

Primary P5-P7 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.

1. Stamina (FLIP)

Click on the link below. Watch the videos and try the tasks and challenges on the explore and create pages:

<https://sites.google.com/cl.glow.scot/stamina/home>



2. Flip It Fitness

FLIP IT FITNESS
IS IT HEADS OR TAILS??

FLIP NUMBER	HEADS	TAILS
FLIP 1	10 JUMPING JACKS	20 HIGH KNEES IN PLACE
FLIP 2	5 PUSH-UPS	10 SHOULDER TOUCHES
FLIP 3	5 CURL-UPS	5 SIT-UPS
FLIP 4	10 SECS. PLANK HOLD	10 SECS. PUSH-UP HOLD
FLIP 5	10 SECS. PIKE STRETCH	10 SECS. BUTTERFLY
FLIP 6	10 SECS. JOG IN PLACE	10 SIDE TO SIDE JUMPS
FLIP 7	5 SQUATS	6 LUNGES
FLIP 8	5 CRUNCHES	5 V-UPS
FLIP 9	10 SECS. SQUAT HOLD	10 SECS. LUNGE HOLD
FLIP 10	5 BURPEES	10 DEEP BREATHS

ULTIMATE CHALLENGE
GO THROUGH AND DO THE 10 FLIPS AGAIN. BEFORE YOU FLIP YOUR COIN, GUESS IF IT WILL BE HEADS OR TAILS. IF YOU GUESS CORRECTLY YOU DO NOT NEED TO DO THE EXERCISE. IF YOU GUESS INCORRECTLY, COMPLETE THE EXERCISE BEFORE YOU MOVE ON TO THE NEXT FLIP!

To make it easier:
Only do 8 flips of the coin.

To make it more challenging:
Can you manage 15 flips of the coin?
Can you do this everyday for a week?

3. Walking Fitness

Walking Fitness
Out for a walk? Add in these extra activities to get more exercise!

When you see a:

- Do 15 Squats
- Do 15 Lunges
- Do 1 minute High Knees
- Do 10 Squat Jumps
- Do 1 minute Jumping Jacks
- Do 1 minute Heel Flicks
- Do 1 minute Fast Feet

To make it easier:
Jog on the spot for 1 minute at each object.
Slow your walk down, and take regular breaks.

To make it more challenging:
Speed up your walk, or even jog instead!
Increase the amount of exercise at each station.

4. Laps of Garden & Circuit Exercises

Create a "track" in your garden - follow the path, use socks, tins, tea towels, clothes to shape area - develop your stamina

1. Run round track - 2 mins - REST - 1 min
2. Run 3 laps of track - then a circuit exercise - X10 - star jumps, mountain climbers, sit ups, press ups, squat jumps - YOU DECIDE on others - REPEAT X5 - 3 laps then circuit exercise
3. Run - 2 minutes - REST - 1 minute
4. REPEAT steps 2 & 3 above as able



To make it easier:

1. Run slower round track.
2. Make track smaller.
3. Do 5 circuit exercises instead of 10.



To make it more challenging:

1. Run faster/make track bigger.
2. Increase number/difficulty of circuit exercises.
3. See video for examples - watch from 4.50 minutes ([Cardio Circuit Session](#)).

5. Lamp Post Dash

Start by standing next to a lamp post on the pavement.

1. Sprint to the next lamp post as fast as you can.
2. Walk to the next lamp post.
3. Turn around and jog all the way back to the first lamp post.
4. Rest for 20 seconds.
5. You have now completed 1 set.

See if you can do 10 sets

If you don't have lamp posts, try and find three things(bin, bush, tree, sign) that are about 20 metres apart to use instead.

To make it easier:

1. Swap the jogging and walking part around.
2. Rest For longer between each set.
3. Do less than 10 sets.

To make it more challenging:

1. Swap the sprinting and jogging part around.
2. Rest for less time between each set.
3. Do more than 10 sets

6. Hip-Hop Workout

Old School Hip-Hop Workout



The video has a 10 minute warm up, choreographed routine and a cool down.

Try to dance along and keep your body moving to develop your stamina!

To make it easier:

Pause the video to practice.
Rewind the video to rewatch bits.
Do the easier modification.

To make it more challenging:

Use different arm movements.
Use different facial expressions.
Perform the dance for a family member.