

Primary P1- 2 PE

Stamina

Below are 6 tasks. Task 1 is for everyone to complete and then we would like you to choose two or more tasks to complete over the week.

Jump Reach

Start in a standing position with your arms by your side. Jump up and reach using your arms, and when you land crouch down and touch your toes. How many can you do in 60 seconds?

Challenge - Jump Reach



To make it easier:
Try it for 30 seconds.

To make it more challenging:
Try and beat your score.
Challenge a family member to see who can get the most.

Video Game Workout

Watch the video below.

[Level Up! \(Video Game Workout for Kids\)](#)

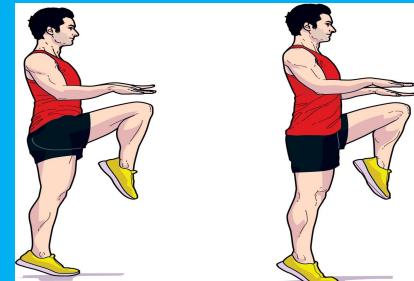


Pretend that you are in a video game.
Jog on the spot.
When you see a banana - jump over it.
When you see a rocket - duck under it.

Knees High

Start by standing with your feet shoulder width apart. Jog on the spot and bring your knees up in line with your hips. Use your hands to make sure you bring your knees up high enough.

Challenge - High Knees



To make it easier:
Try it for 20 seconds.

To make it more challenging:
Try it for 1 minute - count how many you get.

Walking Fitness

While on your walk, look out for the different objects. When you see them try the exercises below that match the object. Write them down before you go on your walk to help you remember what you are looking for.

Walking Fitness

Out for a walk? If you spot the object below, try out the exercise beside it.

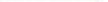


Bin

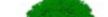
20 jumping Jacks



Do 20 high knees



Tree



Why not get a family member to run with you and time you while you run?

Remember your pace, don't start off sprinting as fast as you can, start slowly and you can get quicker if you can manage.



Running Challenge

Can you run a minute for every year old you are?

For every year old you are you have to see if you can run your age in minutes without stopping.

So if you are 6 years old, can you run for 6 minutes without stopping?

Watch the video below:

[Speed bounce tutorial](#)



Use a rolled up towel or line on the floor to jump over.

Count how many you can do in 30 seconds.

To make it easier:

Do less of each activity, for example, 10 punches instead of 20.
Have a rest if needed.

To make it easier:

To begin with try running for a minute then walking for a minute and try to build it up each time you try.

Speed Bounce

Watch the video below:

[Speed bounce tutorial](#)

To make it easier: To begin with try jumping from side to side with nothing in between. (2 feet to 2 feet)

To make it more challenging:

Try more of each activity, for example, 20 kicks on each leg instead of 10.
Walk faster or try a slow jog.

To make it more challenging:

Try to run for the whole time without stopping, if you can manage that try again but this time run faster.

To make it more challenging: Try to do as many as you can for 60 seconds.