

Primary P3-P4 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.

Stamina FLIP

Click on the link below and work through the videos, tasks and challenges. The explore and create pages have lots of exercises and challenges.

[Stamina Flip](#)



Non Stop Exercise

Challenge yourself to keep moving, choose your own exercise or from the list below. Time how long you can keep going without stopping. Have three attempts throughout the week to beat your best score.

Run while dribbling a football



Run while bouncing a basketball



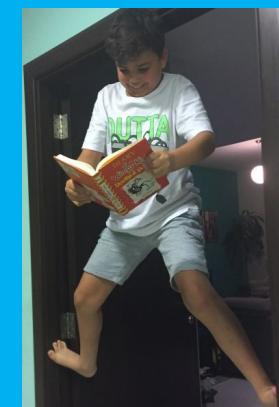
Choose dance moves



Extreme Reading

Challenge your muscles with this stamina test and post your pictures for us to see. Be creative with places and poses.

Time how long you can hold your position for while reading a comic or book!



Speed bounce: use a pillow or line of teddies to jump over two feet together. Remember to bend your knees when you land.



To make it easier:

- Dribbling exercise, use both feet, go at a slower speed.
- Dancing exercise, use slower music.
- Speed bounce, make the hurdle (pillow/teddies) smaller.

To make it more challenging:

- Dribbling exercise, use weaker foot/hand.
- Dancing exercise, use arms and legs at same time and use faster music.
- Give yourself a target for each attempt at the exercise, if you managed 3 mins non stop, next time try 4 mins non stop.

To make it easier:

- Hold a position that is not as difficult.
- Use something to help you balance.
- Choose a light, easy to hold book or comic.
- Try for 10 seconds.

To make it more challenging:

- Use a position that you find more difficult.
- Read out loud.
- Use a bigger or heavier book
- Hold for a longer time

4. Avengers Fitness Training

Do you have what it takes to become an Avenger?



Choose one exercise to complete for each Avenger using the link below.

Why not ask others in your house to join in.

https://www.youtube.com/watch?v=sqZFz44AB78&list=PLGS-YpNYBNvdc7jGOxP5OE3Nyvfal_Tfwg&index=7&t=0s

To make it easier:

- If the exercise you choose is too difficult choose another one.
- Pause video link for longer rests between each exercise.

To make it more challenging:

- Try and get as many as you can in the 40 seconds whilst still doing exercise properly with control.

5. Shuttle Runs Challenge

Test your stamina and fitness by completing this shuttle run challenge.

Use anything you can find at home to mark out a space - you'll need two markers, with a space in between that you can run in.



Here is a video to show you:
https://youtu.be/TgDfv_09b6Y

How many shuttle runs can you complete in 30 seconds? How many can you do in 1 minute?

Try timing yourself, then take a rest and do it again - can you beat your score?

To make it easier:

- Move your markers closer together if you find you're getting out of breath or tired
- Take a longer rest in between each turn to recover

To make it more challenging:

- Move your markers farther apart for a real challenge!

6. Dance Along Fitness

Copy the dance moves from the Kids Bop dance video.

[kids Bop Dance Video click here](#)



OR

Create your own dance routine to last at least 3 minutes



To make it easier:

- Pause the video to have rest periods
- slow down the dance moves.
- Choose your own easier dance moves.

To make it more challenging:

- Use faster dance moves.
- Create more than one dance routine.

- If the exercise is too easy choose another one.

- Choose a different movement - jumping, hopping, skipping or something else of your choice.