

Keeping Busy

Issue 1



KINGSTON
MAURWARD
COLLEGE

Daily

As we are all limited to where we can go to exercise, these daily exercises will help you stay healthy and can be completed at home or in your garden.

Our Rugby coach recommends this particular work out plan for those who are keen to stay on top of their fitness and who play sports regularly.

Monday

(Twenty seconds each)

Press ups, star jumps, forearm slams, burpees, crunches. Do these three times with a minute break between each set.

Tuesday

(Twenty seconds each)

Press ups, heel touches, reverse lunges, burpees, high knees. Do these three times with a minute break between each set.

Wednesday

(Twenty seconds each)

Press ups, v bends, squat jumps, mountain climbers, heel flicks. Do these three times with a minute break between each set.

Thursday

(Twenty seconds each)

Press ups, plank, mountain climbers, burpees, high knees. Do these three times with a minute break between each set.

Friday

(Twenty seconds each)

Press ups, Star jumps, forearm slams, burpees, crunches. Do these three times with a minute break between each set.

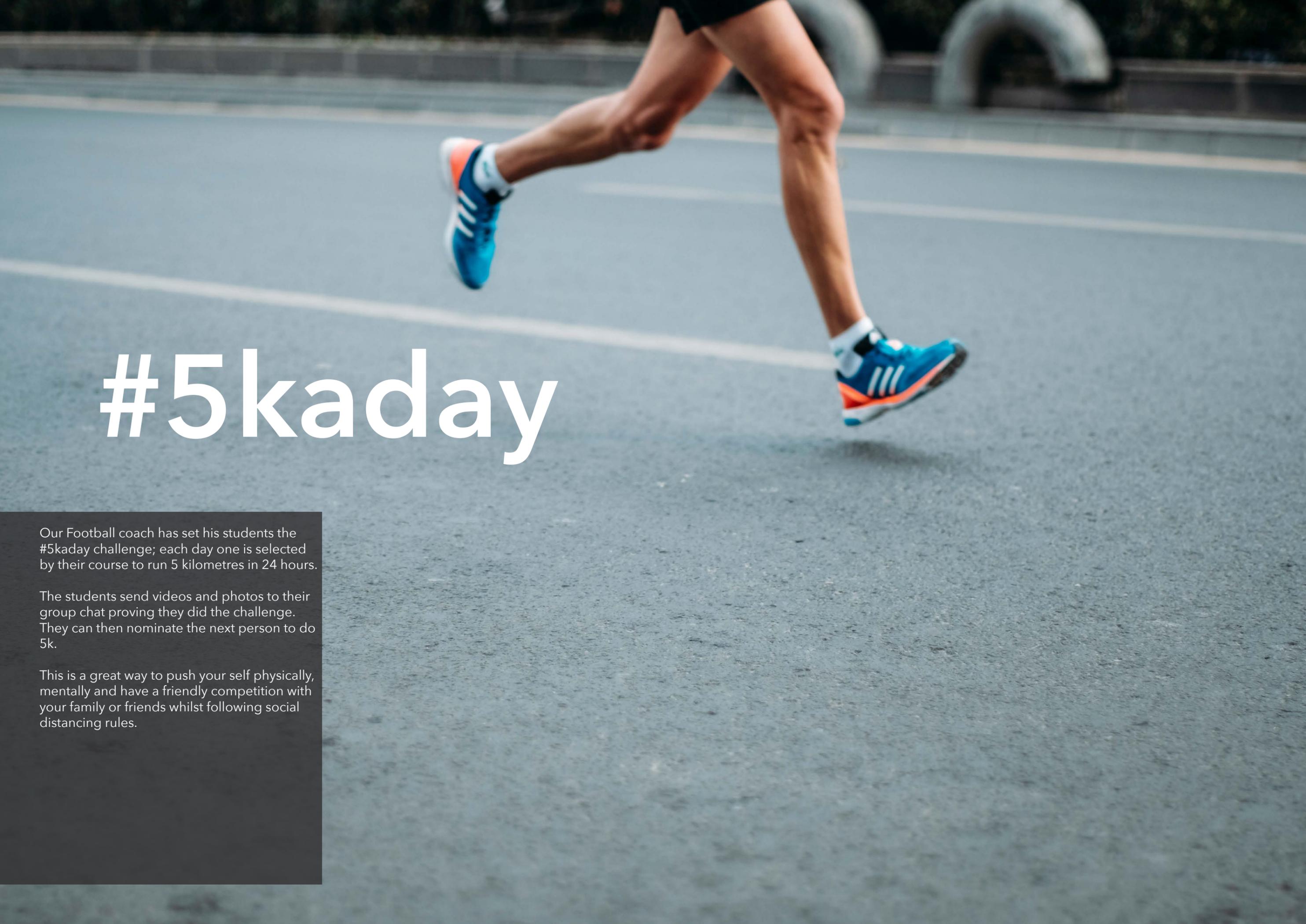
Saturday

Rest day.

Sunday

(Twenty seconds each)

High knees, burpees, side plank, lawnmower press ups, side plank (alternate sides), tricep dips. Do these three times with a minute break between each set.



#5kaday

Our Football coach has set his students the #5kaday challenge; each day one is selected by their course to run 5 kilometres in 24 hours.

The students send videos and photos to their group chat proving they did the challenge. They can then nominate the next person to do 5k.

This is a great way to push your self physically, mentally and have a friendly competition with your family or friends whilst following social distancing rules.

Gardening

Whilst at home, this is the perfect time to discover your inner gardener!

We asked our Horticulture staff to give us ideas or tips that you can do at home to benefit the environment, reduce your food waste and encourage wildlife to choose your garden as their home.

Surface Mulch

Adding a layer of bulky organic matter, (aged manure, garden compost, leaf mould) has many benefits for both soil and plants. These can include:

- Protecting soil from rain and sun whilst suppressing weed growth
- Improving water, air and nutrient holding capacity of light sandy soils
- Reducing nutrient leaching and erosion
- Increasing population of important soil organisms. Decomposers can include worms, beetles, bacteria and fungi in the soil

The soil in the hand on the left in the image below contains a lot of clay therefore annually it is mulched with bulky organic matter (BOM) or garden compost to improve the structure and workability of borders.

Mulching also improves soil fertility. The process of composting carried out by the minibeasts and microorganisms in the compost heap allows important plant nutrients to be unlocked and released in a form plants can then use.





Vegetable Patches

To grow your own vegetable patch, you can either use an existing border or mark out an area with string, then dig this area, turning the soil and removing any weeds.

If your soil is heavy, this would be a good time to add garden compost (if you have any).

Before planting or seed sowing tread lightly over the whole area, rake well and rake again.

You now have a prepared area for a vegetable patch!

When you prepare borders, it is a good idea to cover them in black sheeting, tarpaulins or old carpets until you're ready to seed, sow or plant up. This has two benefits:

- It helps suppress weed growth
- It helps warm up the soil which can be quite important for heavy clay soils.

Group your vegetables

Whether you have one plot divided up or several plots, group the crops by their type;

Roots - can include carrots, parsnips, potatoes

Legumes - can include peas, beans, onions, leek, garlic

Brassicas - can include cabbage, brussel sprouts, turnips, swede, broccoli

Let each type grow in their own section within your patch. The following year rotate the placement of crops clockwise. (Grow brassicas where legumes were previously, grow legumes where roots were previously and grow roots where brassicas were previously).

Crop Rotation

- Different groups of crops need different soil preparation.
- It reduces the build up of soil-borne pests and disease
- It allows soils to recover from hungry crops (cabbages, brussels sprouts).