

# Menstrie Primary P3-4 PE

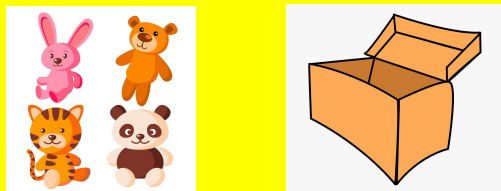
## THE BEST OF WEEK

Below are the best of our PE grid tasks and FLIPs as voted by you! Hope you enjoy completing them over your last week before the holidays!

Don't forget to share how you get on with Miss Johnston! :)

### 1.Target Throw

You have 10 seconds to throw as many different pairs of socks or soft toys into a box as you can. If you throw them all, run and pick up the ones you missed at the end and go back to line to try again.

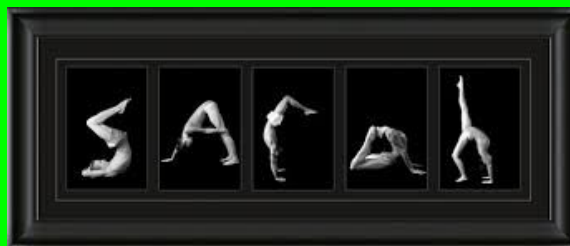


Click the link below to watch Miss K. Evans in action, can you beat her score of 2?!

[Target Throw](#)

### 2.Human Letters

Can you spell your name using your body to make the shape of each letter?



Can you show balance and control by holding the shape of the letter for 3 seconds?

Give it a try and share how you get on!

### 3.Speed Bounce

You have 30 seconds to see how many times you can jump over the speed bounce. You can use anything you find at home to jump over. Stand side on to the object you are using with your feet together and jump over it sideways.



[Speed Bounce](#)

Mr Scotland got a score of 50!  
Do you think you can beat him?

#### **To make it easier:**

Move your marker line closer.  
Use a bigger box.

#### **To make it more challenging:**

Move your marker line further away.  
Use your non-preferred hand.  
Use a smaller box.

#### **To make it easier:**

Try to make your initials?  
Try to make the shape for 1 or 2 seconds?

#### **To make it more challenging:**

Try your first and second name?  
Try to control the movement of one letter into the next?

#### **To make it easier:**

Use a smaller object to jump over  
Try doing it for 20 seconds instead of 30.

#### **To make it more challenging:**

Use a higher object to jump over.  
Keep jumping for 40 seconds.

## 4. The Sock Throw Challenge

You have 1 minute to throw different pairs of socks (or different non breakable items) into a box. How many can you get in?



Watch this video to see this challenge in action.

[Sock Throw Challenge.mov](#)

Can you beat your score?

Play against someone in your house. Start with the same amount of pairs, who can get them all in first.

### **To make it easier:**

Move your marker line closer.  
Use a bigger box.

### **To make it more challenging:**

Move your marker line further away.  
Use your non-preferred hand.  
Use a smaller box.

## 5. Shuttle Runs Challenge

Test your stamina and fitness by completing this shuttle run challenge.

Use anything you can find at home to mark out a space - you'll need two markers, with a space in between that you can run in.



Here is a video to show you:

[https://youtu.be/TgDfv\\_09b6Y](https://youtu.be/TgDfv_09b6Y)

How many shuttle runs can you complete in 30 seconds? How many can you do in 1 minute?

Try timing yourself, then take a rest and do it again - can you beat your score?

### **To make it easier:**

Move your markers closer together if you find you're getting out of breath or tired  
Take a longer rest in between each turn to recover

### **To make it more challenging:**

Move your markers farther apart for a real challenge!  
Choose a different movement - jumping, hopping, skipping or something else of your choice.

## 6. Cosmic Yoga

Choose a cosmic yoga video to follow, there are two here to choose from or choose your own cosmic yoga from youtube.

Click the picture for the video link:



[Cosmic Yoga YouTube Channel](#)

### **To make it easier:**

Choose yoga moves which are easier for you to complete.

### **To make it more challenging:**

Can you think of ways to make each yoga move more challenging for yourself?

