

Primary P1-P2 PE

Core Stability and Strength

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 😊

Snake Curls

Starting position:

- Knees bent, feet flat on the ground.
- Keep the knees together.
- Hands are resting on thighs.

"Curl up" by raising the head, sliding the hands up to the knees, hold the position, then slowly uncurl back down.



To make it easier:

Try to complete 5 snake curls.

To make it more challenging:

Try to complete 10.

Tightrope Walker

Have your child walk along a rope line (or a drawn line) while balancing an object on his/her head. You could use a cuddly toy, toilet roll, socks.



To make it easier:

Walk slowly to begin with.

To make it more challenging:

Walk in diagonal lines, stop and touch the floor halfway.

Crab Walks

Place hands and feet on the floor with your tummy facing upwards. Keep the back and tummy straight and hold your bottom off the ground.

Put a soft toy on the tummy - to keep it from falling off don't let your back slump. Try to walk around for 30 seconds like a crab.



To make it easier:

Try it for 10 seconds to start with.

To make it more challenging:

Try moving in different directions.

Core Kids Workout

Watch the video below and try to complete all the exercises. How many can you do?

[Core Fitness](#)



Core Strength Test

Have a look at the sheet in the link. Use a timer on a phone/tablet and see how many of each exercise you can do in 30 seconds. There is a picture of each exercise if you're not sure what it is.

Write down your scores on a piece of paper and try to beat them another time.

https://docs.google.com/document/d/1x8-iXoqVFyzx_OzBbaFcpOwvmEHHDvBZ/edit

Bridging

Lie on your back with your knees bent and feet flat on the floor. Push through your heels to raise your bottom off the floor. Keep head and shoulders on the ground. (see pic).



Can you lift and lower with control and do this for 30 seconds?

To make it easier:

Try some of the exercises.

To make it easier:

How many of each exercise can you do in 20 seconds?

To make it easier:

Try it for a shorter time to begin with.

To make it more challenging:

Try all of the exercises.

To make it more challenging:

Do the test 2 times in a row.

To make it more challenging:

Put a toy between your knees and squeeze it while bridging.