

## Primary P1-P2 PE

### Flexibility

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. Message your PE teacher to let them know how you are getting on 😊

#### Fit Kids Stretches

Can you copy the different stretches in the video? How many can you do to show you have good flexibility?

[FIT KIDS](#)



#### Alphabet Stretch



Can you use the picture at the bottom of this grid, on page 3, to try and make these letter shapes using your body?



#### To make it easier:

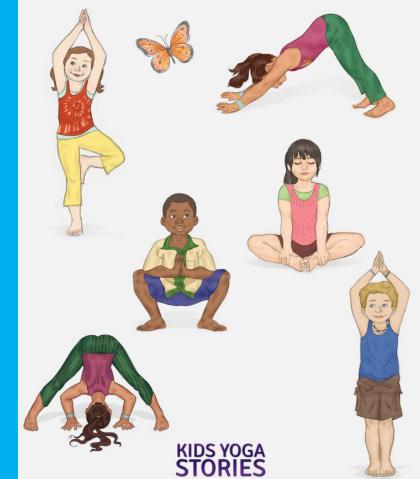
Try some exercises from the video.

#### Yoga Poses

Can you hold all these poses for 5 seconds without wobbling?

Now can you join 3 together to make a sequence, holding each pose for 5 seconds?

#### 6 YOGA POSES for infants + toddlers



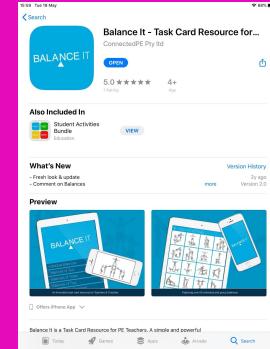
KIDS YOGA STORIES

#### To make it easier:

Try only the letters in your name.

#### To make it easier:

Hold still for 3 seconds  
Only link 2 poses together

<p><b>To make it more challenging:</b> Try all of the exercises.</p>	<p><b>To make it more challenging:</b> Try making letters of other people's names. Try this alphabet yoga video. <a href="https://www.youtube.com/watch?v=EORUN0e3ZGY">https://www.youtube.com/watch?v=EORUN0e3ZGY</a></p>	<p><b>To make it more challenging.</b> Can you join more than 3 poses together. Increase the time you hold each pose for. Try a cosmic kids yoga video. <a href="https://www.youtube.com/watch?v=LhYtcadR9nw">https://www.youtube.com/watch?v=LhYtcadR9nw</a></p>
<p><b>Super Mario</b></p> <p>Have a look at the video. Can you complete the Super Mario workout and hold all the stretches/poses?</p> <p><a href="#">Super Mario - Kids Workout</a></p> 	<p><b>Obstacle Maze</b></p> <p>Using masking tape, cellotape, ribbon, wool or anything similar, create a maze. How many different ways can you get through the maze? Can you get through without touching the tape.</p> 	<p><b>Balance It</b></p> <p>Download an app called 'Balance It' onto your phone or tablet. Have a go at the individual balances on it or get help from people in your household to try the 2 person or 3 person balances.</p> 
<p><b>To make it easier:</b> Try a few exercises to start off.</p> <p><b>To make it more challenging:</b> Try more exercises from the video.</p>	<p><b>To make it easier:</b> Make the spaces between the tape big</p> <p><b>To make it more challenging:</b> Make the spaces between the tape small. Must use high and low movements.</p>	<p><b>To make it easier:</b> Get a household member to help support your balance.</p> <p><b>To make it more challenging:</b> Can you hold your balances still for 5 seconds.</p>

# ALPHABET STRETCH

**A**  
**B**  
**C**  
**D**  
**E**  
**F**  
**G**  
**H**  
**I**  
**J**  
**K**  
**L**  
**M**

Act like a cat (Arch your back)  
Bending (Reach towards the floor)  
Climbing (Up on tip toes)  
Dance (Sway and spin)  
Energize (5 jumping jacks)  
Fly like a bird (Wings out)  
Grow (Lengthen your body)  
Hop (Up and down 10 times)  
Inline Skate (Around the room)  
Jump (front to back & side to side)  
Kick (Straight in front)  
Leap (Forwards & backwards)  
March (Around the room once)

**N**  
**O**  
**P**  
**Q**  
**R**  
**S**  
**T**  
**U**  
**V**  
**W**  
**X**  
**Y**  
**Z**

Nod (Slow head movements)  
Open (Wide arms)  
Pop Up (Three pops)  
Quiver (Shake your whole body)  
Running (In place)  
Swim (Different strokes)  
Twist (Move your back)  
Up (Both legs and arms)  
Vibrate (Different body parts)  
Wake Up (High stretch and yawn)  
X-Ray (Deep breath and hold)  
Yoga (Downward dog)  
Zig Zag steps (Around the room)

## get UP and MOVE!

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