

## Message from Mr Goksel and the PE team about daily fitness

Over the next few weeks it is going to be vital that you allocate some time each day for some physical activity. Not only will it benefit your physical fitness and mental well-being, there are also strong links to it benefiting your academic performance.

It's great to see so many of you already completing the challenges already set as well as your own exercise routines. Please keep sending your teachers pictures of your workouts, times and distances.

There are some activity sessions below and we have added some additional links plus the **Nike training App** too:

- Daily Jo Wicks PE sessions <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>
- Workouts led by Mr Saunders as posted onto our school twitter page <https://twitter.com/StMattAcad>
- SMA PE twitter page is promoting various exercise activities you can complete at home and also sharing your hard work! <https://twitter.com/StMatthewPE>
- Weekly challenges as seen on the pupil newsletter and sent via email (attached)
- Small space workouts [https://www.youtube.com/results?search\\_query=small+space+workout](https://www.youtube.com/results?search_query=small+space+workout)
- Small space sport workouts e.g football <https://www.youtube.com/watch?v=oC9NlqqX5Tw>
- Nike training club App - <https://www.nike.com/gb/ntc-app>
- And if you're bored of Joe Wick try Bradley Simmonds 'GET IT DONE' <https://www.instagram.com/bradleysimmonds/?hl=en>

Finally, we have also listed below some listening material for you to work through if you want. Please remember that we are here as a Department if you need us. If you are unsure of anything or would like some advice or support, please do not hesitate to contact any of your PE teachers. Stay healthy, wash your hands and stay active.

### PODCASTS

1. That Peter Crouch Podcast
2. <https://soundcloud.com/englandathletics/england-athletics>
3. <https://player.fm/series/desert-island-discs/ian-wright-former-footballer-and-broadcaster>
4. Dealing with pressure: <https://www.bbc.co.uk/programmes/p0863ppx>
5. Role Model: Kate Richardson Walsh: <https://www.bbc.co.uk/programmes/p07vj9n6>
6. Hard work Alistair Cook: <https://www.bbc.co.uk/programmes/p07mybvp>
7. The Talent Equation Podcasts : <http://www.thetalentequation.co.uk/podcasts>