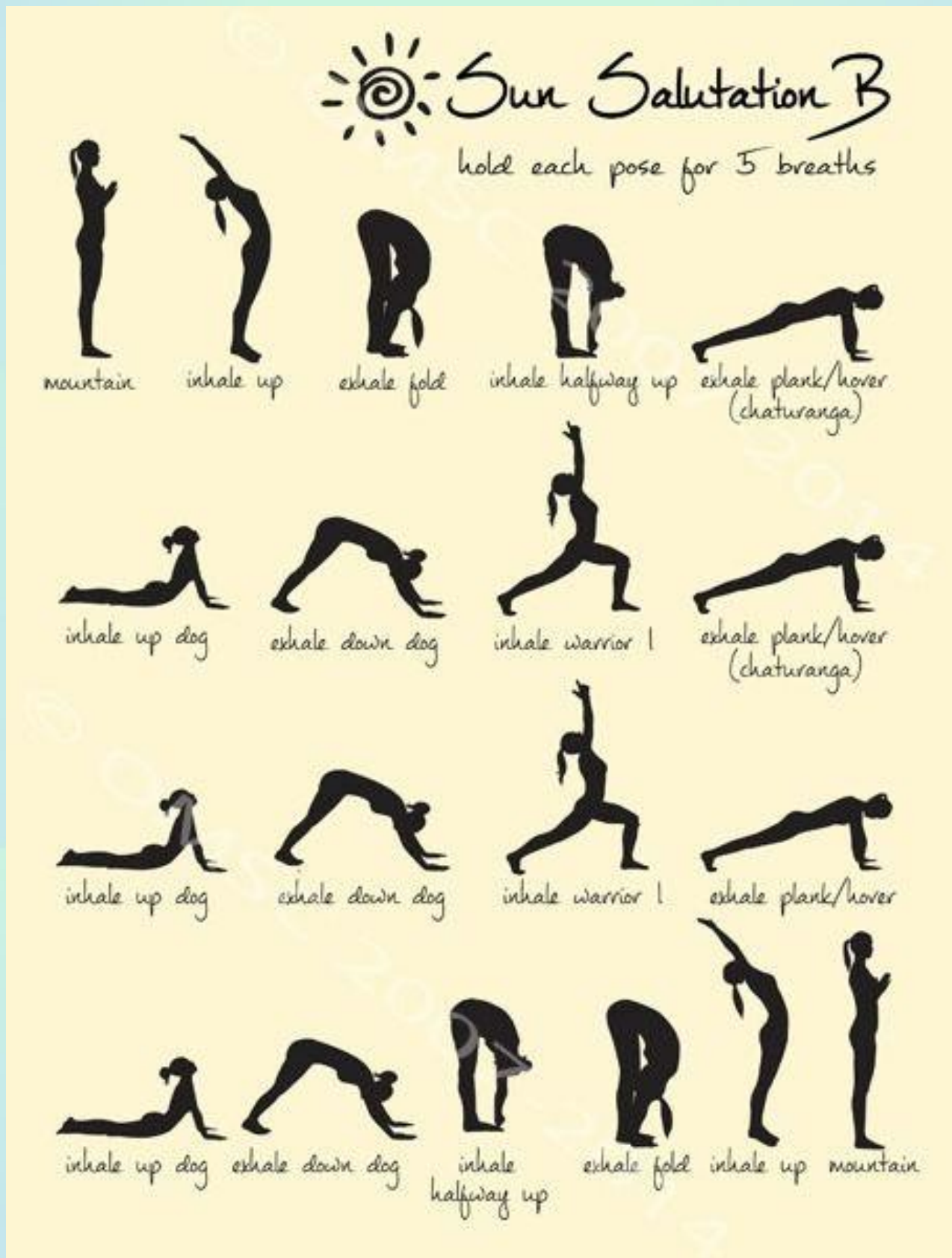
30-DAY CRUNCH CHALLENGE

Day 1: 25	Day 16: Rest
Day 2: 30	Day 17: 100
Day 3: 35	Day 18: 105
Day 4: Rest	Day 19: 110
Day 5: 40	Day 20: Rest
Day 6: 45	Day 21: 115
Day 7: 50	Day 22: 120
Day 8: Rest	Day 23: 125
Day 9: 60	Day 24: Rest
Day 10: 65	Day 25: 130
Day 11: 70	Day 26: 135
Day 12: Rest	Day 27: 140
Day 13: 80	Day 28: Rest
Day 14: 90	Day 29: 145
Day 15: 95	Day 30: 150





Health & Fitness





After **WAKE UP** **YOGA POSES**

TRIANGLE POSE



DEEP LUNGE



FORWARD BEND



GARLAND POSE



ELBOW PLANK



UPWARD DOG



PIGEON POSE





"The mind is like a parachute: it works much better when it's open."

Why not give this Rainbow Yoga a try - It's for all ages! With everyone in lockdown, it can be quite a lonely time for everyone. Maybe you could complete this challenge via group chat in your separate houses for a bit of fun? If you enjoyed this then you could follow the Yoga 30 day challenge. Just scan the code using your camera on your phone.

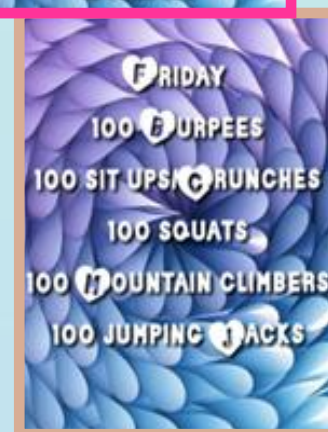
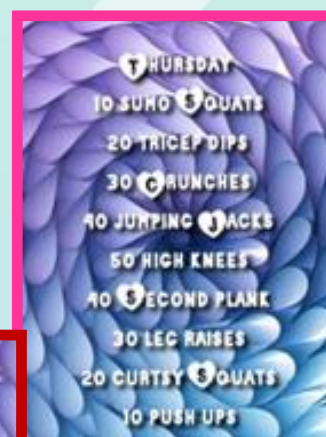
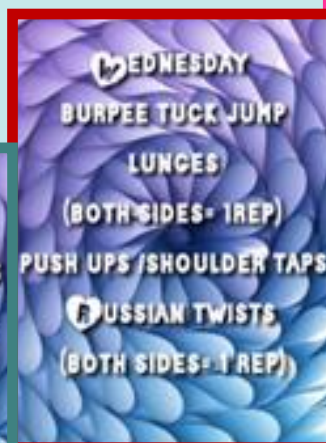
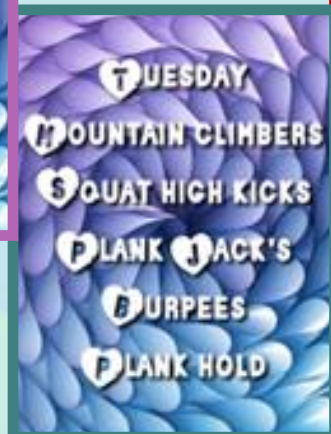


Physical

Can you complete this personal weekly challenge? Set yourself a number of sets or reps to complete. Repeat this every week challenging yourself by increasing either in:

- F – Frequency
- I – Intensity
- T - Time
- T - Type of exercise

You can adapt the exercises to make them easier or more difficult. Remember to complete a warm up before exercising and a cool down afterwards. If you experience any pain whilst exercising, please stop straight away.



If you would like to refer to any of our previous newsletter exercise sheets please click on the link [here](#).