



**Ursuline**  
High School  
WIMBLEDON

Voluntary Aided 11-18 Roman Catholic School for Girls  
Headteacher: Ms Julia Waters BSc (Hons) MA

February 2021

Dear Students and Parents/ Carers,

February Half Term is a time for rest and relaxation but also a time to really focus on your physical and mental well-being which are as essential as ever at this current time.

The PE Department have put together some suggestions for a variety of physical activities that all students should be able to access safely or differentiate to their own abilities. Please have a look at our half term fitness timetable, focussing on a range of areas of fitness areas and interests.

<p><b>MONDAY</b></p> <p>P.E. WITH JOE Monday - Friday 9am Live on YouTube The Body Coach TV #PEwithJOE</p>	<p><b><u>Joe Wicks Fitness Sessions</u></b> A Proven popular choice with our students since last March. Huge variety of other recorded fitness sessions on the Joe Wick's Body Coach YouTube Page: <a href="https://www.youtube.com/user/thebodycoach1">https://www.youtube.com/user/thebodycoach1</a></p>
<p><b>TUESDAY</b></p> <p>Central London Walking Network</p>	<p><b><u>Walk London</u></b> Promoted by Transport For London, find and follow a variety of official and well signposted Urban Walking routes, close to your locality, complete with maps and directions. <a href="https://tfl.gov.uk/modes/walking/top-walking-routes">https://tfl.gov.uk/modes/walking/top-walking-routes</a></p>
<p><b>WEDNESDAY</b></p>	<p><b><u>Well-being Wednesday – Headspace Meditations</u></b> If you've ever wanted to learn how to meditate, but didn't know where to start, this is the programme for you. Easy step-by-step instructions. Headspace offers everything you need to begin a regular meditation practice. It's good for you too - in fact, it's been shown that just 30 days of Headspace resulted in a 32% decrease in stress. <a href="https://www.youtube.com/user/GetSomeHeadspace">https://www.youtube.com/user/GetSomeHeadspace</a></p>
<p><b>THURSDAY</b></p> <p>NHS choices</p>	<p><b><u>Couch to 5k Jogging/ Running</u></b> The running guide for complete beginners. You can also download the Couch to 5K app gives you a choice of coaches and helps you track your progress. The coaches guide you through and provide encouragement as you go. <a href="https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/">https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/</a></p>

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 <p><b>FRIDAY</b> YOGA WITH ADRIENE</p>	<p><b><u>Yoga for Beginners (Options for more advanced sessions available).</u></b> Another popular option offered within our Core PE Lessons. <a href="https://www.youtube.com/channel/UCFKE7WVJfvaHW5q283SxchA">https://www.youtube.com/channel/UCFKE7WVJfvaHW5q283SxchA</a></p>
 <p><b>SATURDAY</b> 30-MINUTE HIP-HOP TABATA</p>	<p><b><u>Hip-Hop Tabata Cardio Dance Workout</u></b> Dance away calories with this hip-hop Tabata from Keaira LaShae. Tuck jumps have never been so fun. <a href="https://www.youtube.com/watch?v=kwkXyHigoDM">https://www.youtube.com/watch?v=kwkXyHigoDM</a></p>
 <p><b>SUNDAY</b> 25 MIN AFROBEATS WORKOUT</p>	<p><b><u>African Dance Online Workout</u></b> For all our dance enthusiasts! Practice the moves and learn new choreographies with excellent music. Very simple and repetitive African themed dance moves to copy to raise your heart rate. <a href="https://www.youtube.com/watch?v=a9NVJIM8w40&amp;t=19s">https://www.youtube.com/watch?v=a9NVJIM8w40&amp;t=19s</a></p>

A reminder to all students that the PE Department offer Fitness and Well-being clubs to all students throughout the term time week LIVE online through MS Teams and will continue to do so upon while online learning takes place.



- TUESDAYS – 3.20-4.00PM ATHLETICS TRAINING/SPEED & STRENGTH
- THURSDAYS – 3.20-4.00PM CIRCUIT TRAINING FITNESS SESSION
- FRIDAYS – 1.45- 2.20PM MEDITATION / RELAXATION / MIND FITNESS

**TEAM UHS**

Other ongoing projects and fitness challenges the Ursuline High School PE Department is working in partnership with:

 <p><b>VIRTUAL INCLUSIVE GAMES</b> 9<sup>TH</sup> FEBRUARY - 5<sup>TH</sup> APRIL</p>	<p><b>London Youth Games Put Disabled Young Londoners At The Heart Of The Competition With The LYG Virtual Inclusive Games - London Youth Games</b> <a href="https://www.londonyouthgames.org/london-youth-games-put-disabled-young-londoners-at-the-heart-of-the-competition-with-the-lyg-virtual-inclusive-games/">https://www.londonyouthgames.org/london-youth-games-put-disabled-young-londoners-at-the-heart-of-the-competition-with-the-lyg-virtual-inclusive-games/</a></p>
 <p><b>LYG x SCHOOL GAMES FITNESS CHALLENGES</b></p>	<p><b>LYG x School Games Fitness Challenges - London Youth Games</b> <a href="https://www.londonyouthgames.org/virtual-games/lyg-school-games-fitness-challenges/">https://www.londonyouthgames.org/virtual-games/lyg-school-games-fitness-challenges/</a></p>

Should you have any questions or queries about any of these clubs, your daughter can contact PE staff through the PE Clubs Team on MS Teams, at any time.

Kind regards,

**The Ursuline High School PE Department**

 **@UHSPEdept**