

Primary P3-4 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.

Core Stability and Strength 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.

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

FLIP Badge



Snake Charmer

Knees bent, feet flat on the ground

Put a pair of socks between knees to keep them together

Hands resting on thighs

Have a family member sing a song to charm the snake (you) to rise up, by lifting your head and keeping your feet flat on the ground. Hiss like a snake as you rise up.

When the song stops you have to freeze for a second and slowly move back down.



To make it easier:

- If you can't lift off the floor, use hands to push off the floor.
- Have someone hold your ankles.

To make it more challenging:

- cross hands at chest and pull up.
- Have hands at the back of your head and pull up. (Do not use hands to force head forwards)

Crab Games

Crab position



Crab walk:

In the crab position walk around the house/garden

Crab Race:

Make a course to follow, time yourself to complete the course, ask others in the house to try and beat it.

Crab Football:

Set up a football pitch, play in crab position.

To make it easier:

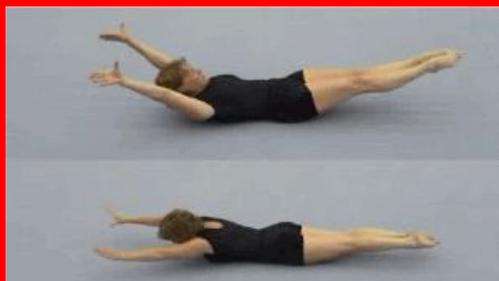
- Start off holding crab for 5 seconds
- Move in crab position slowly and take regular rest.
- Choose a straight line crab walk

To make it more challenging:

- Add in changes of direction in crab walk and crab walk course.

Dish and Arch

Can you keep your arms and legs straight (feet and hands slightly off the floor) and hold the dish and arch shape for 10 seconds each.



Now try rotating and move from dish to arch keeping your body long and straight, remember to keep feet and hands off the floor. Click the link below to see this in action.

<https://www.youtube.com/watch?v=jfIWEvIHXLk>

To make it easier:

- Hold each shape for 5 seconds.
- Get someone to help the start of rotation.

Dynamic balance slalom

Balance while weaving in and out of markers (use chalk, soft toys or plastic tubs etc.). This can be going on your scooter, wheelchair, skateboard, rollerblades or skates, balance bike or bicycle.

If you don't have access to any of these you can try balancing on a wobbly surface. look here for ideas:

<https://www.andnextcomesl.com/2019/05/diy-balance-boards.html>



To make it easier:

- Make the markers further apart and in a straight line.

Leg Raise Challenge

Lie on your back and place your hands on the floor, face down, beside you. Try raising your legs so that they are at a 90 degree angle. You will need to use your core strength, pull in your tummy muscles and keep them tight to help raise your legs.



[This video will help you to see how to perform the exercise](#)

Try and keep the exercise going for 30 seconds and count how many leg raises you manage to do.

Remember, don't let your feet touch the floor!

To make it easier:

- Try the exercise for 20 seconds
- Place your hands underneath you for extra stability

To make it more challenging:

- Try turning the opposite way.
- Can you rotate from dish to arch 5 times whilst keeping straight and keeping hands and feet off the ground.

To make it more challenging:

- Move the markers so they are offset, or different widths.
- Move the markers closer together.
- Put a tub half way for you to throw something into it.

To make it more challenging:

- Try putting a ball in between your feet and doing leg raises without dropping the ball.
- Move your legs from side to side in the air, just like the video.