

Primary P5-P7 PE

CORE STABILITY & 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.

1. Core Stability & Strength (FLIP)

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

[Core Stability and Strength](#)



2. Crab CrossOver

Have a pile of objects (can be anything - soft toys, socks, books) on your left hand side. Get into a crab position (see picture). Now, using your right hand, reach over, pick up an object and put it down on your right hand side.

Try it again on the other side. Keep your bottom high off the ground and squeeze your abs to cross your arm over!



To make it easier:

Have less objects to move.
Have a rest after moving two or three objects.

To make it more challenging:

Add more objects.
Do it twice or more on each side.

3. Wheel Barrow Race

With the sibling or adult get into the wheelbarrow position. Start with your body face down on the floor. As they gently raise your legs, push down through your arms and hands and tighten your tummy. You should now (hopefully) have your body and head off the floor.



You could try moving from one room to another, or time how long it takes to get to a certain spot in the house or garden?

To make it easier:

Take regular breaks
Only have your partner lift you up a little off the ground

To make it more challenging:

Have your partner hold your legs up higher - this puts more weight through your body

4. Core Strengthening Games

Play core strengthening games with a family member -



[Core Strengthening Activities/Games](#)

To make it easier:

[Easier Core Strengthening Activities](#)

Keep objects lighter

To make it more challenging:

Add in heavier objects

Add in bigger objects

Make movements faster/Play games longer

5. Cha Cha Slide Plank Challenge

Can you complete this challenge?
Click [here](#) to watch the video!



To make it easier:

Have a rest in the middle.

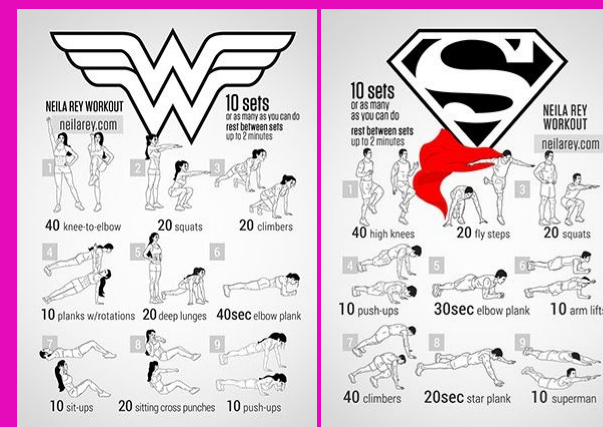
To make it more challenging:

Try and do it every day.

Complete it twice through.

6. Superhero Workouts

Try one or both of the following superhero workouts! Complete all exercises from 1-9 as many times as you can, taking rests in between each exercise. See what level you can reach while developing your core stability and strength!



Level 1 - x3 Level 2 - x5 Level 3 - x7

[Wonder Woman](#) or [Superman](#)

To make it easier:

Complete the circuit once through.

Do half push ups.

Take a longer rest.

To make it more challenging:

Complete level 1, 2 or 3.

Do full push ups.

Take a shorter rest.

