

Menstrie Primary P5-7 PE

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. Flexibility (FLIP)

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

[Flexibility FLIP](#)

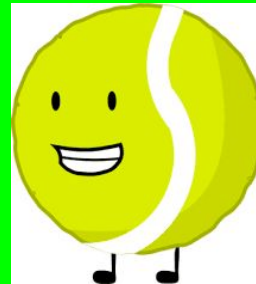


2. Tennis Ball Against The Wall

Throw a tennis ball against the wall and catch it with two hands.

How many can you do without dropping the ball?

[Tennis Ball Against The Wall](#)



To make it easier:

Stand closer to the wall or use a bigger ball.

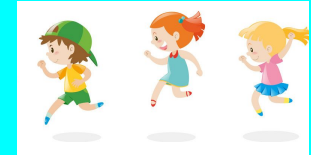
To make it more challenging:

Stand further away from the wall.
Try throwing and catching with one hand.
Clap in between throwing and catching.
Clap under the leg, or turn around.
Combine all three!

3. Beat The Teacher

[Sprints](#)

Miss Garner got 14 sprints in 30 seconds!



[Tea Bag In A Cup](#)

Miss Campbell got her tea bag in the cup 3 times in 60 seconds!



[Egg & Spoon Race](#)

Miss Johnston got around her markers 20 times for the egg & spoon race in 60 seconds!



To make it easier:

Use a shorter distance.
Go for less time.

To make it challenging:

Use a longer distance.
Go for more time.

4. Daily Yoga



Adriene is one of my favourite online Yoga Teachers. She is calm, encouraging and sincere. [Here](#), she has put together a perfect 30 minute routine, designed for children who are around your age. I challenge you to give it a go and not feel better, both mentally and physically afterwards.

5. Skipping Challenge



To make it easier:
Jump back and forth over a line on the ground.

To make it more challenging:
Repeat the task - try to equal or do better. Try to do different footwork when skipping: EG. jumping jacks, heel tap in front, feet split front and back, then back together.

6. Flexibility Circuit

Hold each stretch to the point where you feel tension in the muscle but not pain. Remember to switch arms/legs when required. Try to complete all 3 rounds!

Round 1: 10s Round 2: 15s Round 3: 20s



To make it easier:
Don't stretch as far. Complete all rounds at 10s. Use rope/dishtowel for hamstring stretch. Lie down for quad stretch.

To make it more challenging:
Try to increase the stretch. Complete all rounds at 20s. Don't use anything for hamstring stretch. Stand up for quad stretch.

To make it easier:
You don't need to do all the exercises and positions - if one is too tricky, just sit it out or do a previous one that you enjoyed.

To make it more challenging:
See if you can do this every day this week. Keep a note of how you feel at the end of each session, both in your mind and body.