

Oaks Park High School, Ilford



Oaks Park High School places high importance on PE lessons to help its students understand the impact a healthy lifestyle can have later in life.

As well as improving overall fitness and physical literacy, it believes a strong physical education programme can help to relieve stress and build skills in areas such as decision making and teamwork. As part of an upgrade to its already extensive PE and sports facilities, it invested in a new outdoor fitness suite from Sunshine Gym.

This is made available during lunchtime and out of school hours when structured activity sessions take place for the secondary community school's 1,850 students.

Equipment chosen by the school included a [Double Pull Up](#) and [Combi Pull Down Challenger and Power Push](#) for upper body strength.

The [Twist N Step](#) and [Rower](#) offer core workouts and the [Motiv8 Multi Gym](#) provides a comprehensive cardiovascular fitness facility, combining the [Double Health Walker](#) with a [Double Slalom Skier](#), [Double Sky Stepper](#) and [Double Horse Rider](#).

The creation of the outdoor fitness area complements existing Sunshine Gym equipment already installed for Oaks Park High School.

This earlier project featured a [Sky Stepper](#), which is an outdoor version of a cross trainer, [Rower](#), [Double Squat Push](#) and [Parallel Rails](#). This provides an equal mix of [cardio](#) and [strength](#) building fitness stations.

The earlier 2022 project also included an [Activ8 Multi Gym](#). Featuring [wheelchair accessible Tai Chi Discs](#) and an [Arm Bike](#), the inclusive layout of the multi gym is intended to encourage social interaction through inclusive PE lessons and fitness sessions.

**Year Completed:**

2023

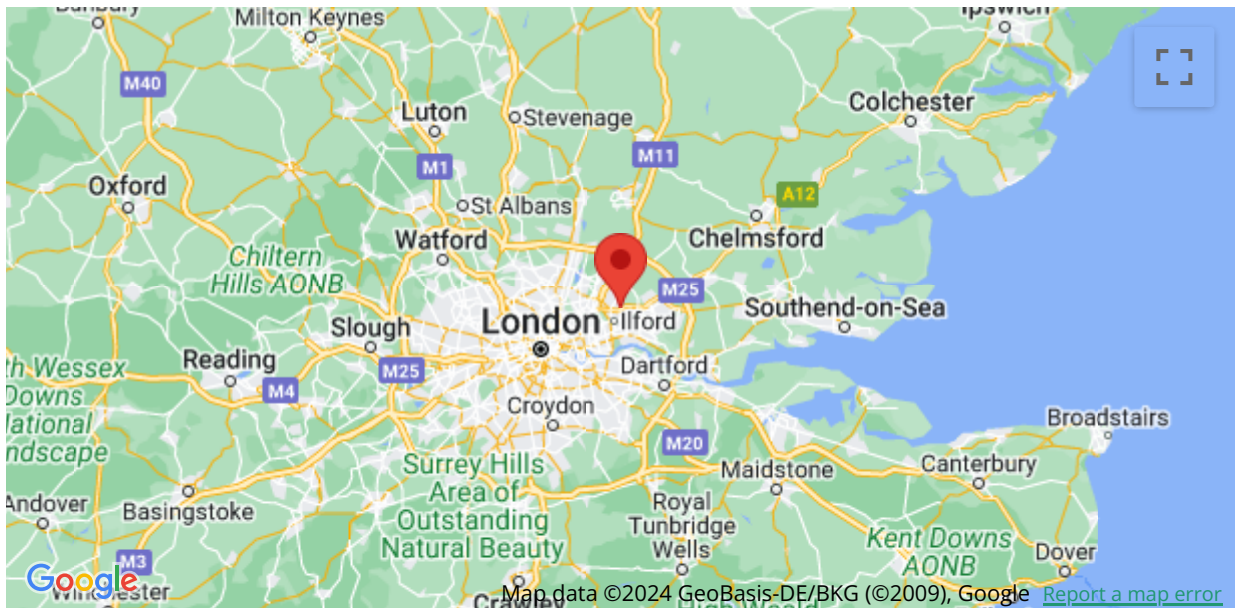
**Project Value:**

£13,500

**Location:**

Ilford, London

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