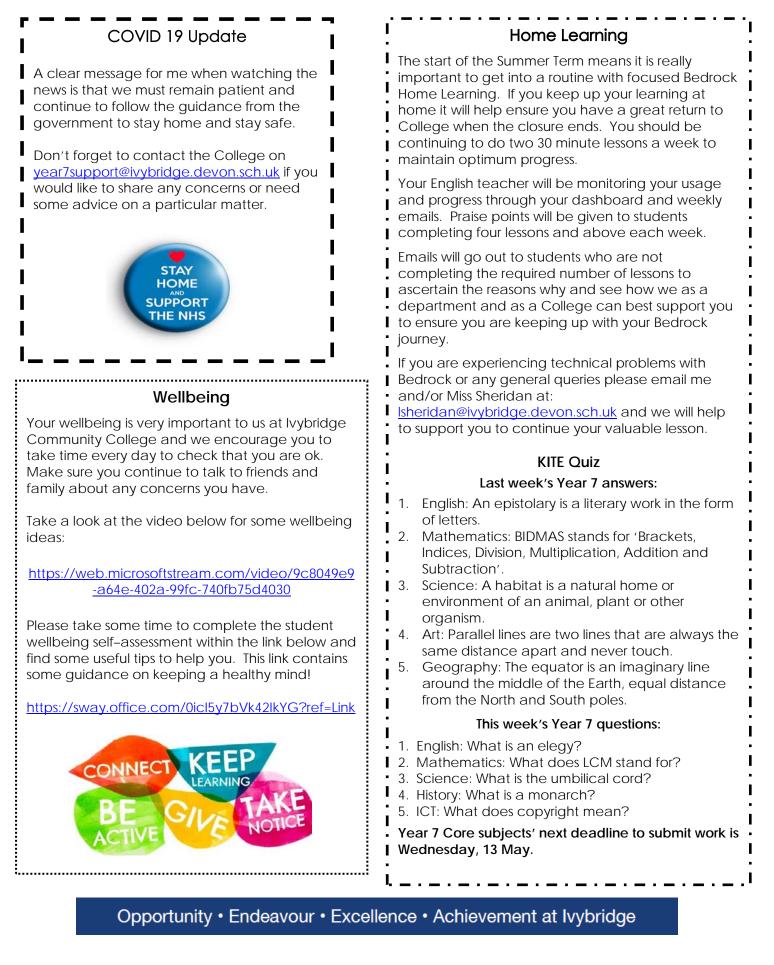
Ivybridge Community College Year 7 Weekly Bulletin



Edition 4: Friday, 1 May 2020



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Competition

Congratulations to Chloe Jones 7HVS for her winning acrostic poem. Well done to everyone else for your wonderful work.

Your competition this week is a physical one. You will need to plan and complete a mini work out that gets the heart beat racing and your muscles working. Will you be focussing on upper or lower body or will it be a full body workout? Is it suitable for all ages or just young adults?

Send me a copy of your workout and some photographs of you completing it to <u>eshore@ivybridge.devon.sch.uk</u>

The deadline is Tuesday, 5 May 2020.

BE SMART AND STAY ACTIVE