



22-4-20

Dear Students

I hope you are keeping well and appreciating the good weather. Now more than ever, it is essential to maintain a healthy mind and body. The best way to achieve this is by including 60 minutes of moderate to vigorous exercise in your daily routine. This can be done indoors and outdoors, depending on what space you have available to you.

We have already posted a series of indoor workout videos from Performance Coach, Ciaran Donohoe, on the website and social medial channels. Our Athletics Coach, Rolus Olusa has made a series of workouts while confined to his apartment and they will be posted this week and next.

Starting this Thursday (April 23rd) and continuing **every Tuesday and Thursday at 4pm** we will run a circuit-style exercise class through the school Instagram account [@kings_hospital_school](https://www.instagram.com/kings_hospital_school)

We have also set up a running club on www.strava.com/clubs/kingshospital with the aim of connecting students and facilitating more interaction through exercise.

From next week we will post a weekly intra-class 'backyard' sports challenge, encouraging students to test their athletics, basketball, hockey and rugby skills against their classmates.

As we approach the last few weeks of term we will also post an inter-class relay challenge, encouraging the social interaction and teamwork so valued in our sports programme.

Remember we are all in this together! Please get in contact with me if you have any questions or feedback.

[Derek Maybury](#)

Director of Sport